

MINDFOOD

Smart Thinking

EXCLUSIVE INTERVIEW

Nigella Lawson

“People often have a lot of anxiety about what they are eating”

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DON'T CARRY EXCESS FLUID

Do you ever feel as though you have just flown halfway around the world and your legs and ankles feel heavy and tight?

When your circulatory system is not working properly, normal fluid balance may not be maintained, especially in your ankles, thighs, hips and waist. The key to treating the problem is to ensure that vein health and capillary integrity are optimal, therefore helping to normalise blood return and fluid balance.

Help is at hand from Venotrex®, which contains a proprietary extract of the Aesculus hippocastanum seed. Venotrex® was developed by Schwabe Pharmaceuticals (Germany) and has been sold worldwide for 17 years. It has an established safety profile, supports vein health and assists in maintaining normal fluid balance. Venotrex® should be taken for at least eight to 12 weeks before its effect is assessed.



Supplementary to and not a replacement for a healthy diet. If symptoms persist see your healthcare professional.
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Information: phone Apotex 0800 657 876 Mon-Fri 9am-5pm or email info@phealth.co.nz.
 Available from pharmacies and selected health stores.



Australian readers: Venotrex® is available from all leading pharmacies and health food stores.
Information: phone 1800 680 056.



FIVE MINUTES WITH MARIANNA GLUCINA

Marianna Glucina is a skin therapist with more than 25 years' experience. She owns six About Face skin clinics in Auckland with her brother, Paul, and is passionate about making women look and feel their best without cosmetic surgery.

MINDFOOD: *What changes have you seen in the industry over the past 20 years?*

We've seen the rise of cosmetic surgery and invasive treatments, and while many opt for this route, there has also been a powerful surge towards treatments that offer an alternative to these more radical measures, without the risks. Thanks to the advancement of cosmetic chemistry and technology, active ingredients in products can deeply penetrate the skin, which gives quicker results. I believe that women should love their lines as part of who they are. Our focus is for women to realise they are allowed to enjoy some "me time" rather than putting everyone else first.

What are the most popular non-invasive treatments you offer at your clinics?

Our combination facial therapies – they utilise several modalities that give great results on their own but generate more intense and longer lasting results when used in combination. The Power of Three Facial is our most popular combination treatment. It involves three specialised modalities, starting with a personalised skin peel or microdermabrasion, which softens the texture of the skin. We then apply photo-rejuvenation therapy using natural visible light that penetrates the skin to stimulate the cells to function better and produce quality collagen and elastin. The treatment ends with a vitamin C infusion, which gives deep penetration and hydration of active ingredients, to plump out any lines and freshen the skin.

What are your anti-ageing tips?

- 1 Use a broad-spectrum sunscreen containing antioxidants, 365 days a year.
- 2 Invest in your skin. It's with you for a lifetime and it's what others see.
- 3 Treat your skin like silk. Be kind and gentle to it and handle it with care.
- 4 Eat well. Choose seasonal foods that are rich in antioxidants and contain essential fatty acids. Drink lots of water.
- 5 Ensure you get enough sleep and take regular holidays, too.
- 6 Enjoy your life. Be happy and laugh often. Your skin is a reflection of your internal health and emotions.



CANCER RESEARCH CAN TOO

The Can Too program enables beginners and experienced athletes to receive professional team coaching for running and swimming events. In return, participants raise sponsorship dollars to fund cancer research through Cure Cancer Australia. Since its inception in 2005, Can Too has raised more than \$1.6 million while training more than 1000 women and men. cantoo.org.au