

FAT-BURNING PANCAKES / DETOX BURGERS / THE TONE-UP MILKSHAKE

Live Rich, Work Less P.127

AWARD
WINNING
UK EDITION

Women's Health

MARCH 2014 | £3.80

It's Good to Be You™

FIGHT FAT & WIN

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THE ONLY 3
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SANDRA
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TOTAL BODY
TURNAROUND

EVANGELINE LILLY

HER 20-MIN SECRET TO
THIS POST-BABY BODY!

THE 1,500-CAL MEAL
THAT BURNS FAT P.71

249

HEALTH, FITNESS &
FOOD TIPS INSIDE

EVANGELINE LILLY, 34
Well you'd be
amazing, too...

Ask Women's Health
YOU HAVE QUESTIONS?
WE HAVE ANSWERS!

Q I've just had a baby. Will sex ever feel the same?

> Sarah-Jane, Norwich

Let's get this straight. Are we talking 'bagginess'? Yes? Okay. First, don't panic. Second, try vaginal cones (bear with us here). They're held in place for 15 minutes twice a day and tighten 'down there' muscles in about eight weeks. Finally, don't fret about how dry you are. "This is normal as oestrogen levels are lower after the birth, causing a reduction in secretions," says Nitu Bajekal, consultant gynaecologist and obstetrician at Spire Bushey Hospital. Meanwhile, try the spooning position during sex – it'll let you control the depth. Sorted.

Q My eyes are constantly dry and red. Why?

> Mollie, Cardiff

Sounds like a case of blepharitis – a build-up of nasty bacteria. "The meibomian glands along the rim of the eye produce an oily substance that stops evaporation of the eyes' tear film," says Vina Vanghela, optometrist at David Chalow. Make-up can block them, leading to dry, sore eyes. To keep lids clean, dilute one part baby shampoo in 10 parts warm water, dip in a cotton bud, run it along the rims, then put a warm, damp flannel over the eye to fix crusting. Do it nightly for three weeks (and ditch the Cleopatra liner).

Q I'm 29 and suffer from awful night sweats. Help!

> Amy, Peterborough

Nocturnal hyperhidrosis (a fancy way of saying night sweats) is pretty unpleasant – sticky hair, soggy sheets, bad sleep. It could be a few things: infection, an overactive thyroid, fatigue or (and don't panic till it's checked!) cancer. "The good news is that where there's a cause that can be treated, the hyperhidrosis can be cured,"

says Nina Goad from the British Association of Dermatologists. "Otherwise, it can be controlled." See your GP to find the culprit and in the meantime follow our cool tips. Keep your bedroom between 16C and 18C and wear sweat-wicking pyjamas (try coolsleepwear.co.uk). Also, avoid triggers in the evening – that's spicy food, hot drinks and sweet treats, as sugar spikes and dips can cause excess sweating between the sheets. And, no, not the good type.



Q Why is it so hard to keep weight off once you've lost it?

> Kathryn, Birmingham

Yup, we saw those pictures of Dawn French, too. If celebs can't win the weight-loss battle, what hope do we have? Paul Aveyard, GP and professor of behavioural medicine at Oxford University, says, "Hunger hormones drive us to eat for energy conservation." So if you deprive your body of food, it'll make you eat more. But there is a solution. A study from Columbia University says we should eat 300 fewer calories a day than we previously did for sustained weight loss. So have your evening glass of wine and ditch the 4pm biscuit. Easy. As for fitness, a study in the Archives Of Internal Medicine found people who exercised for 275 minutes a week were better able to keep weight off. Try this and your weight loss should stick. Finally.

The FACE-OFF

GEL VS ACRYLIC NAILS

For fancy talons, is it healthier to go for glossy gels or sturdy acrylics?



AND THE WINNER IS... GEL

Neither is great for your nails, but we're plumping for gel. It's more flexible than acrylic (ever seen acrylic-adorned women boxing?) plus celebrity nail stylist Barbara Warner says, "Gel takes the brunt of knocks, whereas stress applied to acrylics can hurt the nail bed." A word to the wise though. If you're going for gels, leave around six weeks between visits to allow the nail bed to recover from the lack of oxygen. Give bad nails the one-finger salute.

PHOTOGRAPHY: BARBARA WARNER; STYLING: PAUL GILSON; GELTY: NAILS

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