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Don't touch that bread

Business lunches, meetings or frequent travel can add kilos. Jacquie Dale helps to balance social duties and weight.



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LOSING WEIGHT doesn't have to mean staying at home and eating like a rabbit. Much of my work as a nutrition coach involves planning long-term eating strategies for clients. Having too much of a good time socialising can be disastrous to the waistline. Many of our clients frequently travel for business and eat out in restaurants.

When people are busy at conferences, away on business or even on holiday, it's very easy for them to adopt an all-or-nothing attitude. The business trips are fun and productive, but the weight gain over the year is unwelcome.

Sometimes all it takes is the realisation that small consistent changes can lead to huge pay-offs. When it comes to weight management, learning to

make better choices can make a massive difference to your waistline.

Unfortunately when you eat out these days the portion sizes are huge. It is not a waste to leave food uneaten, it is a waste to eat more than your body can utilise (especially when you have to carry the excess around on your thighs). Believe me, it's much easier to regulate your calorie input than to try to burn it off with exercise. It would take me two hours to burn off the three glasses of merlot I drank last night. Who has time for that?

1. Many of you may find drinking alcohol stimulates your appetite. If this happens it's best to drink soda and bitters or diet lemonade.
2. Don't go out hungry, have a small snack before you go

to curb your appetite. A handful of almonds does the trick.

3. Avoid the bread offerings and pass on the bread platter. It's just too tempting to dip those breads and it's unlikely that you will keep to "just one piece".
4. Watch out for dressings and creamy sauces in your dishes. Order a tomato-based sauce instead. Read the menu carefully and ask for clarification if you aren't sure what comes with the dish or how it is prepared.
5. Ask for your meat to be grilled or baked, not fried. This can make a 200 calorie difference, equivalent to walking for 40 minutes.
6. Ask for vegetables or salad to go with your meals, not fries.
7. Ask the waiting staff how the food is prepared and what it comes with, if it isn't

- clear from the menu. Don't be afraid to ask for it to be prepared in a low-fat method and accompanied by steamed vegetables.
8. Decide before you go out whether you will be having alcoholic drinks and stick to your limit. Drink water to quench your thirst. Keep a jug of water on the table and ask for it to be refilled.
9. Decide what you will eat before the breakfast buffet. Your choices at breakfast usually dictate the rest of the day. It might be free, but wouldn't you rather be free of the weight?
10. Be assertive, there are good choices to be made in any circumstance. Even the choice to have one savoury instead of two, will save you eating 300 calories.

■ Jacquie Dale
www.realnutrition.co.nz

Ask the doctor

Dunedin doctor Paul Trotman answers your health questions.

Q. Can the contraceptive pill cause cancer?

A. The oral contraceptive pill is one of the most studied drugs in medical history. Researchers have studied huge numbers of women who have taken the pill for many years and have generated mountains of data in search of the answer to this question. And what have they come up with? What's the answer? Well, it's yes and no. The OC pill is thought to significantly decrease the risk of some types of cancer (ovarian and endometrial) and slightly increase the risk of others (breast and cervical). The results vary a little with the type of pill and there are many other factors involved, such as family history (breast cancer) and human papilloma virus (cervical cancer).



Q. I have really bad ingrown hairs. Is there anything else I can do to minimise these, other than the usual exfoliation and moisturising?

A. Ingrown hairs occur when a newly shaved hair gets trapped inside the follicle and continues to grow under the skin. They can get quite painful, especially if they become infected and inflamed. The main thing is to change the way you shave. Don't go for that close shave blade – the closer the shave, the higher the risk of ingrown hairs. So throw out that high-tech, gazillion blade super-close, light-up vibrating shaver and use the plain old single blade version. Don't pull the skin tight when you shave, don't press hard, and shave with the grain rather than against it. You'll need to persist as one too-close shave will be enough to start the hairs ingrowing again. It helps to pull out any ingrown hairs with a pair of tweezers. Don't pluck them right out, just pull the end through the skin to give them a helping hand to grow in the right direction.

■ Do you have a question for Doctor Paul? Email escape@star-times.co.nz with "Doctor" in the subject line.



On the scent

Q. Where is the best spot to apply perfume to lure him in?

A. I have my good friends at Elizabeth Arden to thank for helping to answer this question. To ensure your fragrance lasts, you need to layer it. This means first applying the same perfume's other products, like body lotion, to the pulse points first. This refers to where the blood vessels are closest to the skin and consequently give off more heat.

Pulse points include the wrist, crook of the arm and knee, behind the ear, base of the throat. You can also spray the ankles to ensure a long-lasting effect and also

to your cleavage.

Remember to choose a perfume that suits you rather than one that overwhelms and leaves him gasping for fresh air.

The last thing you want to do is make him run for cover!

Q. My husband of 20 years left me nearly two years ago. My friends are giving me a hard time to get into dating again and keep setting me up at social occasions. How do I let everyone concerned know that it is still too soon for me?

A. Your friends are probably well meaning and

care about you enough to believe that setting you up with someone might help you either move forward or have a bit of fun.

However, everyone has their own way of moving on from a past relationship and also must go at their own pace. I would suggest you gather your close friends around and let them know that you appreciate their kindness and thoughts in regards to helping you move on.

Nevertheless, tell them that for you it is still too early and you would appreciate them backing off from the introductions at this stage. As friends can also be fantastic in



increasing your social circle and helping with introductions, let them know that you would appreciate their help when you are ready to date again.

The only other thing you could consider is whether you want your friends to introduce you to people for "friends only" types of relationships.

After all, you never know where this might lead in the future when you feel ready to have a deeper relationship with someone.

■ Email your questions to escape@star-times.co.nz with "dating" in the subject line.

■ www.datingadvice.co.nz

Each week, dating coach Denise Corlett answers your match-making questions.