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\*Based on Nielsen 12 month MAT data ending April 5th 2019

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# AUSTRALIAN Women's Health

TREND REPORT:  
THE RISE OF  
MINDFUL  
DRINKING

womenshealth.com.au

## BLAST BELLY FAT

THE 8-MINUTE AB WORKOUT  
THAT GETS MAJOR RESULTS

## 40 GUT- HEALTHY POWER BOWLS

Your 2020  
Meal Prep  
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*Olympia Valance*  
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## Eat Clean Get Lean

Fast, Easy Meals Your Body Will Love

ZIN\_WH\_0320



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OLiViA



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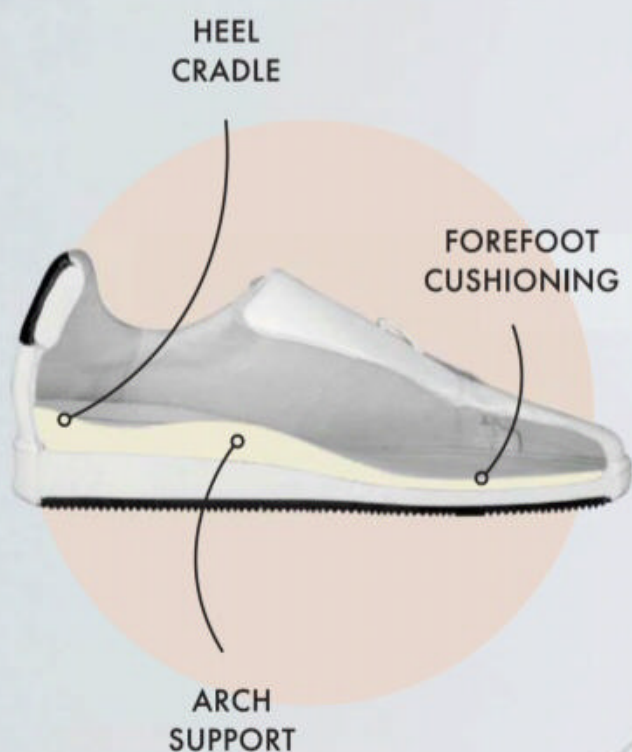
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**FRANKiE4<sup>®</sup>**  
footwear

SYLVIA

The healthier option for fashion footwear.





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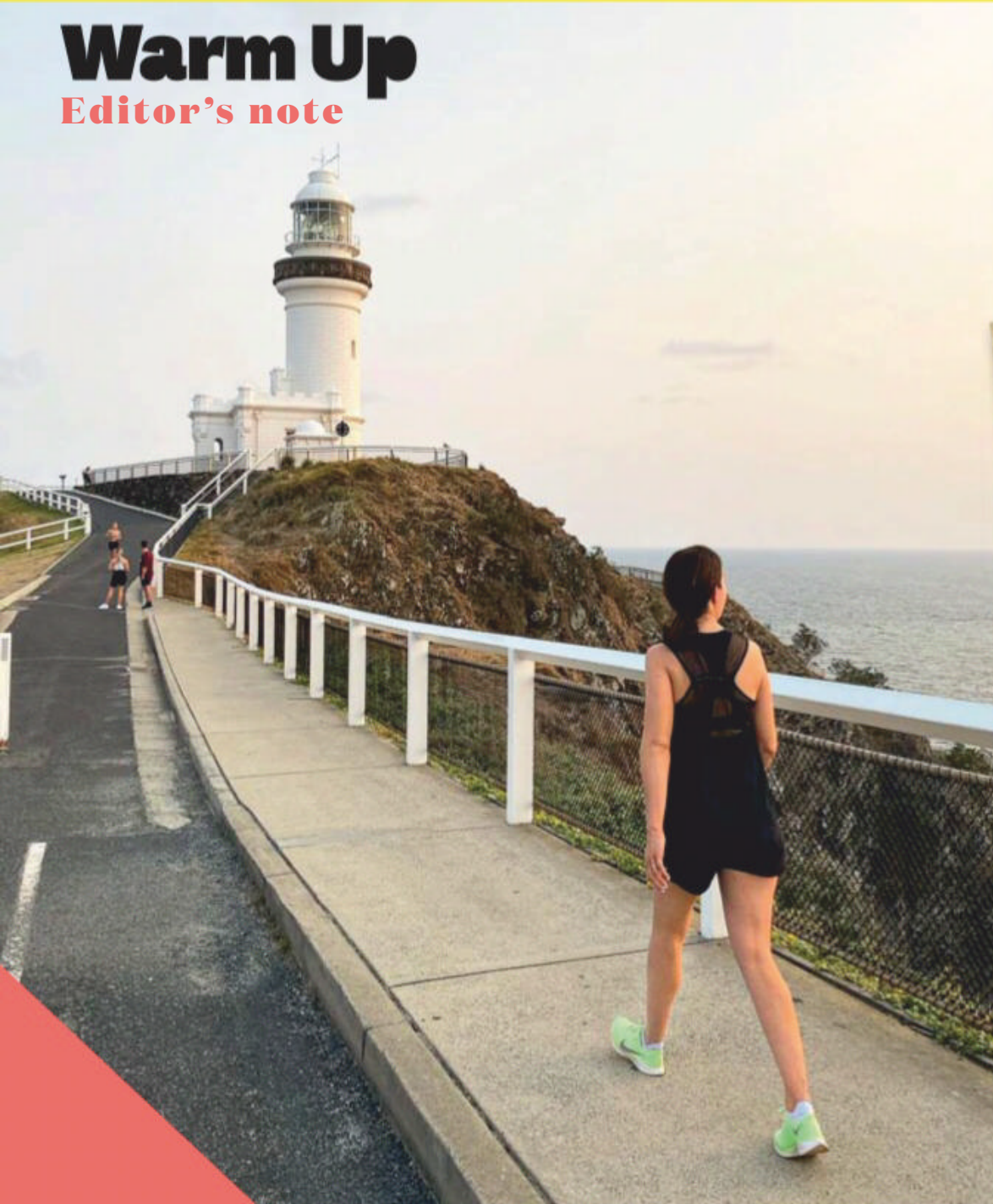
# 78

Olympia Valance reveals how weights changed her world, for the better



# Warm Up

Editor's note



1. Relief Run co-creators Nic Davidson and Sam Gash.
2. I got my jog on around the Bay Run in Sydney.
3. Hawaii sending their love to Oz.
4. Aussie athlete Heidi Strauss and her crew braved the snow in Austria.
5. Lacing up for a second time by the beach in Cronulla.

## It All Starts With a Single Step...

They say one person really can change the world. And recently I was reminded how true that actually is, in the most inspiring way possible, when the global running community banded together to make a major difference and support those affected by the devastating bushfires raging across Australia.

It all started with a straightforward idea. In early January, endurance athlete Samantha Gash was out running (with her 22-month-old son in a pram) in Victoria's Dandenong Ranges, wondering what she could do to help. She dreamed up a concept that became the Relief Run, a virtual half-marathon anyone could do (anywhere in the world, on the same weekend) to raise money for the Australian Red Cross. At the time, she hoped to mobilise her local network and raise \$20,000. But thanks to the power of community, this one simple concept took on a life of its own and – in just 12 days – raised more than \$1 million with over 18,000 people in 76 countries taking part. From Antarctica (where a climate change scientist clocked up 21.1km around the deck of a ship) to Austria (where five friends rugged up and ran through the snow), runners came together and laced up for a common cause, using their footsteps for the greater good and sending their energy and positivity to those who'd lost homes, loved ones and

livelihoods in one of this country's worst natural disasters. It was community (and humanity) at its best, and a reminder that even the smallest individual action, when multiplied, can make a huge impact.

As Samantha told *Women's Health* halfway through the campaign, when she and co-founder Nic Davidson hit the \$500,000 mark after only six days: "It's not just us who've created this incredible movement." The idea had unexpectedly gone viral and their tiny Melbourne-based team cleared their calendars and worked around the clock for two weeks to make the weekend event a reality. "The Relief Run has gone as far as it has because of all the people right around the world sharing it, talking about it on social media and getting behind it in their local communities. We simply created a platform for others to step up and help make a difference." So the next time you're feeling powerless, remember this: even the tiniest ripple can turn into a positive tidal wave when people are united by a common purpose. And that's a truly great thing. In the meantime, enjoy the issue.

JACQUI X.


Jacqui Mooney **Editor**



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# Warm Up

## Getting it done



### MEET THE WH TEAM

#### What's the best career advice you've received?

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"Work hard,  
lead by example,  
treat everyone  
with respect  
and always  
stay true to  
your values."

"People  
remember  
kindness."

"Always put your  
hand up for a  
new task, a new  
opportunity or a  
new role, even if  
you don't think  
you're quite  
ready. Almost  
everything I've  
learnt is by  
just doing the  
dang thing."

"Ask questions,  
make mistakes  
and continually  
learn. It's OK if  
you don't know  
everything."



### On the cover

**Cover star**  
Olympia Valance

**Photography**  
Steven Chee

**Styling**  
Emma Read

**Hair**  
Gavin Anesbury

**Make-up**  
Sarah Tammer  
**Olympia wears**  
Lululemon X  
Barry's sports  
bra, \$99; Good  
American leggings,  
\$179; Brie Leon  
earrings, \$75;  
Fossil Gen 5  
smart watch,  
\$499; Technogym  
weights (part of  
Wellness Rack),  
\$1,990

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& Russia

**Richard Bean**  
Director of  
International  
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Development

**Kim St. Clair  
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& Brand Director  
**Chloe O'Brien**  
Deputy Brands  
Director

**Shelley Meeks**  
Executive Director,  
Content  
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**GERMANY**  
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**GHANA**  
Godfred Akoto Bofo

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Republic,  
El Salvador, Guatemala,  
Honduras, Mexico,  
Nicaragua, Panama, Peru,  
Puerto Rico, Venezuela)  
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up,  
buddy

# THE BIG QUESTION

## Why can't I do anything without my headphones?

**Answer** Unless you're at a pivotal point in your true crime podcast or you suffer from noise sensitivity that makes birdsong sound like a World Cup final, we suspect the thing you're actually addicted to is what your headphones are plugged into: your phone. But being perma-plugged may mean you're missing out on more than birdsong. A growing body of research is pointing to the neuro-benefits of letting your

mind wander off down the beach from time to time. It's thought that creative tasks particularly benefit from the daydream approach, but studies have also linked it with an increase in productivity. One neuroimaging study by the University of British Columbia showed that brain areas associated with complex problem-solving are more active during daydreaming than when you focus on routine tasks, while

a report in the *Journal of Business Psychology* found mind-wandering had an energising effect at work. "Our data suggested that individuals use their daydreams as a type of 'microbreak' that allowed them to ... return with increased energy and focus," says lead researcher Kelsey Merlo. Got a big morning meeting? Swap the headphones for birdsong and blue-sky thinking.





# Ask **WH**

*We Asked So You Don't Have To*

## **Do collagen supplements actually work?**

Like turmeric and coconut oil, collagen is one of those super ingredients that promises to save the world and do your dishes while it's at it. So, is it legit? It definitely has star potential, says dietitian Robbie Clark. "Collagen's unique amino acid composition means it has a distinct role in human anatomy," he explains. "It's important for the health of our skin, muscles, joints, bones, blood vessels and digestive system." Your body naturally makes its own collagen but, as you age, production slows down – leading to signs of ageing such as dry skin and achy joints. Enter: supplements designed to top up your stores. "There is a lot of clinical evidence to show that supplementing with collagen peptides may improve the health of the body," says Clark, but adds that it's smart to tailor the type of collagen you choose to your specific issue. For example, bovine collagen (made from beef) is great for growing muscle, chicken collagen is best for building joint cartilage, while marine collagen is a good all-rounder that's easily absorbed. If you want to try it, there's no harm in taking quality collagen supplements, Clark adds. "Alternatively, start increasing natural food sources of collagen in your diet to see if this has any benefit for you," he tips. Super.



# Superfood haircare: worth it?

**Answer** Absolutely, if shinier- and smoother-looking locks are your thing. “Nut or avocado oils in conditioner create moisture on the hair shaft, making combing easier when wet, [while] other ingredients can smooth the hair’s external cuticle layer, making hair appear shinier,” explains Lisa Gilbey of The Institute of Trichologists. But because shampoos and conditioners aren’t well-suited to depositing ingredients into the roots of the hair, it means that superfood hair products will only deliver aesthetic benefits (read: a shiny pony) – they won’t have the power to enhance your mop from the inside out. If that sounds good, add more superfoods to your diet. “Nutrients such as zinc help to encourage healthy skin-cell turnover and regulate sebum oil production,” says trichologist Anabel Kingsley. All good things for a healthy scalp and hair.

Slick situation

## ON OUR RADAR

What’s firing up the wellness world now

### STYLE + STOKE

You don’t have to be a surfer to want one of Nusa Indah’s boards. Known for stylish patterns that look as good on your wall as they do in the water, the brand’s latest range dips into the US *Vogue* archive for nostalgic inspo, featuring vintage covers designed by Salvador Dali and Georges Lepape. Tres chic.

### AI SPIN BIKES

Mates, meet CAR.O.L. She’s an AI spin bike clinically proven to give you a 40-minute power sesh in eight minutes, using reduced-exertion high-intensity training, or, in other words, two 20-second, crazy-hard sprints alternated with recovery windows. She’s available in the UK and US already – fingers crossed CAR.O.L makes the journey Down Under soon.

### DIY LIFE COACHING

Sydney psychology clinic The Indigo Project has taken its popular Get Your Shit Together course online, so everyone can join in. Consider it a masterclass in the life skills you definitely weren’t taught in school. [academy.theindigoproject.com.au](https://academy.theindigoproject.com.au)





# Ask **WH**

## *We Asked So You Don't Have To*

### Will African mango seed help me lose weight?

**Answer** In short: nope.

A recent review by Bond University medical students found that claims the seed extract is a “miracle” weight loss aid and an effective blood glucose and cholesterol regulator are bogus.

“We can’t say there’s a robust evidence base for any of the claims made,” says researcher Sophie

Huntley Antippa, who called out the studies they looked at for their short duration and inherent bias. Just another reminder not to buy into the quick-fix hype.

### What’s the deal with breathing workouts?

Sleeping, eating, socialising, recycling – anything else you’re most likely getting wrong? Depends – how’s your breathing?

“Despite taking on average 30,000 breaths a day, most of us are unaware that we’re doing it poorly,” says Richie Bostock, aka @thebreathguy. And by poorly, he means engaging all the wrong muscles, typically when you’re wound up and stressed, plus truncating the breathing benefits in the process. “Using secondary breathing muscles [those found in the neck, shoulders and chest] which are designed for use only in short bursts, sends the body into a stress response,” he explains.

Chronically overactive nervous systems, unsurprisingly, don’t make for days brimming with vitality. Suboptimal breathing means less oxygen, so cells will struggle to convert fuel into energy. How do you breathe better? For an energy pick-me-up, Bostock recs this quickie:

1. Take three quick and powerful inhales through the nose, progressively filling your lungs without exhaling.

2. When your lungs are full, exhale with a sigh through your mouth.

3. Spend 2-3 minutes repeating this. And you’ll be full of beans!

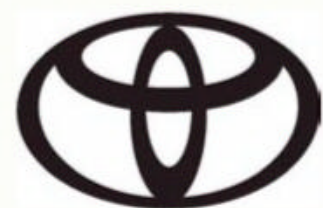
### **SAND BUDDIES**

If you love a beach training sesh, you’ll be into Beachbells. Picture a lightweight bag with a handle that you can fill with sand to create an instant kettlebell. Afterwards, tip out the grains and you’re good to go. Genius. [beachbells.com](http://beachbells.com)

### **ECO SUNSCREEN**

Say hello to sustainable sunscreen. Byron-based start-up Sun Juju has made a non-toxic, reef-safe SPF 50 formula and packaged it in endlessly recyclable aluminium jars. Get your hands on the good stuff by hitting up [sunjuju.org](http://sunjuju.org). **wh**





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# **HUDDLE UP!**

Toyota supports grassroots cricket clubs around Australia... women and men, boys and girls, we're there to help. Because we believe everyone in every community should have the chance to play the game they love.

**That's good for cricket!**

**OH WHAT A FEELING**



# Discuss

Juicy news. Shareable stats. Convo starters

Purple  
power

## UBE COOL

*Seeing violet take over your favourite desserts? Credit ube, a purple yam indigenous to the Philippines. Its high dose of anthocyanins – the antioxidants that create its vibrant hue – promotes a healthier heart and brain, research shows. And since it's in the sweet potato fam, you score some healthy carbs, fibre and potassium, too. Look for ube in Asian grocers, then throw 'em into casseroles or boil and bake into cookies and muffins. Be sure to save the water – it's a natural dye that'll prettify any foods you want to post on the 'gram.*



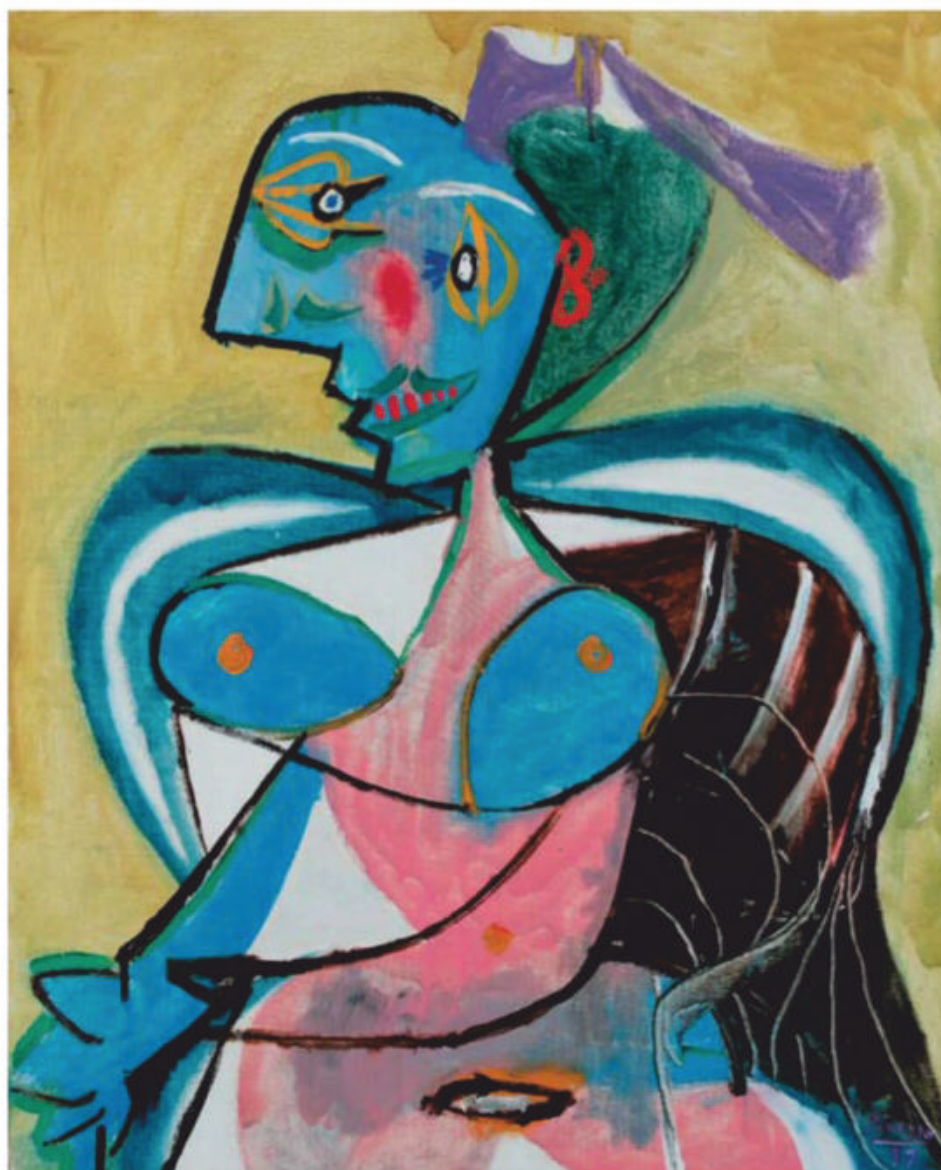
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# Discuss fitness



## GYM HACK!

# A Different Dimension

**Fact:** you don't go about your day moving in one direction, and the same should apply to your gym sesh. But if your workouts are looking one-sided, there's no need to overhaul your entire routine; simply take your fave move 'around the world'. This means changing the angle of your body as you perform a set of exercises – such as planks, lunges or squats – in order to tap smaller muscles in the transitional (read: weight-shifting) phase. You'll also improve your range of motion and better prime your body for everyday demands, since you're branching out of that typical front-to-back plane, says PT Lauren Kanski. Ready to travel?



### JUMP SQUATS

Explode into the air facing forwards and land in a squat, then pivot your body to the right as you jump again, landing to the right (imagine a clock: start at 12, then rotate to 3, 6, 9, and end back again at 12). Focus on engaging your core and breathing ("That's where you get most of your power and coordination," says Kanski) and go slow: the point is to use your strength, not momentum.



### LUNGE

Move through a series: step one leg forward (forward lunge), then out to the side (lateral lunge), then behind you (backward lunge); repeat on the other leg.



### PLANK

Start in a high plank, then move into a side plank (by picking up one arm and leg at a time) to rotate your body left, then right.

## Pop Quiz!

**What's better for fuelling a big workout?**

**A**

Carbohydrate gel

**B**

Potato

**C**

Both equally

### ANSWER: C

That's right. When hardcore cyclists were given either carbohydrate gel or potato puree (with an equivalent amount of carbs) during a long ride, both groups enjoyed a performance boost. "Potatoes are a promising alternative for athletes because they represent a cost-effective, nutrient-dense and whole-food source of carbohydrates," say researchers. Warning: the spud group *did* experience more bloating, pain and farting than the gel lot, probably because of the amount of puree needed to match the gel's carb content. Just a friendly warning to the cyclist behind you.

SOURCE: JOURNAL OF APPLIED PHYSIOLOGY



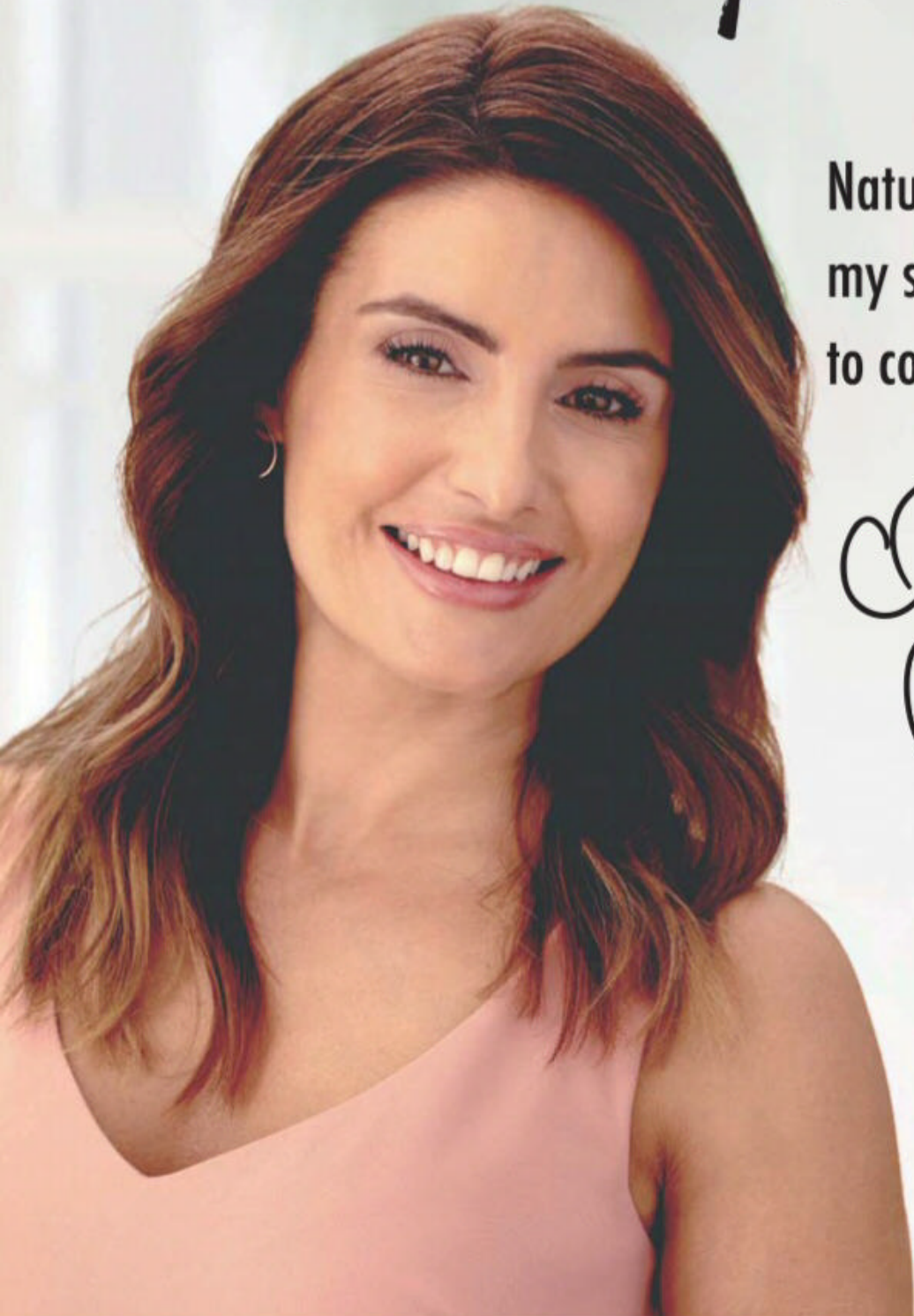
# 23

**RUNNING IS ASSOCIATED WITH A 23 PER CENT LOWER RISK OF SHUFFLING OFF FROM CANCER, ACCORDING TO A NEW REVIEW. EVEN LACING UP ONCE A WEEK OFFERS A LIFE-EXTENDING BOOST.**

SOURCE: VICTORIA UNIVERSITY



“My friends want to know my beauty secret”



Nature's Way Beauty Collagen nourishes my skin from this inside out. It's my secret to confidently beautiful, makeup-free skin.

A handwritten signature in black ink, which appears to read 'Ada Nicodemou'.

Ada Nicodemou, Actress

Ada's secret is out - discover glowing skin and confidently skip the makeup for a more natural look, with Nature's Way Beauty Collagen. Specially formulated to nourish from this inside out with a trifecta of Verisol Collagen, nutrients and antioxidants to help –

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- Improve skin firmness & elasticity
- Support skin integrity and structure
- Support hair health & nail strength



Always read the label. Follow the directions for use. Ada Nicodemou paid Nature's Way Ambassador. CHC73817-0819



# Discuss *nutrition*

Get  
stoned

## Avocaaa.. go!

Pass the guac, will you? Eating just one avocado daily may help lower levels of LDL aka 'bad' cholesterol. Specifically, the green fave was associated with fewer LDL particles being oxidised, a process that can contribute to plaque build-up in artery walls.

SOURCE: PENN STATE UNIVERSITY

### EAT FOR YOUR EARS

Listen up for even more incentive to chow down on a healthy diet. No seriously, listen: balancing your plate (via approaches such as the DASH and Mediterranean diets) may actually help you hold onto your hearing as you age, found a Brigham and Women's Hospital team. Past research suggests the auditory wins could come down to specific nutrients, including long-chain omega-3 fatty acids (found in seafood and fish), folate (leafy greens and legumes) and the carotenoids beta-carotene and beta-cryptoxanthin (sweet potato, carrots, oranges).

# 4033

EXCESSIVE CARBS AND SATURATED FAT, COUPLED WITH NOT ENOUGH PROTEIN, COULD BE TO BLAME FOR DAYTIME SLEEPINESS, ACCORDING TO A 19-YEAR STUDY OF THIS MANY PEOPLE. THE NETFLIX BINGE PROBABLY DIDN'T HELP, THOUGH.

SOURCE: FLINDERS UNIVERSITY



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# Discuss beauty

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Perfumed  
Sticker  
for Skin,  
\$79



Diptyque  
Fleur  
de Peau  
Perfumed  
Brooch, \$192



## Scent-sation

You guys, there's a new way to wear fragrance and it looks so good. French brand Diptyque has launched a line of *prêts-à-parfumer* (translation: fragrant objects), including refillable brooches, skin stickers and bracelets, that slowly release scent throughout the day. Lack of reapplication aside, they are just really freakin' cute.

PLEASE EXPLAIN

### AMPHIPHILE COMPOUNDS

What makes a dream cream? One that mimics your skin's natural moisture-holding layer. Japanese scientists have created just that by using an oleic acid-based surfactant that's structurally similar to the skin's ceramides (lipids that help form its protective barrier) – both are amphiphile compounds, which means they're made up of water-loving and fat-loving properties. Not only will this new cream help our skin stay healthy, it's also made of an environmentally-friendly organic material. It hasn't hit the market yet, but here's hoping!

SOURCE: TOKYO UNIVERSITY OF SCIENCE

### 1.5 MILLION

The number of Aussies affected by acne. One of the most annoying types? Blackheads. These critters are usually caused by hormones, which can trigger an increase in oil production, but pore-clogging beauty products, sweating and stress may also be to blame. If you have blackhead-prone skin, avoid touching your face and keep your mitts as clean as possible. Also try a nifty tool such as Rodan + Fields Pore Cleansing MD System, \$356, which sucks out all the dirt, oil, dead skin cells and impurities from your pores. Neat.



Photo: Sam Biddle/OxfamAUS

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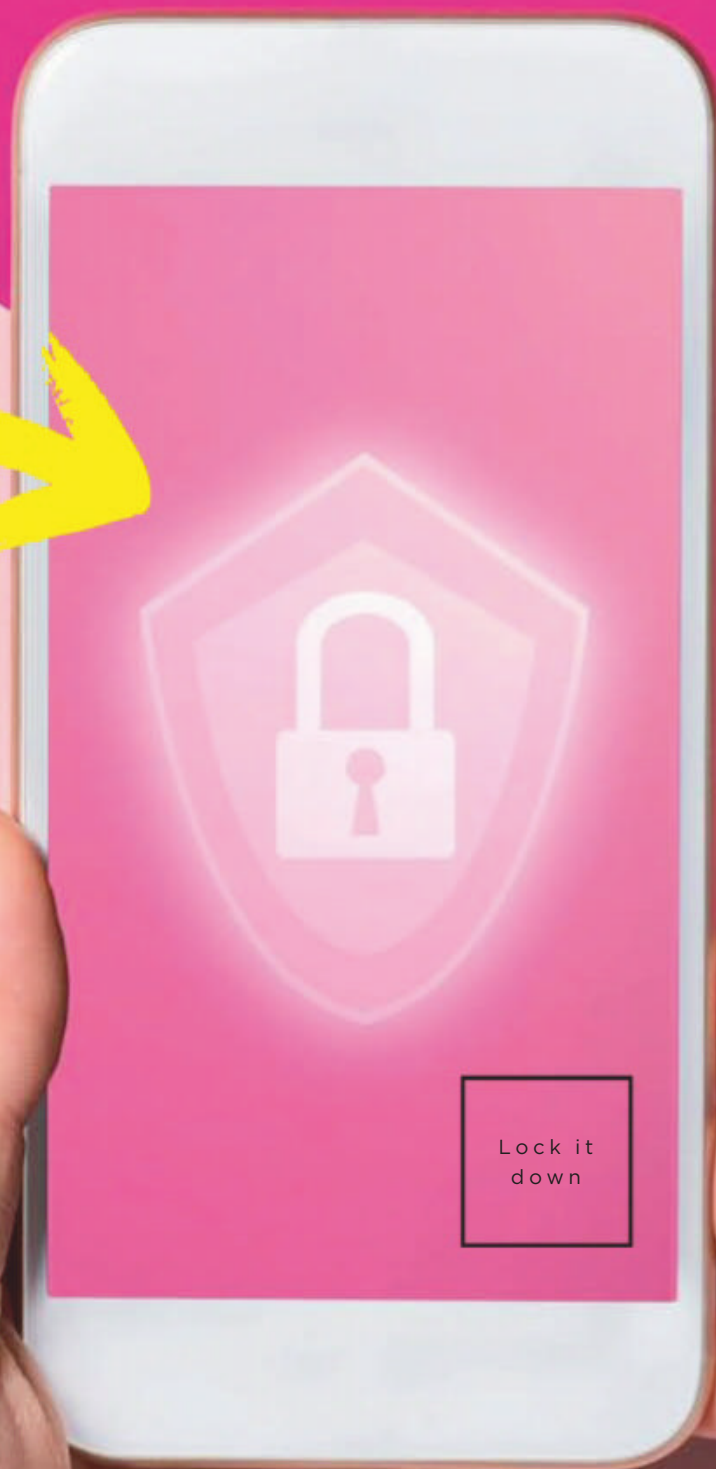
## Hold the Phone

If you use a quick scroll of Instagram as respite from your spreadsheets, get your head around this. According to a new Rutgers University study, using your phone to take a break from a mentally challenging task doesn't allow your brain to effectively recharge because your device is too distracting. May we suggest a flick through *Women's Health* instead?

### POWER OVER PICKING

*Plucking at a random pimple is one thing. Repeatedly picking at an area of your skin – blemish, scab or even flaky ear – so it can't heal? That's another. It's a type of body-focused repetitive behaviour that can cause tissue damage, scarring and infections. While it's likely a compulsive (read: mental) habit, dry weather can make it worse. Cover go-to spots with bandages and slather on lotion to reduce triggers for picking, then focus on de-stressing activities (or consider a therapist) to combat the mental driver.*

SOURCE: SUZANNE MOUTON-ODUM, A CLINICAL ASSISTANT PROFESSOR OF PSYCHOLOGY AND CO-CREATOR OF ONLINE BEHAVIOURAL PROGRAM STOPPICKING.COM



Lock it  
down

# 35

**LET'S HEAR IT FOR THE PERIOD KIT REVOLUTION: THIS PERCENTAGE OF US HAVE USED A MENSTRUAL CUP. FIRST-TIMER? PRACTISE WHEN YOU DON'T HAVE YOUR PERIOD, ADVISES CAROL MORRIS, DIRECTOR OF LUNETTE AUSTRALIA. LESS MESS AND IT TAKES THE PRESSURE OFF. THEN GO WITH THE, UM, FLOW.**

SOURCE: LUNETTE



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# Best Body





Next-gen  
health  
kit

# The Great Escape

Those goggles that gamers geek out over can help treat health issues. Say hello to a new reality

By Meghan Rabbitt





**Jennifer Fernjack is scuba diving in crystal-clear water, surrounded by the most colourful fish she's ever seen. The ocean is peaceful and she feels calm. So when her dentist puts a hand on her shoulder to signal her filling is finished, she almost doesn't believe him. Jennifer, who used to pass out just thinking about being in the dentist's chair, didn't even feel the pinch of the numbing needle due to the virtual reality (VR) equipment that transported her to paradise before a drill descended into a lower molar. She's one of a growing number of patients and physicians in the US experimenting with VR therapy. Turns out, these clever headsets are being used to reduce the symptoms associated with everything from labour pain to anxiety.**

VR therapy, per se, isn't exactly new. But because of a very rapid spike in VR technology, plus the plummeting price of the equipment (thank you, multi-billion-dollar gaming and porn industries!), it has only recently become super accessible. "The first commercially available VR helmets came out in 2016, and in three years the improvement in the tech and the research have been mind-boggling," says Dr Hunter Hoffman, director of the Virtual Reality Research Center at the University of Washington. Now, this innovation is starting to make its mark on pain-related issues.

## **How VR's Powers Work**

In a health sense, it's all about diverting your attention and getting you to focus on something more pleasing or stimulating. In other words, a "distraction on steroids", says Hoffman. "Once you put on the goggles, you're preoccupied with what you're seeing, so you don't have extra brainpower to feel the pain associated with a treatment, or to get yourself worked up over how bad it's going to be."

For example, one VR program lets burn victims roam around a frozen cartoon landscape, distracting them from the excruciating moments when nurses change wound dressings and stretch scarred skin. Patients who step into "SnowWorld" during these treatments, report up to 50 per cent less pain than those who don't sport the headgear, found Hoffman's research.

The immersive, multisensory nature of the trendy therapy is key, according to Dr Walter Greenleaf,

a behavioural neuroscientist and medical technology developer.

"Yes, you could listen to a practitioner describe a soothing environment, but the real superpower of VR is that it's an experience – not a suggestion of an experience," he explains.

## **Why Fantasy Is the Future**

VR isn't mainstream in Australia as yet, but the speed of progress overseas is promising. It could eventually be standard in your doctor's office or emergency room. Nervous before a surgery? A VR program specific to the



procedure might walk you through what's going to happen: from pre-op prep at home, to checking into the hospital, to entering the operating room, even to what you can expect post-op.

Yep, the potential for VR to transform our health is endless. "Technology is lurching into medicine in a bigger way than ever before," says Greenleaf. "If VR continues to evolve at this rate, in the next 10 years it will become so common in all aspects of medicine that we won't even notice we're using it." Well, except for those sci-fi goggles on your face – but hey, talk about a wellness game changer. [wh](#)

# Peace of Mind

**While physical issues have long been a focus, the psych world uses VR, too. Check out a few areas where it's making waves**

**Stress and burnout**  
Mindfulness-based interventions have been proven to boost relaxation and happiness. Enter VR, which can work like a souped-up guided om sesh. "Because VR is immersive, it's easier to be in the moment," says Dr Debra Boeldt, a clinical psychologist.

**PTSD**  
Previously, a therapist would urge you to recall details from a trauma in order to help you work through it. With VR, a practitioner guides you back into that situation, says psychologist Dr JoAnn Difede.

**Addiction and eating disorders**  
By virtually dropping someone into a triggering scenario – say, at a bar – therapists can help patients practise how to respond to triggers. This can also manage anticipatory anxiety ("What will happen if I'm offered a drink?"), because the VR-based scenario feels so legit, says Greenleaf.

**Phobias and OCD**  
Traditional exposure therapy is the standard for both. But physically going to the place that prompts so much fear can be a tough sell. With VR, therapists can "travel" anywhere with their patients – such as on a ski lift with someone who's afraid of heights, or on a plane with a patient who's terrified of flying.





Need a  
lift?

# Good Clean Fun

Master this move,  
own the weights  
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one incredible lift





Something special happens when you successfully pull off your first power clean: your muscles fire on all cylinders, and you get that bam-pow-dynamite feeling that comes from lifting a heavy barbell and thinking, ‘Whoa, I’m strong.’ The explosive, full-body movement, common in HIIT classes and CrossFit workouts, brings a host of other cool payoffs too. “If you want to jump higher and sprint faster, cleans will deliver,” says Judine St Gerard, a trainer based in NYC (also the fitspo legend pictured here). Plus, just perfecting the fluid motion required for a clean offers one serious confidence boost. “Once you have the basics down, you can add plates and build strength pretty quickly,” says St Gerard. “It’s empowering.” Keen to try it? (Thought so.) We’ll show you how to conquer this hardcore move. But first, here are its bad-arse benefits...



## Best Body fitness

✕  
Totally new to cleans? Before you grab a barbell, practise the motion with a broomstick or mop handle.

✕  
While cleans require some upper-body effort, the majority of your power should come from your lower body, especially the hips.

### 1

#### **A FULL-BODY WORKOUT, FOR REAL**

Power cleans work it all, majorly firing up your abs, hip flexors, glutes and legs while simultaneously involving your shoulders and upper back, says St Gerard. Plus, cleans are a dynamic lift, which means they’re surprisingly good at getting your heart rate up and burning fat as you build muscle.

### 2

#### **NEXT-LEVEL MOVEMENT**

Cleans require several separate muscle groups – such as your lower and upper body, plus your posterior and anterior chains – to work together in order to lift, flip and ‘catch’ the barbell in one continuous movement. (No biggie.) It’s an exercise that demands control and balance, so mastering it helps you improve both.

### 3

#### **STRONGER, HEALTHIER BONES, STAT**

This advanced move loads the hips with weight, causing tiny fractures. Seems scary, but it’s actually a good thing. Seriously. When the body repairs those mini-breaks after you’re done slinging weights, your bones become denser. On top of that, strength training can encourage new bone cell growth. Boom!

### 4

#### **AMPED-UP ATHLETIC PROWESS**

Your ability to move quickly, pivot with ease, jump and swing kettlebells all comes down to the power of your hips, abs and glutes, which are the main muscles in your core. Cleans target these areas and mimic the explosive motions (such as hip hinging and thrusting) you often perform in strength-training workout classes or sporting events. Ready?



## Complete a Perfect Clean

1

Stand with your feet about hip-width apart, barbell against your shins.

2

Hinge forwards at the waist with a flat back, bending slightly to grab the bar with an overhand grip. Your hands should be outside your knees. Be sure your chest is up, core is tight, shoulders are back and head is in a neutral position (a).

3

Glance in the mirror to check your form is fine, but realign your spine before continuing. Nice.

4

In one fluid motion, lift the bar, pushing through your feet, engaging your glutes and thrusting hips forwards; keep the bar close to your body as you pull it towards your chest (b). Quickly flip wrists back, drop into a quarter-squat, and 'catch' the bar in front of your shoulders, bringing your elbows forward.

5

Stand with triceps parallel to the floor (c); flip wrists down and lower the bar, bracing your core and hinging at the waist to relieve back pressure.

↓  
WORK  
UP TO...  
3-4  
sets  
10-15  
reps



## The Variations

Once you're ready to step it up, incorporate these challenging twists into your sweat sesh.

### SQUAT CLEAN

You can lift heavier loads because you don't need to get the bar to chest height before you flip it. Instead, lift it to waist level, then drop to a low squat to get under the bar, engaging your glutes.



### CLEAN AND JERK

Want more of your upper body in on the action? After you clean the bar to your shoulders, lower elbows, tuck chin, and hinge slightly at the hips before thrusting them forwards to push the bar straight overhead, biceps slightly behind ears. Legend. *wh*



No barbell? Clean with kettlebells, dumbbells or sandbags. These weights will test your balance in a new way while you do it.



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# Plants for the (WELLBEING) Win

These green beauties do much more than look pretty on your 'sill

By Tara Ali

Plants are big news RN. From sweet succulents on your brunch table to leafy monstera in offices, gardening is no longer a hobby reserved for Jamie Durie. In fact, Australia's inaugural A-Z of Instagram report showed that #GreenThumbs is one of the biggest trends among millennials and we're now spending more than our parents on pot plants. "As our lives become busier and our cities increasingly dominated by hard surfaces, it's no surprise we're wanting more nature in our lives," says Jason Chongue, plant cultivator and author of *Green: Plants for small spaces, indoors and out* (Hardie Grant, \$32.99). Greenery in your personal space has also been linked to health benefits, including higher happiness and air quality (although a recent review by Drexel University in the US suggests you'd need between 10 and 1000 plants per square metre of your home to get cleaner air – don't tempt us...). Whether you're a newbie or fully fledged #plantlady, check out the wellness boosters worth investing in.



**1 PLANT** = A LITTLE MORE MENTAL WELLBEING



**5 PLANTS** = 60 PER CENT MORE MENTAL WELLBEING



**10 PLANTS** = PEAK HEALTH AND WELLNESS

SOURCE: RMIT UNIVERSITY



## THE AIR FRESHENER

### Spider Plants

In a famous '80s NASA study on plants and air pollution, spider plants came out tops, removing 95 per cent of the toxic substance from a sealed plexiglass chamber in 24 hours. Since then, other plants have been shown to clean up air contaminants (which come from everyday things such as adhesives, ceiling tiles and new furniture), but "spider plants remain an old favourite, adored by many. If you spot one in the house of friends or family, ask for a cutting", says Chongue. Spideys are adorable as they grow little offshoot babies from their leaves.

#### TREAT IT RIGHT

Water once a week in warmer months and once a fortnight in cooler ones.

## THE SKIN MOISTURISER

### Peace Lily

All plants clean up indoor air, but peace lilies do the extra work of raising relative humidity levels in the room, which means they can help offset skin dryness brought on by heaters and temperature fluctuations. A paper published in *Air Quality, Atmosphere & Health* found that because peace lilies are 'thirsty' plants that require more water to grow well, they restore moisture in the air – meaning you can reap the good humidity benefits.

#### TREAT IT RIGHT

Peace lilies are ideal plants for beginners, as they'll visually tell you when they need care: dropping leaves means they need a drink. Keep them in a warm spot, away from fans and the air con blast.

## THE BURN-TREATING BAD-ARSE

### Aloe Vera

This evergreen medicinal succulent has been used to treat various skin conditions for thousands of years. Snap off a centimetre, squeeze out the gel and apply topically to soothe superficial burns, like when your Ghd catches your ear. You can also tackle acne and spots – a study in the *Journal of Dermatological Treatment* found a cream combining conventional acne medication with aloe vera gel was significantly more effective than the acne med alone or a placebo.

#### TREAT IT RIGHT

Aloe vera requires minimal care, says Chongue. "Ensure it has similar conditions as it would in the wild – bright to harsh light, and watered sparingly."

## THE HERBAL MEDICINE

### Parsley

It may not get the props of kale, but parsley (in any form: curly or flat) is an unsung health hero. "As well as adding an alluring aroma to your food, parsley contains significant amounts of vitamins A, C and K, and polyphenols; compounds with antioxidant and anti-inflammatory properties," says Alana Langan, cofounder and director of Ivy Muse, a botanical wares studio in Melbourne (check out their seriously luscious Insta @ivymuse\_melb). Parsley also contains myricetin, a flavanol that has been linked to the prevention of certain cancers, according to a study from *South Asian Journal of Cancer*.

#### TREAT IT RIGHT

"A sunny windowsill is the ideal spot, and give it plenty of water," says Langan.

## THE STRESS BUSTER

### Weeping Fig

"Plants are more than just styling pieces," says Chongue. "Tasks like watering, pruning and repotting benefit your wellbeing by allowing your mind to focus on the beauty of nature. It's therapeutic." A study in the *Journal of Physiological Anthropology* found that interacting with indoor plants can reduce psychological and physiological stress. So, placing a big plant, such as a weeping fig, in your work space could help to knock back anxiety levels. "They also have an impressive ability to remove toxins from the air," says Langan. [wh](#)

#### TREAT IT RIGHT

"Pair it with a medium-size bushy-shaped plant (such as a peace lily) and a smaller plant (like mother-in-law's tongue) to create a striking trio among your plant gang," says Langan.

# 20

The percentage by which being around plants boosts memory retention. See you at the nursery!

SOURCE: UNIVERSITY OF MICHIGAN



A close-up photograph of a woman's midsection. She is wearing a white tank top and white pants. Her hands are positioned on either side of her belly button, with her fingers pointing towards the center to form a heart shape. The background is plain white.

# Build Your Best Gut Bowl

**There's more to gut love than chasing a boozy weekend with a bottle of kombucha. Want to show your microbiome some TLC? Use dietitian Dr Megan Rossi's handy cheat sheet to create 40 gut-healthy power bowls. Lunch is up!**



## MON | TUE | WED | THU | FRI

Slay weekday meal prep right here. Just combine the ingredients of one column or mix and match with one from each row. Grill foods with olive oil, prep grains as per pack instructions and steam the veg. For more gut goodness, pick up a copy of Rossi's genius new book *Eat Yourself Healthy* (Penguin Random House, \$45). Bon appetit!

|  |  |   |   |  |  |
|--|--|---|---|--|--|
| <b>Fibre base</b><br>(approx 2 cups raw)                                       | <br><b>Peas and cauliflower</b><br>(steamed)    | <br><b>Sweet potato</b><br>(steamed) and <b>onion</b> (sliced and fried) | <br><b>Kale</b><br>(steamed)               | <br><b>Broccoli</b> (steamed) and <b>sugar snap peas</b> (raw)      | <br><b>Zucchini ribbons</b><br>(grilled)                                    |
| <b>Golden grains</b><br>(80-120g cooked)                                       | <br><b>Wild or brown rice</b>                   | <br><b>Soba (buckwheat) noodles</b>                                      | <br><b>Quinoa</b>                          | <br><b>Wheat berries</b>  | <br><b>Wholegrain pasta</b>   |
| <b>Polyphenol hit</b><br>(half a cup, keep raw)                                | <br><b>Red capsicum and coriander</b> (1 tbs) | <br><b>Baby spinach</b>  | <br><b>Sweetcorn</b>                     | <br><b>1 seaweed sheet</b><br>(torn into strips)                  | <br><b>Cherry tomatoes</b>  |
| <b>Fermented flavours</b><br>(1-2 tbs)   | <br><b>Kimchi</b>                             | <br><b>Sauerkraut</b>  | <br><b>Live thick yoghurt</b>            | <br><b>Pickles</b>  | <br><b>Parmesan</b>   |
| <b>Prebiotic boost</b><br>(to taste)   | <br><b>Banana</b><br>(sliced)                 | <br><b>Asparagus</b>   | <br><b>Spring onion</b>                  | <br><b>Savoy cabbage</b>  | <br><b>Brussels sprouts</b><br>(grilled)                                  |
| <b>Healthy fats</b><br>(1 tbs)   | <br><b>Cashews</b>                            | <br><b>Pumpkin seeds</b>   | <br><b>Avocado</b>                       | <br><b>Sesame seeds</b>   | <br><b>Walnuts</b>  |
| <b>Protein punch</b><br>(80-120g)  | <br><b>Chicken breast</b>                     | <br><b>Tofu</b><br>(firm)  | <br><b>Two eggs</b><br>(boiled or fried) | <br><b>Seafood of choice</b><br>(mackerel, salmon, prawns, squid) | <br><b>White legume</b><br>(eg, butter beans, rinsed, drained and warmed) |
| <b>Dress and coat</b><br>(1-2 tbs, adjust to taste, including a pinch of salt) | <b>Red curry</b><br>Thai red curry paste (2 tsp)<br>Live yoghurt (60g)<br>Desiccated coconut (2 tsp)                             | <b>Wholegrain mustard</b><br>Wholegrain mustard (1 tsp)<br>Olive oil (½ tbs)  | <b>Hot sauce</b><br>Sriracha hot sauce (½ tsp)<br>Minced ginger (1 tsp)<br>Cider vinegar (½ tsp)                              | <b>Miso sauce</b><br>White miso paste (1 tsp)<br>Live yoghurt (60g)  | <b>Basil dressing</b><br>Olive oil (½ tbs)<br>Lemon juice (1 tsp)<br>4 basil leaves (finely chopped) <i>wh</i>   |



# Wear This

Behold! Arm candy that will take your workouts to the next level. Here's what's on our *WH* watch list

## APPLE WATCH SERIES 5

**FOR:** The tech shy who want a timepiece with benefits.

**WHAT IS IT:** A watch for Apple enthusiasts. One of the best bits? This seriously clever micro-computer links all your Apple devices and apps neatly onto your wrist. Yep, bingo!

**PROS:** Top of the list? It frees you from your phone, meaning you can hit the great outdoors for a run, pop to Coles or just disconnect for an hour without being completely cut off. The other genius feature? The handy goal rings, which

encourage you to stand up or breathe during the day with gentle vibrating reminders. Perfect for those who need more timeouts in the working day – or to at least get up from our desks for a quick stretch. Also, you can tailor the notifications to your needs. Want to turn off those alerts from your news app? Done.

**CONS:** You have to charge the watch a fair bit, so if you're new to wearables, it might take some getting used to.

**COST:** \$649, apple.com/au/watch



## SAMSUNG GALAXY WATCH ACTIVE2

**FOR:** Tuning in to your body.  
**WHAT IS IT:** This watch is designed with wellness in mind. Consider it your ultimate health coach for monitoring your periods, stress, breathing, sleep and more.  
**PROS:** Whether you're a gym nut or fresh on the fitness scene, this smartwatch is ideal for all fitness levels. It's great for those who need a friendly nudge (literally) to get their step

count up. Or, if you're a serious data junkie, it offers great metrics and feedback on your workouts.  
**CONS:** The battery life lasts around two days, so be sure to give it a good charge when you're not knocking out a sweat sesh.  
**COST:** From \$549, [samsung.com/au](https://samsung.com/au)

## SUUNTO 9

**FOR:** The endurance runner or cyclist.  
**WHAT IS IT:** This baby isn't just a smartwatch, this is a *sports-specific* watch with up to 120 hours of exercise tracking (what's not to love about that?).  
**PROS:** Ultra runners and endurance athletes will get the most out of this

sturdy watch with intelligent battery modes and unique GPS and motion-sensor data to ensure even the sweatiest session will always get tracked. But even if you aren't into your distance training, it also has more than 80 sports modes to choose from and is water resistant up

to 100m. We like!  
**CONS:** The watch face is wide and chunky (50 x 50 x 16.5mm), which can make it look slightly gigantic on smaller wrists.  
**COST:** \$649.99, [suunto.com/en-au](https://suunto.com/en-au)

## WHOO STRAP 3.0

**FOR:** The athlete or serious enthusiast.  
**WHAT IS IT:** This favourite of pro athletes and CrossFitters collects heart rate variability, resting heart rate and sleep data to help you recover faster, train smarter and sleep better.  
**PROS:** The app will give you a recovery score, so if it's in the red, you'll know whether your body is more primed for a yin class than another WOD. The sleep coach delivers the time you need to be in bed, depending on how much strain you're planning on putting your body under the next day and the time you want to wake up. There's also a live coach, which lets you know if you've hit your chosen performance goals.  
**CONS:** You've got to double-wrist it (that is, wear Whoop with another wearable or a watch) if you want to tell the time or track distance. As it doesn't have a screen, you have to access all the information via your phone. Also, if you're on Android, the app doesn't have all of the same features as the iOS version, but they are working on making sure they're on par.  
**COST:** From \$21/month for an 18-month membership, [whoop.com](https://whoop.com) *wh*

## FITBIT VERSA 2

**FOR:** Anyone in need of a major motivation boost.  
**WHAT IS IT:** The second generation of Fitbit's popular smartwatch, this fine piece of wrist candy comes with built-in Amazon Alexa. So smart.  
**PROS:** For starters, you can do almost anything with this smartwatch: ask Alexa the location of your nearest spin class, pay for a coffee on your way home from a run with Fitbit Pay, track

your period with the Female Health app. It will remind you when you've been sitting for too long and let you know when you're close to hitting your 10,000 steps. Buy the special edition, and you get a three-month trial of Fitbit Premium (usually \$14.99 per month), the new subscription service which includes guided programs and workouts, extra insights and in-depth sleep stats.  
**CONS:** It doesn't

have GPS, so you will have to bring your phone along with you if you want a more accurate distance reading. Music fan? Versa 2 connects with Spotify so you can control your music, but can't download songs to your phone. Good to know.  
**COST:** \$329.95, [Harvey Norman](https://HarveyNorman.com)

## GARMIN VIVOACTIVE 4S

**FOR:** Upping your fitness game, minus the personal trainer or exxy gym fees.  
**WHAT IS IT:** Your secret weapon for hitting your fitness goals, with animated on-screen workouts.  
**PROS:** Don't be fooled by its super-chic design, this smartwatch brings its A game when it comes to

performance. With nifty new features such as respiration tracking, plus cool animated yoga and pilates workouts, this baby is your own portable PT.  
**CONS:** Sorry joggers, the running analysis is fairly limited.  
**COST:** \$549, [garmin.com/en-AU](https://garmin.com/en-AU)

Wrist  
candy



# Open Water

**What's it like to swim solo for hours with sharks lurking below? Meet the record-breaking swimmer who knows**

By Emma Levett

A ripple travels over the black ocean's surface as a lone swimmer's arm curves up and out, up and out. Moonlight flickers across the water as Kim Chambers plunges her head under once more, her smooth movements in stark contrast with her racing heart. The dangers of this particular swim are so vast, the 42-year old Kiwi has prepared herself for the chance that she may not survive it. Back home her bills are paid, her laundry done and goodbyes said to her family. But, even with all this weighing on her mind, she's unstoppable. Her goal? To become the first woman to swim the treacherous 48-kilometre stretch of water between the Farallon Islands and the Golden Gate Bridge in San Francisco. It's home to notoriously dangerous currents, as well as scores of the world's biggest great white sharks – Kim's training partner Simon had to abort his attempt after being circled by one just a week earlier. For Kim, though, her mind was set. She wanted to prove people wrong and to show that the impossible was possible.

## Testing Times

Kim's extraordinary mindset doesn't come from a lifetime of ocean swimming or even athleticism. She only took up her sport six years before tackling the challenge in San Francisco. Instead, she credits her resilience to an accident in 2009 that changed her life.

"I was late for work and, rushing in my high heels, I slipped down some steps," she remembers. "I bashed my right leg but picked myself up and carried on. It was only hours later the extent of my injury became clear. I was rushed to hospital with acute compartment syndrome. Pressure build-up in my calf muscles meant the nerves in my leg were dying." Just 30 minutes away from amputation, Kim's leg was saved by emergency surgery – but she was told she would never walk unassisted again. It was a diagnosis she took as a challenge rather than a fact. "We are all capable of so much more than we think," Kim says. "We all have strength and resilience, but sometimes it takes a difficult experience for it to rise to the surface."

Kim's self-belief not only saw her prove the doctors wrong, but also set her on course to become one of the world's greatest ocean swimmers. Initially as part of her rehab, Kim found a sense of freedom in the water and, hungry for a challenge, she eventually found herself swimming the English Channel. She succeeded on her second attempt and it didn't stop there. Over the next four years, Kim took on the Oceans Seven – the seven toughest ocean swims in the world, including channels in Europe, the US, Japan and New Zealand.

"I learnt that if you want to achieve something, you can do it," Kim says. "For me it's about breaking it down day by day, even stroke by stroke. It was the same when I was learning to walk again. Instead of looking at the challenge as a whole, I'd put my coal miner's hat on every day and chip away. It was laborious, but each week I could look back and see how far I'd come."

Kim's final swim – the 35km North Channel from Northern Ireland to Scotland – was not the glorious ending she pictured. She finished it, but almost died from jellyfish toxicity after being stung so many times. "I'm like a cat with nine lives," Kim says. "I started seeing the fragility of life and it made me want to give anything a go. I was determined to live my best possible life."

Intoxicated by the feeling of success against all odds, she wanted one more. It was then she decided on the Farallon Islands swim. On August 7, 2015, Kim dived into the darkness knowing the dangers lurking beneath. "During that swim there was a lot of fear and self-doubt," she admits. "I got cold, I was vomiting, I wasn't taking on enough nutrition. But I know once you face your fears the feeling is magical." After 17 hours and 12 minutes in the water, she emerged exhausted but victorious.

## Highs and Lows

However, Kim's strength and mental toughness were to face another challenge. In May 2018 she developed paralysis from the waist down, now thought to be the result of her earlier jellyfish poisoning. Once again, Kim found herself relearning to walk.



# Best Body

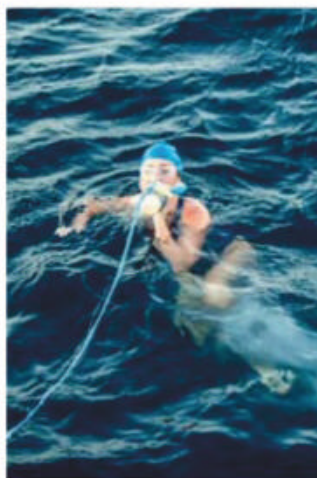
## women in sport



"I have learnt the most when I've been in the deepest despair, and appreciated the highs so much more because of [those times]," she says. "It sounds cliché, but I've also seen how times of trial are temporary and, more than that, there's always a gift on the other side of trauma."

Kim's gift from this latest setback is the understanding that success doesn't have to be a lofty, record-breaking goal. It can be as simple as finding love, as she's done recently. Walking to the shops or swimming – as she's now able to do again – for just an hour. "This year is about reassessing and being open to new possibilities," Kim shares. "My life so far has been a wild ride, but now success to me is just being a good human and doing something that makes [my] heart sing."

Kim features in a Netflix documentary, *Kim Swims*, about her journey. **wh**



# 23

The number of swimsuits Kim has – she's held on to every pair she's bought!

# 3

The hours it takes for her to settle into a swim.

# 6

The months Kim took only cold showers to prep for the water temperature on the Farallon Islands swim.

# 55

The kilometres this hero swims per week in the lead-up to a big event.

# 60

The strokes Kim swims per minute.

# 22

Jetsetter Kim has swum in this many countries.

# 0

How many sharks she's seen in a decade of open-water swimming.

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# Life etc

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# Slay Stress, Feel Calmer

Is it possible to take the edge off your overwhelm in just one minute? Writer Tara Ali volunteers to find out

As a health writer, I'd love to say I've nailed keeping my stress levels in check. But the truth is, I work for myself and solo parent two children under the age of four, which means I'm in a perpetual state of rushing. It's not uncommon for me to be fixing snacks with my left hand while reading emails with my right, while silently wondering when this bullet train is going to stop. It's not just me. In a 2018 survey by the Mental Health Foundation think tank, 81 per cent of women said they felt overwhelmed during a 12-month period. So, when meditation teacher Liza Kindred's book – *Eff This! Meditation* (Rock Point, \$24.99) – arrived in the mail, I was intrigued. Can small daily practices truly slow life down? I decide to put Kindred's strategies to the test.



## If you have **1 minute...** **Try inbreath < outbreath**

**WHAT?** Just take a few (preferably deep) breaths, where you count your inbreath to five and give your outbreath a count to seven. Breathing as a calming technique is not new advice – it’s probably the first thing I ever learnt to do for my own wellness. But, do I actually use it? No, I do not. “We can take direct control of our nervous system by making conscious choices about how we breathe,” says Kindred.

**VERDICT:** I set the ‘Breathe’ function on my smartwatch for 60 seconds, three times a day. At first I found the prompts (which beep at random times) a little annoying because I didn’t have a minute to waste on frivolous breathing! But, the watch has a sensor and knows if I’m cheating, so I had to down tools wherever I was – in the cheese section at Sydney’s Harris Farm Markets once – to stop and exhaaaale. By the week’s end I’ve come to enjoy these forced micro breaks, which my heart rate monitor also registers as a drop in my BPM. Nice!

## If you have **30 minutes...** **Do a deep clean**

**WHAT?** Set a timer for 30 minutes and spend that time deep cleaning something that’s been bugging you: the junk drawer, your kitchen pantry. “The point is to stick to the time and relieve some low-grade stress in your life,” explains Kindred.

**VERDICT:** I chose a digital deep clean. I deleted thousands of sent Gmails (very satisfying), cleaned my desktop and trashed a load of old files. I still had 15 minutes left so I attempted to clean up my iPhotos but got sidetracked clicking through old travel albums. I’m not sure if this was the point of the exercise, but I found a wonderful photo I’d forgotten about of me standing in the ocean in Cambodia and I set it as my desktop because it makes me happy.

## If you have **5 minutes...** **Make a to-done list**

**WHAT?** List everything that you’ve gotten done so far today, or this week, or even this year. “Be specific, re-read it and take a moment to really appreciate everything that is on it. You’re doing better than you think!” explains Kindred.

**VERDICT:** The smugger I got from this retrospective over my week was really quite surprising. I called my mum! I worked out four times! I made a roast dinner! I went to the movies by myself! Look at me go! I managed to list 22 things that I’d never give a second thought to. This was a great slowing-down moment and it also gave me a confidence boost. I’m going to make it a Sunday night ritual.

## If you have **1 hour-ish** **Try forest bathing**

**WHAT?** This is about spending time among the trees and connecting with the Earth. “This might help create spaciousness for you,” Kindred advises.

**VERDICT:** I’m fortunate that my backyard backs onto bush, so there’s a forest literally on my doorstep. I spent one glorious, uninterrupted hour absorbing it. It’s magical that, if you really tune in, you can hear the song of magpies, whipbirds, kookaburras and wagtails separately. I love that you can hear, see and feel the wind, as well the distant sound of a neighbour playing the radio. I got a kick out of noticing one solitary purple flower in a towering tree that gives shade to my garden, and spent a long time admiring a riot of tropical orange bougainvillea flowers. This is the most relaxing and delightful tip. Nature is the real antidote to modern life, and it’s right there whenever I need it.

This little pink book is now a permanent fixture on my work desk. In the words of Ferris Bueller, life moves pretty fast; Kindred’s book can really help you stop and look around so that you don’t miss it.

## Best of the Rest

Upgrade  
your zen  
with these  
60-second  
stress-  
busting  
tricks

### 1. Belt it out

Singing – especially in groups – promotes an ongoing feeling of wellbeing, according to a study by the University of East Anglia.

### 2. Legs-up-the-wall pose

Or any fave yoga pose, actually. A Harvard study found that people who consistently practise yoga sleep better.

### 3. Feel your feet

The practice of grounding – where you focus completely on the bottom of your feet touching your shoes or the ground – increases energy and improves mood, reveals research published in *Explore. wh*





# The Good Life

**Burnt out and in need of a break?  
One dose of island time coming right  
up. Here's what happened when  
WH Art Director Lisa Balemi-Hughes  
escaped to a Polynesian paradise**

A golden sunrise greets us as our plane descends on Rarotonga, the Cook Islands' largest island. The long-extinct volcanic cone, with its steep lush green mountains, is surrounded by a lagoon with white sand beaches and turquoise waters. There are no high-rise hotels on the coastline, and I'll later learn that structures aren't allowed to be built higher than the coconut trees.

There's one main road that circles the whole island. It's only 32km long with a speed limit of 50km per hour, meaning it takes about 45 minutes to complete the loop and find yourself back in the same spot. There are no traffic lights. If you don't want to drive, there are two bus routes on the main road: clockwise and anticlockwise.

I have no problem being forced to adapt to this slower pace of

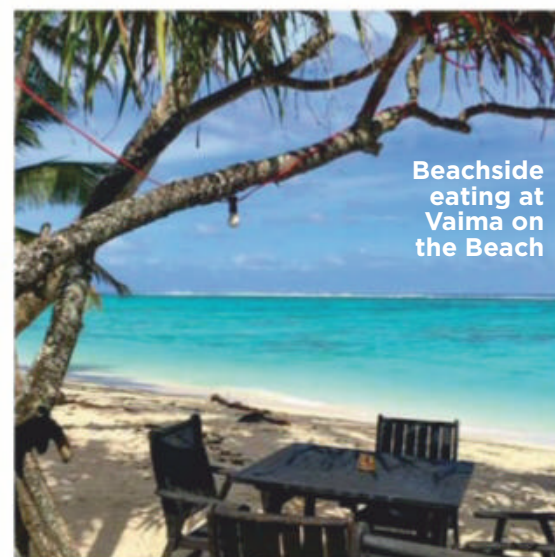
life in the South Pacific. After a busy few months of city living, I'm overdue a week-long escape to de-stress, experience the culture of the local Cookies (that's the nickname the Cook Islands Māori have for themselves) and explore the surroundings. It's early when my partner and I touch down, so before we check-in at our resort we drive around the island to hunt down a second breakfast (my favourite meal of the day). We stop at the Beluga cafe, about 10 minutes from the airport, to top ourselves up with caffeine and a menu featuring foods that you'd find in a trendy inner-city cafe back home but with an island twist. Think: Benny sashimi with hollandaise. It's the first of many alfresco dining locations we'll enjoy.

The first thing I do after we check-in at the adults-only Muri

Beach Club Hotel is book myself in for an hour-long massage. I'm given the choice of the beach or a spa room for the setting, and go for the latter. A blissful hour later, I float up from the table and look in the mirror to see that my masseuse has created a beautiful braid in my hair while giving me a head massage. A lovely bonus. That evening we walk to the Muri Night Markets for dinner. There are rows of stalls filled with locals cooking up Cook Island favourites, from seafood curries to chicken rukau served on rice and taro. Even though we get there at 6pm, some stalls have already sold out. Hot tip? Get there for when the markets open at 5pm. And if you have a sweet tooth, definitely buy dessert first so you don't miss out!

In between leisurely reading sessions by the pool, we enjoy a





Beachside eating at Vaima on the Beach



## Gotta eat...

*Ika mata* – a traditional dish made from fresh raw fish, usually tuna marinated in lemon or limes and coconut milk/cream with capsicum and cucumber. It's freakin' yum, so I made it my mission to eat it every day!

## Do take...

Some New Zealand cash as that's the accepted currency. A number of places only accept cash, so don't limit yourself to plastic or a phone to pay your way around.

## Don't need...

A special visa, if you have an Australian passport. The Cook Islands is part of New Zealand, so Australians can easily come and go.

## Getting there...

Air New Zealand flies daily from most capital cities in Australia to Rarotonga via Auckland. It also operates a six-hour direct service from Sydney once a week.

## Gotta drink...

All the cocktails and fresh coconuts, of course! I recommend a refreshing ginger, lemon kombucha spritz at LBV Bakery & Cafe at Muri Beach.

## I miss out...

On the turtle safari with Ariki Adventures, where you can swim alongside green and hawksbill turtles. One for next time.



Dinner goals at the Muri Night Markets



couple of guided snorkelling tours with Ariki Adventures. I get to channel my inner 007 as we use sea scooters to propel us through the water. It helps me navigate the strong currents and conserve energy so I can spend more time appreciating the coral reef and its marine life: there's an abundance of tropical fish and large trevally. After one of our snorkel tours, we stop for lunch at Vaima on the Beach and, as the name says, we sit at a table right on the sand. I could hang out here all afternoon eating pizza and listening to the crashing waves.

But it's not until we watch dancers perform a local routine – including fire dances – that I feel like we've truly experienced the heart of the Cook Islands culture. The elders sing and play traditional drums while younger generations – wearing

coconut shells, grass skirts and floral headdresses – tell stories through dance. You can find heaps of spots (including our resort) where you can enjoy Polynesian dishes for dinner while watching a show. A heads up: audience participation is expected!

Sadly, all good things must come to an end, and eventually it's time to leave. We still have a few hours before we need to be at the airport, so we visit Maire Nui Gardens, which has almost three hectares of tropical gardens and lily ponds. Their cafe is closed, but my hunger levels ramp up, so we return to my new fave, Beluga cafe, for our last Cook Islands feed. My goal was to escape the stress of city life. This paradise was the perfect remedy and my mission is well and truly accomplished. Now, let's see how long I can stay on island time. *wh*



# Make Your Hours

## WORK FOR YOU

**No matter your career set-up, it's time to graft smarter, not harder**

By Penny Carroll

**I**f Dolly Parton re-released *9 to 5*, she'd have to update it to *9 to whenever*. Our point? The typical working week is no longer a thing. According to the Australian Bureau of Statistics, a huge 3.5 million of us work from home – including those who regularly clock back on after leaving the office. Nearly two million do shifts, and then there are the side hustlers: in 2018, a cool one million people were working a second job. This flexibility has perks, but it also tends to come with a unique checklist of wellbeing challenges, from disrupted sleep to fitness freezes and mental health wobbles. The good news? Whatever your bizz hours happen to be, you can get them working for – not against – you. Here's how.

### FOR THE **SHIFTWORKER**

Upside-down hours go against your body's natural rhythm, which can really mess with your mood, says workplace psychologist Kim Cullen. Clarify your personal gold standard of mental health. "Ask yourself, where's your energy at when it looks good? What kind of behaviour do you see in yourself? Where are your thoughts at? Then monitor it."

You need a solid wind-down routine to coax your body into sleeping when the world is waking up: avoid doing chores when you get home and set yourself a strict bedtime to allow you a full seven or eight hours' rest. And because shiftworkers are "out of sync with the hum of society", says Cullen, "scheduling time to stay connected to the world is important". Think an early dinner with family, having lunch at a cafe or doing a supermarket shop in the afternoon.

It can be tough to plan healthy meals around irregular hours, but the more nutrients you clock, the better you'll function, says accredited practising dietitian Marika Day. If you're ordering from a work cafeteria, "look for the meal with the most vegies," she adds. And watch portion sizes. "Often, a huge bowl of carbs can leave you feeling sleepy."



"Dealing with sick people and their emotions can become quite draining, so when I come home in the morning I try to have a warm bath with Epsom salts and lavender, then put on a relaxing oil before going to sleep."

**Theresa Charles,**  
nurse





## FOR THE **SIDE HUSTLER**

Clock off from one job at 5pm and jump straight onto another gig? Run your schedule like the boss that you are, says corporate health expert Nikki Fogden-Moore, author of *Fitpreneur*. "Put everything that's core in your diary – work, family, friends, wellbeing, 'me time' and personal admin." Prioritise time for a workout, too. "Fifteen minutes [of exercise] is one per cent of your day," she adds. "Your physical health is fundamental for mental aptitude and performance." Also, don't stress about meal prep too much,

"Every day, I wake up at 6am to walk and listen to podcasts that get me thinking about non-work-related stuff. Your work brain can't be 'on' all the time. It's too much!"

**Alice Harrington,**  
marketing and  
communications  
manager and  
marriage celebrant

advises Day. "Consider other options, such as a healthy meal service or using more nutritious convenience foods like tuna, microwave rice and frozen vegies." Don't forget water, especially if you're working late. "Even mild dehydration can lead to reduced energy, increased fatigue and reduced mental functioning," she adds.

## FOR THE **FREELANCER**


Working from your bed sounds like a dream, but it's a nightmare for your productivity. Instead, create a motivating home office, says Fogden-Moore. "Design a space that's uncluttered, with natural light and as much fresh air as possible. Also, don't work in your PJs – make an effort to 'get ready' for your day." It pays to get your ergonomics right, too – you'd expect a comfy desk and chair set-up from an employer, so give yourself the same entitlement.

The lack of colleagues pulling you into meetings or coffee runs makes for focused work, but it can also leave you stiff from inactivity. Set an alarm to stand up and move every hour or so – your attention wanes after about 50 minutes anyway, says Cullen. And rather than scour the fridge for leftovers when you get around to eating, pack a lunch box the night before and down tools while you munch. Day says, "Getting away from your desk will not only help you feel less stressed, but also help you digest your food." **wh**

"Once a week, I have a coffee with a friend to make sure I'm still having adult conversations and know what's going on in the world. I also track my steps and if it gets to lunchtime and I haven't moved enough, I head out for a walk."

**Brooke Lyons,**  
freelance art director





# Wallflower Power

Introverts, listen up – here's how to turn your lower vibration into higher value

By Aryelle Siclait

## Iconic Introverts

Add these quiet achievers to your role-model rollcall



**J.K. Rowling:** The woman responsible for *Harry Potter* is a classic introvert who dreamt up her bestselling book series on a four-hour solo train journey.

**Marissa Mayer:** Yahoo!'s former CEO, and now founder of AI start-up Lumi Labs, has described herself as "a shy geek" who hates parties.



**W**hen my manager at my first writing job (a foodie mag) asked to speak with me one-on-one, I spent the next 24 hours agonising over everything I might have done wrong and what I could be doing better.

But when we finally sat down together, she was all smiles. “You’ve been doing so well, Aryelle,” she began. My heart rate finally started to slow. “I just wanted to check in and make sure you’re truly happy here.” I assured her I was. “The rest of the team can’t really tell. You’re so quiet and you rarely smile, and some of us have taken that to mean you don’t really want to work here.”

I easily unpacked what she was saying – it wasn’t the first time I’d heard something like this. She was calling me out for being introverted.

## A Laborious Label

Since my internship days, when a superior first compared me, negatively, with more outgoing teammates, my introversion has been a touchy subject. At both publications, I was the only black person, so I was already an outlier. But more than that, I gave my all, so I couldn’t understand how my passion could have been so misread.

Once my frustration settled after this second reproach, I realised my reserve would only get me so far in the office, where merit is often married with enthusiasm. Introverts naturally tend to avoid those types

of displays – which means we can be overlooked, says John Mayer, a personality psychologist at the University of New Hampshire.

People chalk up introversion to being shy, but it actually refers to the way we take in our surroundings. “Introverts are easily stimulated,” explains Mayer, meaning they are drained by social interactions and need time alone to recharge. Extroverts, on the other hand, can endure marathon conversations and feel energised by them. They flourish from all that together-time. Some people fall somewhere in between; I, however, sit firmly at the far end of the spectrum.

In the workplace, it’s more of the same – except the stakes are higher. Quietly plugging away typically leads to well-executed projects, but it also puts you at risk of being written off as someone who (a) isn’t a team player, (b) is disgruntled, and/or (c) may not be trustworthy. None of those (unfair!) perceptions will help you rise.

## Flip the Script

Life at work doesn’t need to be this way. The key is to look for opps to round out your personality. Start by cherrypicking traits you see playing out in an extrovert’s favour, such as finding times to humblebrag. You also want to develop relationships with introverts who’ve been promoted, so you can mimic their behaviours – say, helping in projects that unnerve but excite them.

You might even schedule solo time before meetings to prepare, or discuss ideas with a colleague one-on-one to avoid interjections. It’s all about “proactively setting up interactions in a way that’s more enjoyable for you”, says clinical psychologist Dr Laurie Helgoe, author of *Introvert Power*. And when you feel burned out, take a short walk to reset.

What not to do? Take on an opposite identity – the lack of

authenticity will zap your energy. Instead, capitalise on who you are. If someone comments on your ‘detachment’ or asks why you were quiet during a brainstorming session, tell them that listening helps you come up with better concepts. Or, next time a proverbial fire breaks out, establish yourself as the calm one amid the stress.

As for me? I now realise what I should have said at that catch-up with my first manager, “I’m quiet, but I’m proud to know that I’m helping our workflow run smoothly.” In the end, teams thrive when they have diverse personalities who see the world in different colours – and I’m grateful to have found a place that lets me shine for mine. After all, my current boss encouraged me to write this story, and no one singled me out for skipping small talk. **wh**

## THE TRIALS OF BEING EXTRA

The traits that make extroverts likeable can also cause distractions (ahem, loud convos in the kitchen) and impact their professional growth too, says Helgoe. She shares these get-ahead tips:

### 1 Check yourself

Talking over others or commandeering presentations (accidentally or not) is never a good look. Make a list of the things you want to bring up during meetings and stick to those points.

### 2 Steer clear of gossip

You love to talk! And peeps enjoy opening up to you. But a good rule of thumb: if there’s even one person in the office you wouldn’t want overhearing your convo, don’t have it there.

### 3 Fill silence smartly

People look to you in awkward moments (awesome). Use those times to ask others how they’re doing instead of talking about yourself – they’ll appreciate it.

**Arianna Huffington:** The media mogul claims she’s an introvert at heart who has learnt to honour her quiet side with meditation, reading or alone time.

**Samantha Wills:** Australian businesswoman Wills says networking events send her into an anxiety spiral, so she champions building online connections instead.



# The Science of Your Sex Toy

What goes on to create your vibe will blow your mind (in the best possible way)

By Helen Foster

Two figures in white coats pore over data in a white-walled, pristine laboratory. But there are no microscopes or Petri dishes here. Instead, it's a sea of vices to test strength, 3D printers to crank out prototypes, and in one corner, a weird object that looks a bit like a penis on top of a ghetto blaster. Welcome to the testing lab of sex toy juggernaut Womanizer in Germany, where scientists are hustling hard for your next orgasm.

After all, vibrators are big business. The industry is tipped to be worth \$51 billion by 2023 and is growing faster than morning wood – but what exactly goes into creating a toy? Way more than you think. “Mechanically, a sex toy is not much different to an electric toothbrush but, when it comes to the rest of the design, things get more complex,” says Dr Judith Glover, a lecturer in industrial design at RMIT University in Melbourne. Everything from colour to buzz frequency is meticulously studied to create a dream oh-oh-oh experience. Behold, the most fascinating facts about sex toy science (you’ll never look at your vibe in the same way again)...

## They're Tough to Get Right

Surprise, surprise: no woman is the same. The depth of the average vagina can vary from 7.5 to 18cm. Some clitorises measure 5mm; others hit 35mm (and that's just the bit you see). Adding further complexity, all of these dimensions change when you're aroused. The first sex toys didn't take this into

consideration, “but now you’ll notice far more products with movable and bendable parts that you can adjust to your anatomy,” says Johanna Rief, Womanizer's head of sexual empowerment.

## Nurses Are Great Toy Testers

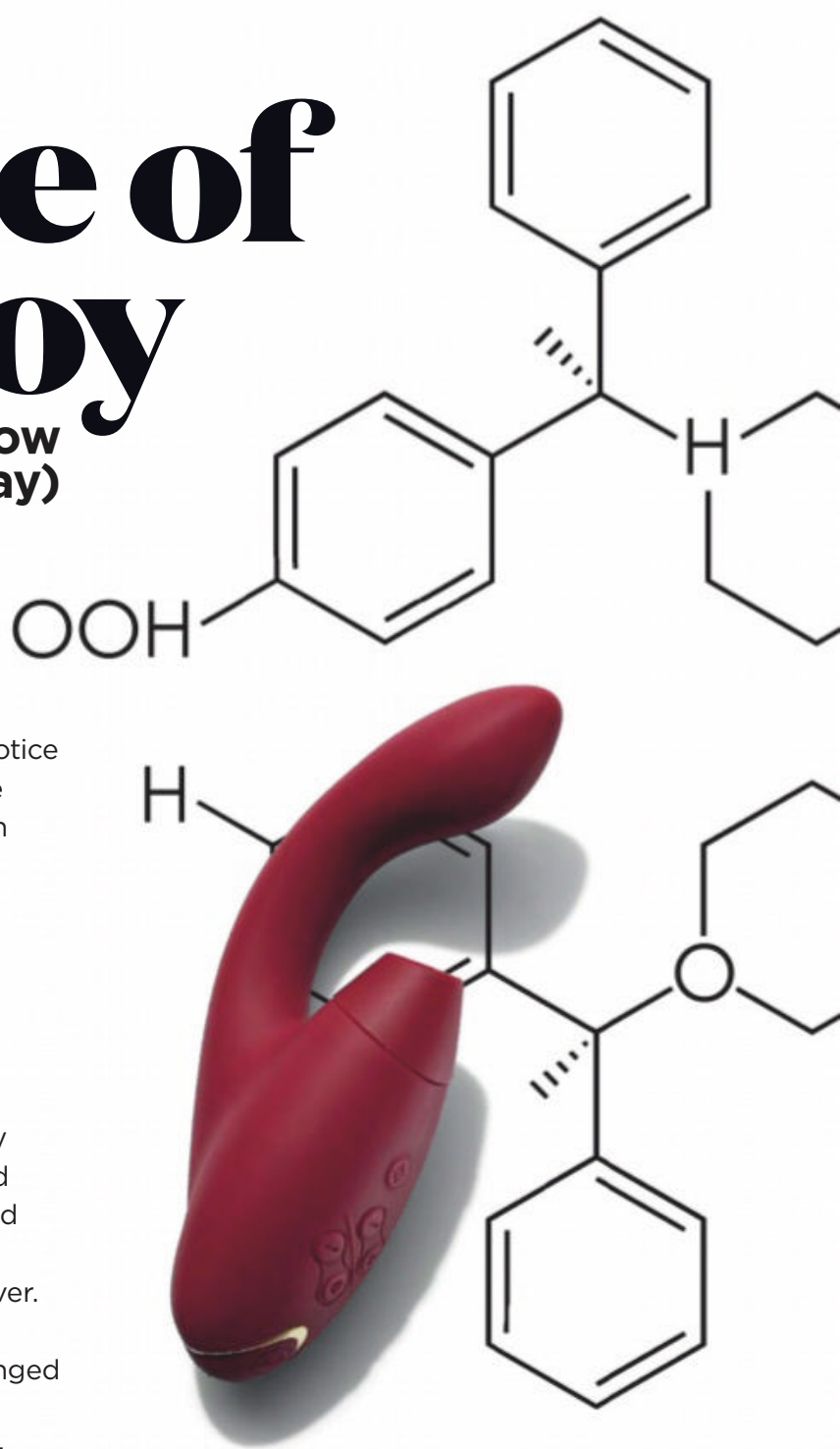
The original toys came from the porn industry and were basically plastic penises. “Things changed in the 1990s when brands started involving celebrity designers to create attractive toys,” says Glover. “They weren't great at bringing people to orgasm, but they changed the way we thought about the industry, making it more design- and female-focused.” Now, all sorts of pros are involved – designers, electrical engineers, sexologists, gynaecologists. In fact, nurses were key to the development of the innovative labial stimulators from US brand Dame. The brand found that most women couldn't quite articulate why a product wasn't hitting the spot, so they got gynae nurses involved in the testing process. Their great understanding of anatomy really helped finetune things.

## Noses Are for More Than Smelling

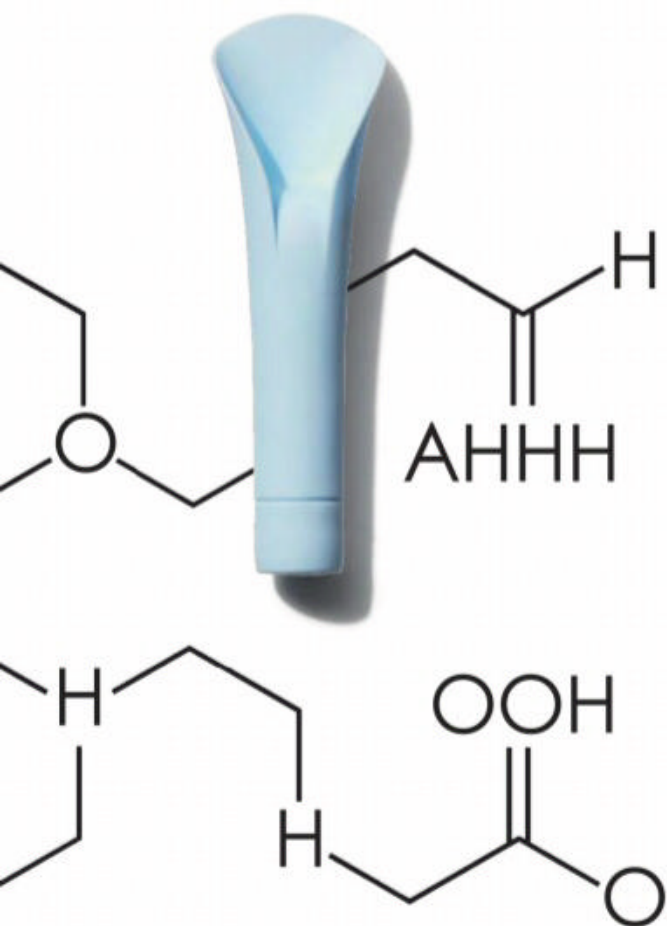
Brace yourself for a fun fact: your nose contains a similar amount of erectile tissue as the clitoris, so sex toys are often tested on the end of a designer's nose. They're analysing the feel and form of the buzz – hard plastic-based toys create a more spinny buzz while silicone-heavy toys rumble, reveals Glover. Wow!

## Oh la la! You Could've Been Getting Off to a Baguette

Singapore-based brand Smile Makers name their vibes after sexual fantasies – think fireman, tennis coach, surfer. “We design the product around attributes that might go with the character – for example, for The Millionaire we looked at a cigar and roll of coins,” says marketing manager Cecile Gasnault. With The Frenchman (\$49.99, [priceline.com.au](http://priceline.com.au); pictured above right), initial designs included a beret and a baguette (gives 12-inch Sub a whole new meaning, right?), but the team eventually drew inspiration from the French kiss, designing the vibe around the shape and feel of a tongue.







## Which Toy Is Right for You?

### IF DIRECT CLITORAL STIMULATION IS TOO STRONG:

Try The Fireman by Smile Makers. It's designed to spread stimulation across the clitoris, urethra and labia, creating a less intense sensation. \$49.99, [priceline.com.au](http://priceline.com.au)

### IF YOUR PARTNER'S JOINING IN:

The first couple sex toys required careful positioning, but now they're designed to fit between you, without the awkward intrusion. Give the We-Vibe Melt a go. \$209.95, [joujouvibe.com.au](http://joujouvibe.com.au)

### IF YOU LIKE THAT FIRST BIT OF PENETRATION:

The majority of vaginal nerve endings are in the lower third of the vagina, so pick a ridged vibrator that stimulates this area. Try Fun Factory's G5 Tiger. \$179.95, [lovehoney.com.au](http://lovehoney.com.au)

### IF YOU'RE ALL ABOUT OM-G:

G-spot vibrators tend to be thinner with a tip that you can move around until you hit the spot. Practise with the Lovehoney G-Slim G-Spot. \$24.95, [lovehoney.com.au](http://lovehoney.com.au)

## Wine Fuels the Creative Process

Noise is a huge area for innovation. "It can ruin the experience of a toy if you're worried about someone hearing you," says Georgia Grace, intimacy coach and ambassador for Canadian brand We-Vibe. One of the most progressive products in this space is the Womanizer Duo (\$329.99, [womanizer.com.au](http://womanizer.com.au); pictured opposite), which stars a sensor that detects when it's on skin – and switches off as soon as it's not (read: when you hear your flatmate's keys in the door). "This was an idea we had while drinking wine," laughs Rief. "The team managed to do it!"

## We Bet Your Vibe is Blue

According to the good folks at Womanizer, red and sparkly toys fly off the shelves in Asia, while Germany loves darker products. Down Under? We're into blue and turquoise. "The toy you choose needs to spark your interest and be pleasurable for your whole body, not just your genitals," says Grace. Some users are OTT devoted: Rief knows of two who have Womanizer-shaped tattoos! Now that's love. *wh*





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# Beauty briefing



Simple  
ways  
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world



# FUMBLE-PROOF Make-up

Stop scrambling after your workout – these MVP make-up sticks will prep you in a snap

By Erin Docherty

**W**hether you've slogged it out at pre-work HIIT or you're running from lunchtime pilates to a meeting, it's possible to scale back that hot-mess look after a workout. You just need the right kind of products.

And we know just the squad for the job: these multipurpose, travel-friendly champs are solid 10s. They won't take up space in your bag or chuck sickies at the last minute – they're on the damn task, morning, noon and night. Easy to apply and zero tools required, these compact sticks are “a gift from the make-up gods!” says freelance make-up artist Lisa Fulginiti. “They're great for on-the-go touch-ups, and perfect if you don't wear a lot of make-up and just need a little cover or colour.” Play around with this lot.

## Foundation

Apply this lightweight, oil-free foundation in a line down your nose, across your cheeks and dot around your hairline, then blend it outwards. Rocking a cute new pimple or dark circles? Use it as a concealer and dab a little extra where needed. This formula's a winner because it's non-greasy, non-creasy (meaning it won't settle into fine lines) and stays put. Plus, it won't spill all over your clothes. Major points.

**YSL Beauté All Hours Foundation Stick, \$79**

# 2

## Primer

A magical stick that blurs giant pores and fine lines? We'll take it, thanks. Ideal for creating instant flawlessness on the go, just swipe directly out to the edges of your face and blend inwards for a smooth, matt finish.

**M.A.C Prep + Prime Pore Refiner Stick, \$46**

# 1





### 3 Eyeshadow

This stick gives way to the creamiest colour that can be effortlessly applied on your lids to shade, define, smoke and highlight your eyes. It does it all without creasing, flaking or fading (it's also completely water resistant). "Directly apply the stick onto your lids, then blend the colour out using your fingers," says Fulginiti. "This technique is great for when you want a subtle wash of colour instead of a more defined, structured look."

**Bobbi Brown Long-Wear Cream Shadow Stick, \$49**

### 4 Highlighter

A highlighter may not spot you during a dead-lifting sesh, but it will keep that glow going strong. We love this formula because it's made with Kakadu plum, which is known for its vitamin C content. Fulginiti recommends applying highlighter to the high points of your face using your fingers. "Press along the top of the cheekbones and blend outwards towards the hairline. You can also swipe it across the top of your lip - the Cupid's bow - to create fullness, under the eyebrow bone to lift your eyes, and lightly down the bridge of the nose. Also press into the inner corners of your eyes to make them look bigger and brighter."

**Nude by Nature Touch Of Glow Highlight Stick, \$24.95**

### 5 Bronzer

Quick and easy to use, this two-in-one bronzer and contour stick is your go-to if you want that natural-looking, I-just-stepped-off-a-plane-from-my-tropical-holiday kind of look. Not only is it an absolute dream if you have dry skin (it goes on creamy and won't leave you with harsh lines), but it's totally blendable. Apply it to your cheeks, or even down your collarbone, for that natural sun-kissed glow.

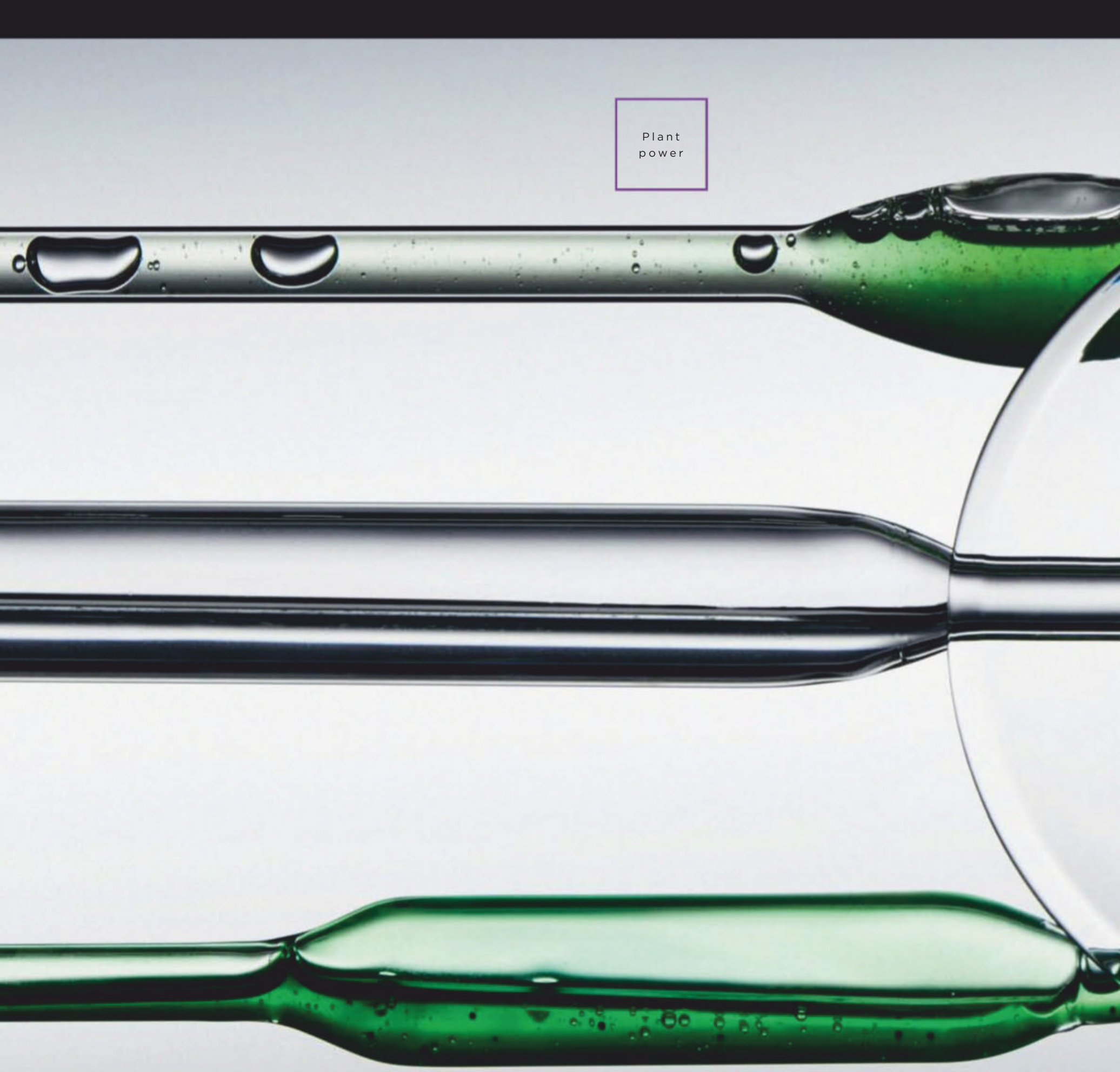
**Benefit Cosmetics Hoola Quickie Cream-To-Powder Contour Stick, \$49**

### 6 Blush and lippie

This triple threat will solve all your post-workout pre-date woes. It functions as a blush, lipstick and an eyeshadow. Swoon. For a healthy pop of colour on your cheeks, apply the creamy formula using your fingers. "Swipe the colour in an upwards motion along your cheekbones, then press the product in," says Fulginiti. "The heat from your fingers will help it blend into your skin." Seamless.

**NudeStix Nudies Bloom All Over Dewy Color Blush, \$52 [wh](#)**





Plant  
power

# Retinol *vs*

LET THE BATTLE COMMENCE





# bakuchiol

Plant-extract bakuchiol is being billed as the key to youthful skin,  
But is it a gentle, legit alternative to the holy grail that is retinol?





## The trajectory of a skincare ingredient supremo goes a little like this:

it crops up in the formulas of a few niche products, then skincare experts and dermatologists start singing its praises and preliminary scientific research checks it out. Hype begins to spread via beauty editors, then the R&D departments of mainstream brands catch on. Consumers lap up the claims and share their successful firsthand results – all of which combine to create a bona fide game changer.

What follows? A slew of ‘natural’ versions, claiming to deliver the same results, if not better. It happened with vitamin C, where Kakadu plum became a contender, while witch-hazel has been billed as a gentler alternative to salicylic acid. Now it’s time for retinol, the vitamin A derivative widely recognised as the holy grail for enhancing skin renewal, brightening skin tone, reducing acne and boosting collagen.

Popping up in the opposing corner is the compound bakuchiol (pronounced “bah-koo-chee-all”), found in the seeds of the plant *Psoralea corylifolia* and traditionally used in Eastern medicine for its calming and healing properties on the skin. In 2019, findings published in the *British Journal of Dermatology* suggested that it could offer proportionate skin-boosting benefits to synthetic retinol, but without the redness, peeling and irritation that many consider retinol’s one downfall. Of course, brands immediately added it to their anti-ageing formulas and consumer searches went through the roof. The big question, though: is it worth it?

### Problem solved?

To actually understand bakuchiol, it pays to wrap your head around retinol. Since the ’80s, retinol has been hailed by the beauty industry as the most efficacious ingredient at waging war on wrinkles and obliterating breakouts. Its prowess lies in its ability to rapidly speed up cell turnover, which is fundamental to healthy, glowing and smooth skin. While exfoliating acids work by dissolving the surface layers of the skin, triggering the production of new cells from deeper layers to replace those lost, retinol instead binds itself to receptors within the skin cells, revving up the production of new cells so much that the top layer then sheds to reveal brighter, healthier skin.

Therein lies retinol’s biggest pro and its biggest con, because with that skin shedding often comes major irritation. It’s why retinol is prescribed evangelically by professional dermatologists and leading facialists, but when it comes to DIYing it with products at home, it’s always recommended to introduce it slowly, upping the dosage over time, and accepting the

redness, dry patches and flaking as part of the process. “Many people don’t follow guidance and mistakenly introduce too much too soon, or use it without a moisturising cleanser and a hydrating cream beforehand to create a barrier,” says dermatologist Dr Nick Lowe. “It means the skin becomes aggravated and the user gives up – not willing to continue – before the retinol can produce a proper, positive impact.”

No wonder then that bakuchiol is putting an entirely new cross on the skincare map. “This plant-based ingredient bares no structural resemblance to retinol, but multiple studies have shown that they function in very similar ways, generating the same gene expression in the skin, which, crucially, bakuchiol does without the irritation,” explains Daniel Isaacs, formulator and development director at Medik8. Indeed, when the scientists from the aforementioned study tested bakuchiol and retinol for their effects on hyperpigmentation and wrinkles, they found that not only did they both significantly reduce wrinkles, but after 12 weeks, 59 per cent of the participants trialling bakuchiol showed further improvement in the reduction of hyperpigmentation, compared with only 44 per cent of those testing retinol. Plus, only the participants using retinol self-reported side effects, such as skin scaling and stinging. “It hasn’t been determined from a biochemical standpoint why bakuchiol doesn’t cause irritation,” says Isaacs. “However, we do know that it’s able to block the inflammatory response in skin cells to help minimise redness and irritation.”

### The great contender

Retinol’s other problem is that it can only be worn at night, as it breaks down and deactivates in sunlight and increases your skin’s sensitivity to UV rays, too, which isn’t the case for bakuchiol. “The compound is photostable, so will never lose its potency in daylight and – because it’s a powerful antioxidant – it may even help to protect the skin from damaging free radicals produced by UV rays,” explains Isaacs. While it’s no replacement for SPF, bakuchiol neatly dovetails with the rest of



59

**The percentage of bakuchiol users who saw a further reduction in hyperpigmentation after 12 weeks, compared with only 44 per cent of those testing retinol.**

SOURCE: BRITISH JOURNAL OF DERMATOLOGY

your skincare arsenal because it can be applied either in the morning or before bed.

Sounds legit. However, experts will counter that research into bakuchiol's positive effect on skin is still in its infancy, especially when compared with the wealth of science that backs up retinol.

"The study doesn't specify whether participants had sensitive skin, and bakuchiol was only compared with retinol, and not retinoic acid [a stronger percentage available only on prescription by a dermatologist],

which is the gold standard for anti-ageing," says Lowe. "If used correctly, nothing can beat it."

Bakuchiol isn't a pretender but a competitor with an impressive – if short – CV. Ideal if you've never dabbled in retinol or can't quite bear the side effects, it's becoming increasingly available in mainstream products (see p62) that are worth trying. Not keen on sidelining your retinol? Then don't. Top skincare labs are working hard to produce tech that will diminish its side effects without compromising on results. The only thing left to do is decide which corner you're in. ►



# Beauty brief

## skin fitness

### **REN CLEAN SKINCARE BIO RETINOID ANTI-AGEING CREAM, \$89**

Powered by bakuchiol, microalgae and white beggar's tick flower extract, this may sound like a beauty potion from a fairytale, but the results it yields are far from make-believe. After using it for a month, collagen and elastin are reinforced, giving your skin bounce, glow and tensile strength.

### **BYBI BEAUTY BAKUCHIOL BOOSTER, \$29**

Supercharge your existing skincare formulas by adding a few drops of this booster serum. It teams one per cent bakuchiol with 99 per cent olive squalane, another plant-based ingredient that moisturises and nurtures skin without blocking pores. A brilliant bolt-on whether your complexion is dry or acne-prone.

### **MEDIK8 CALMWISE COLOUR CORRECT, \$98**

Bakuchiol is the main player in this complexion corrector, but it's the mineral's green pigments that make it worthy of a spot in your make-up bag. It glides over skin to blur redness and veins, while aloe vera soothes inflamed patches, keeping sensitivity at bay.

### **OLE HENRIKSEN GLOW CYCLE RETIN-ALT POWER SERUM, \$78**

Harnessing the concentrated power of bakuchiol, this serum tackles lines and wrinkles, uneven skin tone, large pores and dark spots. It's enriched with Edelweiss stem cells to improve skin elasticity, while ingredients such as AHAs and hibiscus flower even tone and texture. It's also formulated with a pearlescent lavender tint to boost your glow. So extra. *wh*

# The alt-retinol A-LISTERS

Boost your beauty routine with these bakuchiol-laced products

### **ESSANO WRINKLE RESCUE NATURAL RETINOL, \$24.99**

This little powerlifter is bolstered with the goodness of squalane and nourishing rosehip oil to decrease the appearance of lines and wrinkles and halt premature ageing, all while restoring the skin's natural texture and tone. Apply it before bed and wake up to fresh, healthy-looking skin.

### **OMOROVICZA MIRACLE FACIAL OIL, \$158**

This lightweight elixir has the hallmarks of a nourishing oil, minus the greasy residue. A concentrated hit of bakuchiol slows down sebum production, making it the perfect tool for decongesting your skin. It's also a great addition to your #selfcaresunday routine, thanks to its therapeutic scent of almond and rosehip.





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women about life,  
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Reebok x Gigi  
Hadid jacket, \$140;  
H&M top, \$24.99;  
The Upside shorts,  
\$99; Veja sneakers,  
\$195; Brie Leon  
earrings, \$129,  
and necklace (both  
worn throughout),  
\$159; Rag & Bone  
bag, \$595

**THE YEAR'S HOTTEST  
SHADE WILL GIVE YOUR  
ATHLEISURE 'DROBE ALL  
THE FEELS. GO GET IT!**

Photography by Steven Chee Styling by Emma Read





Under Armour  
crop top, \$60;  
Lululemon x  
Roksanda skirt,  
\$189; adidas  
sneakers, \$130,  
Glue Store







Camilla and Marc  
jacket, \$599;  
Nimble sports bra,  
\$69; Lululemon  
x Roksanda  
leggings, \$179;  
Steve Madden  
sneakers, \$129.95



P.E Nation jacket,  
\$239; More  
Body crop top,  
\$79; Nagnata  
shorts, \$225





Essentiel Antwerp  
jacket, \$466; Lorna  
Jane sports bra,  
\$75.99; Nimble  
bike shorts, \$79





Cooper dress,  
\$429; Essentiel  
Antwerp bag,  
\$304







P.E Nation knit, \$139; The Upside sports bra, \$79, and leggings, \$139; Veja sneakers, \$180





COS windbreaker, \$115; Calvin Klein bra, \$49.95; Nike leggings, \$150 **wh**

HAIR: BRAD MULLINS. MAKE-UP: KATIE ANGUS. MODEL: KAMILLA @ IMG



# **SCIENCE-BACKED HACKS**

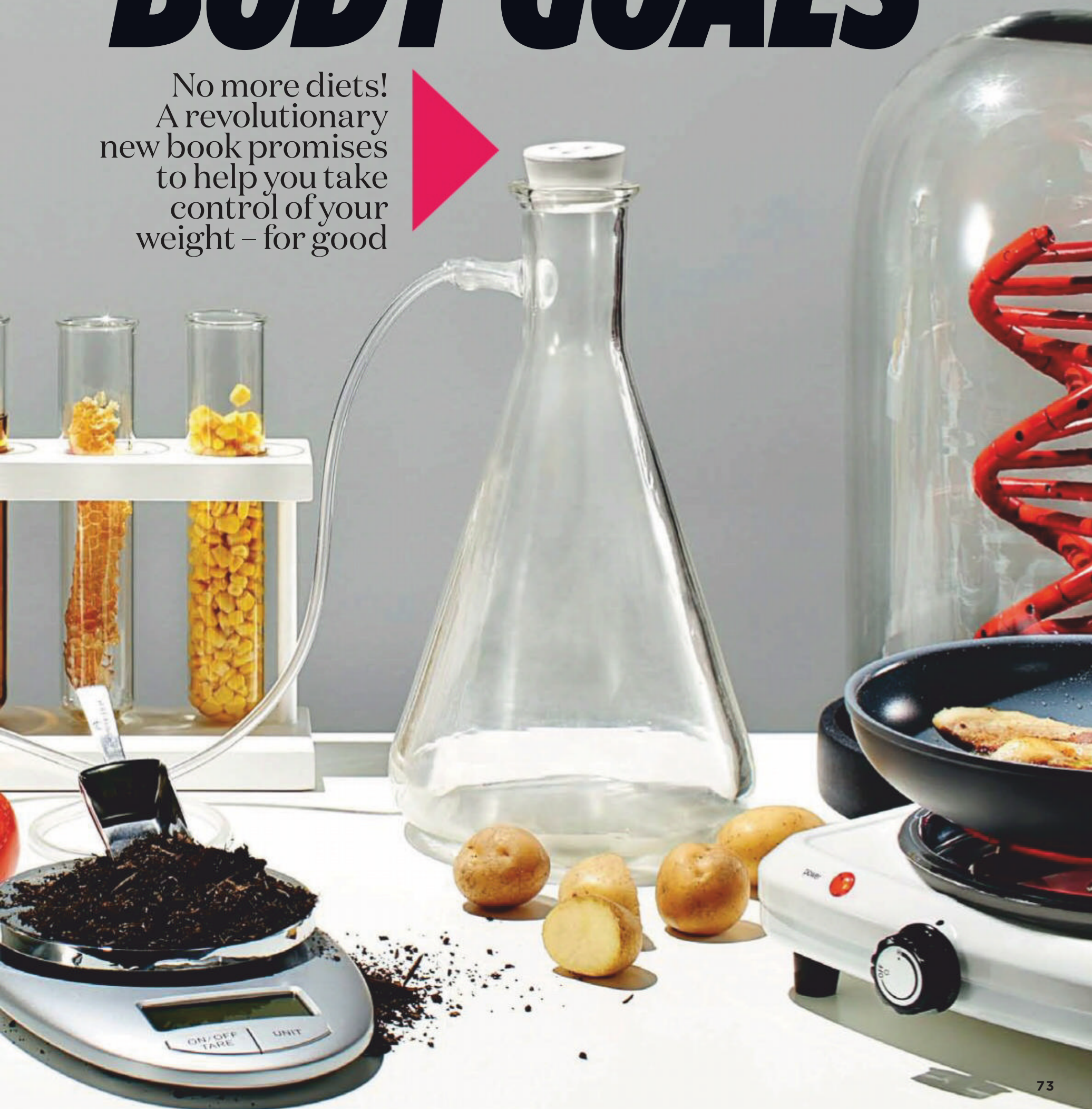




By Helen Foster

# ***TO HIT YOUR BODY GOALS***

No more diets!  
A revolutionary  
new book promises  
to help you take  
control of your  
weight – for good





# GOOGLE 'WEIGHT LOSS PLAN' AND YOU'LL BE SERVED UP

an overwhelming 500 million or so results. Complete keto. Targeted fat loss. Kilojoule counting. Seven-day, 21-day and 16-week options. What do they all have in common? Like that one ex, they keep you coming back – whether it's healthy (or so not).

That's according to Dr Michael Greger, a US physician and author of 2015 bestseller *How Not to Die* and the new book – we like what he's done here – *How Not to Diet* (Pan Macmillan, \$34.99). "I'm sick and tired of the nutritional nonsense that comes out of the diet industry – it's an endless parade of quick-fix fads that always sell because they always fail," he says. "My goal was to stick to the science, create an evidence-based diet book and find every possible tip, trick, tweak and technique proven to accelerate the loss of body fat. It was then a case of building the optimal weight-loss plan from the ground up."

The aim? By following the science, you only have to lose excess kilos once, then maintain it. No more diets. A promise like that brings the word 'unicorn' to mind. Greger and his team didn't take this quest lightly, combing through 500,000-plus research papers about obesity and slimming down, on the hunt for *proven* factors that lead to weight loss. "We came up with 17 elements in food that appeared to independently contribute to weight loss, and a heap of other factors that might also play a role," he explains. As a *WH* reader, you won't be surprised at many of them: watch your sugar and fat intake; go for low-GI foods; eat more fibre. But some are more unusual. So, skip Google and come with us. Your restriction-free, science-fuelled unicorn awaits.



## When you eat matters

Talk about morning glory. "Studies show that [kilojoules] eaten first thing cause you to accumulate less body fat than the exact same number eaten at night – and that blew me away," says Greger. He cites a study, by a team at the Wolfson Medical Center in Tel Aviv, of women on a 5880kJ-a-day-diet. **Researchers found those who ate 2940kJ at breakfast, 2100kJ at lunch and 840kJ at dinner lost twice as much weight and 5cm more from their waist than a group who saved their large meal for dinner.**

The theory goes like this: our body uses more energy torching through kilojoules in the AM, leaving less to be potentially stored as fat. Nutritionist Tracie Connor adds, **"Eating a smaller meal in the evening also means you're not consuming energy that won't get used as you retire for the day."**

## Inflammation is a buzzword for a reason

You have a 32 per cent greater chance of gaining weight over the next eight years on a diet high in inflammatory foods compared with an anti-inflammatory one, found a published report in the journal *Obesity*. How come? **Inflammation stops our brains listening to the signals of the appetite-suppressing hormone leptin,** reveals Greger. Melbourne nutritionist Anna Block tips, **"Reduce inflammation by cutting out processed foods, sugar and anything with additives, pesticides and preservatives."**



# Salt can get salty with you

Calm down, Salt Bae: analysis of more than a dozen studies found the more of the white stuff people ate, the bigger their waistlines. "We know that salt makes you eat and drink more, but it can make you gain weight in other ways," explains Greger. "There's evidence to show that when you switch people to a low-salt diet, levels of ghrelin – the hormone that makes us hungry – in their blood drop." Want to cut back? Queensland dietitian Amanda Clark tips, "Experiment with herbs and spices for flavour and, if you are eating processed foods, go for low-salt options." Dig out the soy sauce, too: at Wageningen University in The Netherlands, scientists were able to halve the amount of salt needed in some recipes simply by adding a little of the Asian favourite. You don't need to use much soy, as its umami flavour brings out the salty taste in food.

Shake  
it off

## NOT-SO-FILTHY FINISHERS

**Bonus strategies for your kilo-torching armoury**

### DRINK YOUR TEA WITHOUT MILK

Tea contains a substance called EGCG that raises metabolism – and three to six cups of green or oolong a day revs things up enough to add 420kJ to your daily energy burn, according to research by Maastricht University in The Netherlands. Milk cancels out the effect because the protein casein blocks the metabolism boosters.

### FUN WORKOUTS WIN

In a Cornell University study in New York, people who were told they were going on a sightseeing stroll ate less after their workout than a group walking with fitness in mind. "It's like we think we need a treat after healthy exercise," says Greger. Dial up the fun factor by going dancing, hitting the waves or roping a mate into your sweat sesh.

### TOP YOUR MEAL WITH VINEGAR

It triggers the release of a fat-burning substance called AMPK. Greger suggests two teaspoons.

### EAT A SALAD FIRST

It changes the way your body responds to the rest of a meal, lowering your blood sugar levels after eating. In research by Fernando Pessoa University in Portugal, even just chowing down on one tomato before the main event helped women lose close to a kilo in a month without making any other changes.



# 4

## Clean eating is not a fad

If by clean you mean limiting pollutants in the foods you eat.

Greger cites studies linking the chemical compound Bisphenol A aka BPA, found in plastic bottles and the lining of cans, to weight gain. He also adds that phthalates, another group of compounds in plastic, have been linked to more than 50,000 cases of obesity annually. "I agree with this 100 per cent," says Block. "Exposure to these obesogenic pollutants alters your hormones, metabolism, energy balance, appetite and cravings. I also suggest my clients avoid them.

To limit your exposure, cut back on plastics and prioritise clean, organic wholefoods, sustainably caught seafood, grass-fed, pasture-raised meats and drink natural spring water stored in glass." Also consider buying brands that use BPA-free cans. In a 2011 study, a Harvard team tested BPA levels in people eating a daily serve of homemade soup for five days, then retested them as the group had canned soup for the same period. The latter scenario drove a 1000 per cent rise in BPA levels compared with the group's time on fresh food. Wow!





# 5

## There's a magic number



Let's chat about a little something called energy density – basically, a measure of how many kilojoules per gram a food contains. The idea is, by choosing foods with a low-energy density, you can enjoy more and feel full, yet still cut kilos. Greger suggests going for options that contain a sweet spot of 147 kilojoules per 28 grams, as per advice from the American Institute for Cancer Research.

**Frontrunners: fruit such as bananas and avocado, vegetables, whole grains, legumes (beans, lentils, chickpeas), yoghurt and seafood.**

At the back of the line: meat, poultry, eggs, bread, dried fruit, along with chips, chocolate and oils.

# 6

## Your gut bugs take centre stage



We know you hear it a lot, but your gut bacteria really are the Beyoncés of the health world – multitasking AF. And weight control is part of their set list.

“Feed a group of people the same 10,080 kilojoules and then analyse their stools,” says Greger (we’ll take his word on that one), referring to a 2011 study by the US National Institutes of Health. “While some retain 9870 of those kilojoules, others only keep 9240. It’s because of the different types of bacteria in their guts.” Clark nods to the influence of gut bugs on kilo count, too. “There’s still much to learn but research definitely supports a link,” she says. **“If you want to improve gut flora, the clearest evidence is that eating lots of fibre breeds the best diversity.”** Plus, it gives you an extra advantage [because fibre-rich foods often have] low-energy density.”

# 7

## Plants rule all

Greger’s team found one diet plan that ticked off all 17 of the weight management elements. Drum roll, please: it’s eating plant-based. “Often confused with being vegan or vegetarian, this just means you emphasise foods from plant sources over other foods,” Greger says. “It’s the most effective dietary intervention ever published in terms of weight loss over six to 12 months.” We’re talking about maximising your intake of whole plant foods, including fruits, vegetables, legumes, whole grains, nuts, seeds and herbs and spices. Block suggests, **“Make these the main feature of your meals – playing around with textures, colours and variety”** – then, a few times a week, add some sustainable fish, pasture-raised eggs or grass-fed meat as an accompaniment. It’s that easy.” OK, experts, you’ve got us – that doesn’t sound like a diet. Or, if it is, it’s one we’ll happily come back to. **wh**

### POWER PLAN

**Meet the 17 ingredients of Greger’s ideal weight-loss approach. Hint: plants and wholefoods reign**

- Anti-inflammatory
- Clean
- High in fibre
- High in water-rich foods
- Low glycaemic load
- Low in addictive foods
- Low in added fat
- Low in added sugar
- Low in kilojoule density
- Low in meat
- Low in refined grains
- Low in salt
- Low-insulin index
- Microbiome friendly
- Rich in fruit and vegies
- Rich in legumes
- Satiating





# Olympia Valance

She lit up *Dancing with the Stars* last year, but these days actor Olympia Valance saves her moves solely for house parties. Now, she has a new fitness love: the weights room. And she wants *you* to get your strong on

By Alex Davies Photography by Steven Chee Styling by Emma Read



Good American  
crop top,  
\$145; Running  
Bare leggings,  
\$119.99;  
Brie Leon  
earrings (worn  
throughout),  
\$75; Fossil  
Gen 5 smart  
watch, \$499







**When it comes to bedtime rituals, Olympia Valance has a more magical one than most. The 27-year-old actor watches *Harry Potter* movies every night while she falls asleep with AFL athlete boyfriend Thomas Bellchambers. This Potterhead also has tattoos of Harry's glasses and lightning bolt, an owl and the Deathly Hallows symbol. The thing is, once Olympia commits to something, she's all in. She works hard – the latest roles for the former *Neighbours* star include a cameo on the soap to celebrate its 35th birthday this month, the role of fiercely loyal Tahlia on football drama *Playing for Keeps*, and a part on upcoming series *Informer 3838* about gangland-barrister-turned-police-informer Lawyer X. She trains hard, whether it's in the gym or for the gruelling regimen required for her 2019 stint on *Dancing with the Stars*. But most of all she self-cares, plays and loves hard – something she's learnt from her mum Tania. "The one thing I've taken away from her is no matter how hard I work, I play even harder. I dance my heart out and I sing, I go on holidays, I spend time with friends. You don't know when life is going to get taken away from you." Something else she commits to is our phone call, chatting for twice the scheduled time (not always the case, trust us!). Whether it's her new-found love of lifting, advocacy for therapy or even how to nix wee anxiety, there's a lot of ground to cover. Over to Olympia.**

## **Let's start with fitness. What does your typical training week look like?**

I go to an RBT [Result-Based Training] gym and work with a coach, Ryan Wilson – he's incredibly knowledgeable about the science of the body and different body types. Generally we aim for three to five sessions a week. These are strength focused, so we do two leg sessions and two upper-body sessions with rep ranges between six and 12, and three to four sets per exercise. But the main goal is to monitor lifts. At the moment, we're doing a lot of hip thrusts, snatch gripped dead lifts and seated rows. We see my progression and then I add more weights where I can. We do that for about six weeks and then we switch it up. I don't do much cardio because I just don't like it, but I try to get in at least 15,000 steps a day. I do little runs here and there and like to go for long walks with friends.

## **Has that focus on strength been a shift?**

A huge one. Ryan changed the way I thought I should be exercising as a woman. We have this misconception that lifting heavy weights will make us more bulky, but unless you're eating [large] portions of food and training to be a body builder in competition, it isn't going to happen. I was definitely a bit worried [at first] because I have a curvy body as it is and I didn't want to feel bigger. But [in reality] engaging our muscles and challenging them allows us to burn more fat and sculpt the body. Strength training has made me the leanest I've ever been, and then you [combine] that with getting your steps in and the results start manifesting very quickly.

## **Have you always had a positive relationship with exercise?**

Not really. *Dancing with the Stars* was a real turning point. It's hours and hours of training to dance, and that was definitely too much

to continue [after the show] because my body was just so sore, but the consistency made me realise how great I could feel if I stuck to an [exercise] routine. It made me feel the best: you like the way you look, you're more confident in your own skin, it changes the way you carry yourself, and that in itself makes you happy. In the past, fitness for me has been for specific events, and there was never much joy in it. Now I feel like I've found a way to really enjoy moving my body, feeling grateful for my strength and my fitness. That's something I want to maintain for life.

## **Tell us about *DWTS*.**

It really was a life-changing experience. I said yes because I wanted to challenge myself and have a bit of fun, but in the end I walked away with far more. It really taught me that I was more capable than I thought I was, especially with the large shows and the training. I had no choice but to push myself to exhaustion, both physically and mentally. I was lucky that I had an incredible dance partner. I also hadn't realised how cathartic dance can be. We hold trauma in our physical bodies, and connecting to that through dance and moving with music is healing. If I could recommend anything to anyone, it would be to pick up a dance class.

## **Do you still dance now?**

Professionally no, but do house parties count? My family is Greek, so we love a celebration. Any excuse to have a party! Dancing until you can't breathe, that's the best.

## **How do you tend to approach nutrition?**

Monday to Friday – basically when I'm working – I try to eat relatively clean. I stick to a higher-protein, moderate carb and low-fat composition with my meals. That's what works for my body. Breakfast is normally eggs, tomato and avocado on a piece of olive-bread toast and



an almond latte. Lunch will be vegetables or tuna and rice and salad, then dinner is normally a piece of steak or chicken with salad and roast vegies. A Mediterranean diet makes my body the happiest. Then on weekends I tend to eat whatever I want. I think balance is the only way to maintain a positive relationship with food – at least [it is] for me. Restricting yourself or trying to be perfect never works long term and ... it makes you miserable. Like I said, life is too short. I love food way too much; it brings me a lot of joy.

### **Especially if you're from a Greek family.**

Yeah that's all we do: eat and play! I'm also open about my love of red wine and margaritas. My margarita order is fresh lime and tequila and sometimes a dash of Cointreau. I tell myself it's a health juice. You know, tequila is one of the cleanest alcohols you can drink and it's the easiest for your body to digest. Maybe I need to start a tequila company [laughs].

### **What helps you look after your mental health?**

I am a huge cheerleader for therapy. There is such a stigma around it, which I struggle to understand. If we have a sore shoulder or our stomach hurts, we see a doctor. So if our hearts hurt or are bruised, or we're struggling to work through something mentally, why wouldn't we ask for help? I managed to find a psychologist who has created this safer space for me to unpack whatever it is that I'm dealing with. She helped strengthen my self awareness and gave me tools to cope day to day. I do understand that having a psychologist is a privilege, but there are amazing books, podcasts and online services that are financially viable ways of helping people. I think being open to



Barry's x  
Lululemon  
sports bra,  
\$99; Bec &  
Bridge bikini  
bottoms, \$75



personal change and growth is the first step. Self-improvement is such an exciting part of getting older.

### What did your psychologist help you cope with?

Imposter syndrome. I especially felt it when I started on *Neighbours* – it was my first acting job ... and when you win a role, you're like, "Really, me? Am I good enough? Oh my God, someone is going to find out and they're going to fire me immediately. I don't deserve to be here." But, chatting with my psychologist and friends, [I realised] it's something everyone feels, regardless of their profession. Ultimately we're all looking for some sort of validation that we're worthy. I think the big a-ha moment [for me, was discovering] the only person who can truly give you that validation is yourself. We also don't have to have it all figured out all the time. It's OK to ask questions, it's OK to say you have no idea what you're doing. The more we lean into each other and just encourage that honesty and vulnerability, the better.

### Congratulations on *Playing for Keeps*. Season two touched on big issues like revenge porn and anxiety.

It was important because that stuff happens every day. I've had very similar things happen [to what my character Tahlia experienced] and you feel like your world is going to crumble. And what's beautiful about *Playing for Keeps* is [it shows that] no, it's not going to crumble, you've got people around you who'll lift you up. That's what we wanted to show – those strong female friendships.

### Can you expand on the experiences you've shared with Tahlia?

I guess [with] the photos that came out of her [a storyline in the show saw nude photos of Tahlia leaked online

without her permission]. I have been papped topless before on a family holiday and I remember waking up in the morning and seeing the photos. I've never felt more devastated and like my privacy was being ripped away from me than in that moment. But I had my family around me and also my friends to lift me up.

### What's on your professional bucket list?

I've been so lucky to play amazing characters, and as an actor I'm [now] asking myself what stories I want to be a part of. Australia's doing a phenomenal job in the entertainment industry, which is why I think the government funding to the arts is so crucial. I'm big into manifesting my goals. I love make-up and studied it, so something down that road will be a goal this year. But I try not to look too far into the future, because you can sometimes miss out on the fun.

### How has your dyslexia influenced your outlook?

One of my favourite quotes is by Albert Einstein: "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it's stupid." Growing up, I felt inadequate in a book-smart sense – street smarts, I had that in spades – and I really had to figure out how to harness my power in other ways. It really made me want to encourage everyone to follow their own [path], rather than just trying to fit into what we're conditioned to believe we should be.

### Lastly, who inspires you?

My friends are the backbone in my life, especially Laura, Lauren and Meggy. Those three women, plus my mother, are my people. Another important person is Thomas – I love him. Also, I'm inspired by Chrissy Teigen. She says it how it is, she's an incredible mother, she's hilarious, she's talented and I would love to be [like] Chrissy Teigen when I grow up [laughs]. She's a rock star. **wh**



### Energy boosters?

Boiled eggs, fruit, coffee, rooibos and licorice teas.

### Favourite destination?

Greece.  
The energy of people, the food, the beaches, the weather, the life. I don't think I'm ever as happy as I am when I'm in Greece.

### Exercise track?

Hardcore trance.  
For dancing?  
*Bitch Better Have My Money*  
by Rihanna.  
Every time!

### What'd be your last meal?

The vegetarian dumplings at Lau's Family Kitchen in Melbourne.

### Quote to live by?

"There comes a point in your life when you realise who matters, who never did, who won't any more and who always will." I'm all about my tribe.

### Surprise fact?

Singing *Happy Birthday* helps me wee. I'm getting worse as I get older!



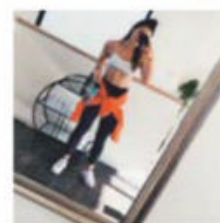




## LIFE ON THE 'GRAM



● Olympia with boyfriend Thomas Bellchambers, who plays AFL for Essendon. The couple made their relationship public last year.



● Strength training is her jam in the gym. The focus on weights has been a “huge shift”, but “the results start manifesting very quickly”.



● “If there’s something you’ve always wanted to do ... take that leap! Because there is no way you’ll regret it.”



● What’s clear? She surrounds herself with strong women. “My friends are the backbone in my life,” she says.



● With dance partner Jarryd Byrne on *Dancing with the Stars* in 2019. The show was “life-changing” and “cathartic”.



● Olympia with her mum Tania Gogos-Wilson, who she describes as “pure love” and her inspo for living life to the fullest.

Adidas jacket, \$130; Fella bikini top, \$132, and bikini bottoms, \$77; YCL Jewels necklace, \$88



THE AI REVOLUTION IS COMING:

# Here's How to Future -Proof Your Career

By Lizza Gebilagin



Looking  
forward



# R

**Robots are coming for your job. Not only yours, but another 20 million jobs around the world over the next 10 years. That's how media outlets reported on the results of a 2019 paper released by global forecaster Oxford Economics. If you think that sounds rather dystopian, wait until your anxiety-fuelled googling brings up news headlines claiming it's actually 800 million jobs – not a meagre 20 mill – that will be eliminated by robots by the time 2030 hits.**

It's already happening. There's burger-flipping robot Flippy, created by Miso Robotics, who's been working in fast-food joints around Cali since March 2018, with plans to head into 50 more locations worldwide. Even lawyers aren't safe: Tel Aviv-based tech company LawGeex has created an artificial intelligence (AI)-powered contract reviewer, which, in a study, scored 94 per cent accuracy when reviewing non-disclosure agreements, compared with the 85 per cent by their human counterparts. The kicker? It took the real-life lawyers an average of 92 minutes to complete the task, while the time spent by the LawGeex AI was 26 seconds.

My initial reaction when I read all of this? *Oh, shiiiit*. My favourite childhood movie – *Terminator 2: Judgment Day* – is so close to becoming a reality. When you add “job-stealing robots who’ll eventually turn into Terminators” to society’s current worry pile (namely, climate anxiety fuelled by the devastating bushfires across our country and Donald Trump’s military muscle-flexing in the Middle East), the future looks scary.

“People are quite frightened about robots coming to take their jobs,” agrees Aaron McEwan, VP of research and advisory at Gartner. “That fear is being fuelled by a lot of speculative articles. Nothing gets a headline like, ‘One-third of Australia’s jobs to be outsourced to robots’,” he adds, laughing. So it can’t all be bad... Right?

He continues: “Once you start to dig beneath the surface [of the headlines] and look at some longer-term trends and also historical precedents, what we tend to find is that we’ve been here before. This isn’t the first time that technology has reshaped society. It’s been happening ever since the first industrial revolution.”

In the next few years, it’s the rise of AI, robotics and automation – which McEwan defines as “the strategies, skills, tools, and techniques that organisations are using to remove the need for labour and increase the predictability and reliability of products and services while reducing the cost of delivery” – that will totally transform society. And even if, unlike me, you aren’t in a deep anxiety spiral about it all leading to Judgment Day, it’s worth finding out how it could affect you and your career of choice. That’s why we’re going straight to the experts to get the real story behind the sensational headlines, and what we can all do to prepare for the future of work.

## **AUTOMATION, ROBOTICS AND AI**

Even if we have experienced change like this in the past, the rate at which it’s happening is





Trouble  
shooting



unprecedented. “It’s been called the fourth industrial revolution,” says Toby Walsh, Scientia Professor of artificial intelligence at the University of NSW and a featured expert on the AI documentary *Machine*. “It’s hard to think of a job that won’t be touched in some way by artificial intelligence.”

Remember those 800 million gigs that will be wiped out? That’s the worst-case scenario, according to McKinsey Global Institute. Its research shows the more likely situation is fewer than five per cent of all jobs will be replaced; while for 60 per cent of occupations, 30 per cent of current tasks have the potential to be automated.

Research at Gartner similarly shows projected job losses are “overstated”. “Our prediction is that artificial intelligence and automation will be a net creator of jobs. So it’s not to say that there won’t be jobs that are displaced, but the reality is for every job that’s displaced, one or two will be created,” says McEwan. This year, Gartner research shows AI is set to become “a positive net job motivator, creating 2.3 million jobs, while only eliminating 1.8 million”.

Despite all the uncertainty, Walsh says there’s one thing we can count on: “Whatever new jobs get created, we’re almost sure [they] will require different skills than the jobs that get destroyed ... [So] the real conversation we should be having is, ‘How do we reskill people?’”

## THE FUTURE OF WORK

At this point, you’re probably wondering, what kind of jobs will be created? One area McEwan expects to see a big demand is in “digital dexterity”. He explains, “This is your ability to use and manipulate current and emerging technology to drive business outcomes. [An example is] a customer service rep working alongside a chat bot to deliver an outcome to a client.”

CEO of RMIT Online and speaker at StartCon’s The Future of Work conference, Helen Souness, agrees. “The really burning hot areas that we are trying to address in [RMIT Online’s] technology [courses]



## Shit-scared about what the future will bring?

**Sophie Hampel, psychologist and CEO of Inkling, has these ideas for handling any change ahead:**

● “Recognise that the lizard voice [in your head related to fears] – the reptilian brain – is never going to go away. We’re hardwired to constantly be on the lookout for threats. One of my favourite tricks is to imagine putting that voice in a soundproof room and locking the door. That’s enough for me to go, ‘OK, yes, I’m putting those thoughts [aside] and I can come back to them when I want to.’”

● “Play to your natural strengths [to build towards] the upward cycle of success. Even if a job doesn’t end up being your dream career, what you’ve done is use your strengths to build skills, grow and learn.”

● “How do you find your natural strengths? Ask your friends, family and colleagues to give you feedback. So, ask questions like, ‘What’s the first thing you think of when you think of me? When have you seen me at my best? What do you think are my greatest strengths? How have I made a difference for you? What are some of my greatest [wins]?’”

● “Lastly, do something little that scares you every day. Usually, doing that requires you to make a change. And when you’re constantly encouraging yourself to make lots of little changes, the bigger changes feel less scary. You teach yourself: you can get through this.”

are, firstly, the classic picture we all have of developers, architects, practitioners of technology, but also digital transformation skills,” she says. “The World Economic Forum predicts 90 per cent of roles will require IT proficiency. Now that doesn’t mean you’re a coder, but you just need to be comfortable.”

That’s why Souness says it’s “important to keep learning and upskilling”. If short courses (like RMIT Online’s offerings in areas such as AI programming and marketing), certifications (for example, in aged care, another industry set to grow, or personal training) and post-grad courses are too much of a

commitment, Souness suggests trying one of the many free MOOCs (Massive Open Online Courses) platforms or even learning about your area of interest on YouTube. She says, “Curiosity is wildly underrated as a way to learn.”

Another area McEwan believes will see a growth in demand is what he calls “social creative skills”. “This is the ability to use creativity and innovation as well as social skills to influence, so coaching and podcasting would be examples.”

You may have noticed there’s one thing in common with these jobs. “The skill sets emerging are the things that the robots can’t do,”



Seeing  
into the  
future

McEwan says. "The robots are good at repeatable, predictable [tasks], where they're analysing big data sets to find patterns, but their ability to package that and present it in a compelling way is still questionable."

So, it looks like this fourth industrial revolution might not lead to Judgement Day after all. "If we channel automation right, it can remove the drudgery of work and free us up to be the creative, autonomous, purpose-led individuals that we actually are," explains McEwan. "We'll end up with employees who are doing much more meaningful work – that's what I hope for." *wh*

# Crystal Ball Gazing

Curious about what could be in store? The government has put together an online tool, **Job Outlook (joboutlook.gov.au)**, with a career quiz, skills match (so you can see how your current skills can translate into a new career) and industry report that shows whether your industry is in decline, steady or growing. Here's what the experts are predicting...

## THE GOOD

- Thanks to the demand for more fitness services (we're looking at you health-and-workout-loving lot), the government predicts that the arts and recreational services industry will grow in the next five years.

- Our ageing population means healthcare and social assistance is the number one industry set to boom. The main jobs in demand? Aged and disabled carers and registered nurses.

- Innovative companies are reskilling workers for the future. The golden example? Back in 2015, US start-up Bit Source hired out-of-work coal miners with no former IT skills, and taught them how to code. Reskilling at its best.

- The top industries in decline over the next five years in Australia are wholesale trade, and agriculture, forestry and fishing.

- Walsh warns: "If we're not careful, AI will increase inequality in our society." It's a worry felt by US presidential candidate Andrew Yang, who's pushing for a universal basic income to protect those whose jobs are displaced by automation.

- Turning to a career in coding isn't guaranteed protection, according to McEwan. "Coding probably peaked around 2014 and has been declining gradually," he says. "One prediction we have is that by 2027, coding will be done by the robots themselves."

## THE BAD

### The top-rated emerging skills...

- 1 Creativity, originality and initiative
- 2 Analytical thinking and innovation
- 3 Active learning
- 4 Technology design and programming
- 5 Complex problem-solving
- 6 Critical thinking and analysis
- 7 Leadership and social influence
- 8 Emotional intelligence
- 9 Reasoning
- 10 Resilience, stress tolerance and flexibility

SOURCE: DEPARTMENT OF JOBS AND SMALL BUSINESS



# ***Where Have All The Drinkers Gone?***

***Teetotalism has become a badge of honour, the alcohol-free market is booming and mindfulness has ousted getting messy. But while millennials are showing up for sober club nights, the next generation has opted out of drinking culture entirely. WH finds out why...***

By Sophie Wilkinson and Penny Carroll







Tea  
total?



It's Friday night and Lucie Hilin is passing go. The 18-year-old sociology student is an hour into a game of Monopoly with four of her uni mates. The banknotes are crusty with Cheezels crumbs and there's Thai takeaway on its way. They aren't toasting the purchase of every property with tequila. Nor are they recovering from an epic two-day hangover. It's a refreshingly different Friday from those gen X-ers would have enjoyed as students, when binge-drinking was considered a competitive sport.

Now, Australia's drinking culture is in flux, and young women are leading the sober charge. According to the latest National Drug Strategy Household Survey, the percentage of women aged 18-24, previously the group most likely to drink more than two or more standard drinks a day on average, has dropped from 20 per cent in 2007 to 12.8 per cent in 2016, with women in their 50s now outranking them as the group most likely to drink at risky levels. In 2018, a study by La Trobe University found that young adults aged between 24 and 29 are most likely to have recently reduced their intake, while women are twice as likely as men to quit booze.

The abstinence trend has left the \$15.5 billion Australian alcohol market both shaken and stirred. Its biggest players are plunging millions into low- and no-alcohol beverages in an attempt to cash in on the dry dollar, while start-ups producing high-quality zero-proof spirits and craft brews are multiplying rapidly.

Sober curiosity is nothing new, but the latest data suggests that interest has evolved into something more decisive. While millennials appear to be drinking much more mindfully, the next generation – gen Z, broadly defined as those born between 1995 and 2015 – seems to be opting out altogether. According to a report by Deakin University, Aussie teenagers are increasingly turning away from alcohol, so much so they've been dubbed "the sober generation".

So, if the younger generations aren't bookmarking their 20s by day-drinking until it seems cute to hijack a supermarket trolley, what are they doing? And what does this mean for the nation's health?

## \* **Downing drinks**

The big reason for the booze downturn is pretty wholesome at heart: wellness. "When we consider the younger generation, there seems to be a great deal of awareness about mental health and wellbeing, and the ways in which they need to look after themselves to stay mentally and physically well," says Briony Leo, psychologist and health coach at alcohol behaviour change organisation Hello Sunday Morning. "There is a focus on authenticity and being their 'best selves', and some of the things associated with regular and heavy drinking, such as health issues, spending money, misadventure and taking risks, may not appeal so much to them."

High-profile role models like Kayla Itsines epitomise the new health-conscious non-drinker. The fitness queen recently revealed on Instagram that she "just doesn't



enjoy" alcohol, and told her followers it was possible to be confident without the Dutch courage. Meanwhile, supermodel Jess Hart celebrated her 12-month sobriety anniversary in June last year, explaining that she "wanted to know what the best version of myself looked like".

Health was the trigger for 30-year-old Christina DeLay when she decided to quit. Her work as an IT consultant saw her drinking four or five nights a week, and it was taking its toll. "I started to get IBS and it was really affecting my mental health as well," she says. "I didn't feel great after I had alcohol, even if I just had one drink, so it wasn't worth it for me. I'd rather feel good than have a glass or two and feel a bit average the next day."

In the ultimate millennial fairytale, her focus on wellbeing even led to a successful business. Sick of sipping sugary soft drinks or soda water when socialising sober, Christina co-founded Altina Drinks, a range of sophisticated mocktails that make abstaining less of a sugar rush. It's the kind of pour you might find at, say, a Fancy Free pop-up bar (which have appeared everywhere from Melbourne to Brisbane), where two thirds of the cocktail list is low or alcohol-free, or a meeting of sober social group Untoxicated.

## \* **Rise and grind**

While booting booze in the name of wellness is – clearly – a good thing, it's important to note that not all routes to no-liquor living are quite so healthy. Among the positive factors, there are also pernicious pressures pushing young people away from drinking – demands that might not magically ease off even if they choose never to pick up the bottle. "In uncertain times, young people are experiencing a huge amount of pressure to succeed and do well in their studies and careers," explains sociologist Dr Emily Nicholls, an expert in gender and alcohol consumption. "The decline in drinking is not a wholly positive thing if it's related in some ways to these pressures."





For Bronwen Thomas\*, a 24-year-old teacher, Friday night consists of one or two beers and dinner after a sober week, before getting home early enough to be asleep by midnight. She believes her drinking life, or lack thereof, is shaped by the current world of work. “I’ll spend one day of my weekend planning lessons or marking and I can’t deal with a hangover on that day. The other day is my only time to do everything else: life admin and seeing friends and family,” says Bronwen. She explains that, even among her friends who aren’t so time-poor, low wages, high rents and large debts mean they’re more conscious of where their disposable income is going. “My friends and I are mostly in graduate roles that don’t pay well, and we’re all broke for much of the month. Going out for food or to see a movie is often our one ‘fun’ part of the week, so we usually can’t afford to buy wine on top of this.”

Factor in, too, the number of millennials and gen Z-ers pursuing side hustles and you can see why polishing off a bottle of rosé in the name of #winwednesday seems like self-sabotage. “As a creative and entrepreneur, [giving up drinking] has been a massive part in the success of my endeavours,” confirms Jaz Borri, a 26-year-old musician and “modern mystic” who quit booze six years ago. “Productivity is the biggest benefit. I’m able to be sharp, present and focused whenever I need to be.”

## \* **Beer fear**

Put that way, sobriety feels like an entirely savvy move. But there’s another, darker factor at play too. “I used to make an idiot out of myself when I was drunk,” cringes corporate financier and non-drinker Samantha Lynch, 24. “The morning-after anxiety and stress were so bad, I’d begin to regret going out altogether. I’d spend the [next] week worrying.”

It’s a real concern for the under-30 quitters, who, according to La Trobe research, cited the impact alcohol had on their social experiences as their main reason for jumping on the wagon. While hangxiety – post-booze

paranoia – is something most of us have gone through, it’s ramped up when your every move can be recorded then published online. “With phone cameras, selfie culture and the huge rise of social media, it’s much easier to feel like you’re always being judged and scrutinised,” says Nicholls. “There’s pressure to portray a certain image, which could be undermined by photos where you look out of control.”

On the flip side, cutting out alcohol is likely to reduce anxiety – an often unexpected perk for new teetotallers. “When we drink, our brains block glutamate, which is responsible for anxiety, so we feel relaxed, but then when we go to sleep, our brains get to work producing more glutamate to compensate,” explains Leo. “It means the next day you can feel even more anxious. Many people who drink frequently are really surprised that when they stop, they start to feel calmer and more relaxed.”

## \* **Changing pace**

There’s no doubt that the health implications of the sobriety trend could be significant. More than 150,000 Australians are hospitalised each year due to alcohol harm, and the societal cost of alcohol abuse is estimated to be a staggering \$36 billion every year. If younger generations continue cutting back, their risk of developing certain cancers, heart disease, liver disease, brain damage or damage to the nervous system and having a stroke – all of which can and do befall heavy drinkers – will be reduced.

While the threat of social media shaming and pressure to compete in the workplace are worrying drivers, there’s one underlying shift that deserves applause: Australia’s drinking culture finally seems to be maturing. “Incentives like Hello Sunday Morning, Dry July and FebFast have made it socially acceptable to refuse a drink,” says Leo. “Being more educated about mental health and risks, as well as a greater focus on wellbeing, mean that most people these days will understand if someone chooses not to drink.” Going your own way at the bar, minus the peer pressure? We’ll raise a (zero-proof) toast to that.



Clever, no-booze options that kick hangovers to the curb. So drink up!

# Soften up



## Wine not

Consider it the decaf of the wine world, only tastier. Edenvale Shiraz, \$9.50, BWS, Coles and Woolworths



## Taste of Gin-ius

A pre-mixed gin and tonic made with aromatic botanical extracts. The Duchess Virgin G&T, \$10.99 for four, Dan Murphy's

## Can it

Craft pale "ale" coldies flavoured with native fruit. Sobah Lemon Aspen Pilsner, \$18 for four, sobah.com.au



## Free spirit

Espresso martinis, come at us. Lyre's Coffee Liqueur, \$44.99, Dan Murphy's or Amazon



## Apple bye

A bright and fresh cider with notes of lemon and lime sherbet. The Hills Cider Company Virgin Apple Cider, \$4.09, Dan Murphy's



## Just add tonic

An alt-gin distilled with classic botanicals so it tastes legit. Ceder's Classic Distilled Non-Alcoholic Gin, \$44.99, Vintage Cellars *wh*



## Faux-sé rosé

Hibiscus, rose petals and orange come together for a grown-up mocktail. Altina Craft Cocktails La Vie En Rose, \$150 for six, altina drinks.com



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*"Running & physical activity  
quite literally keeps my  
mental health in check"*

**Imogen**









# Unleash Your Strongest Core

She's the Sweat trainer and PWR 4.0 program creator loved by millions around the world. It's easy to see why. Kelsey Wells' 52-week workout program, based on a kind of resistance training called hypertrophy, has helped women not only build lean muscle and increase strength, but unleash their full potential. We chatted to the Utah-based 30-year-old, who revealed her simple life and fitness philosophy. And, while we had her, we asked for a sneaky core-focused PWR workout that we could all do at home. And she gave us two! You're so welcome





## I WAS NOT ACTIVE AT ALL.

[When] I'd just had my son, Anderson [back in 2014], I was facing postpartum depression and anxiety, so I got the advice to do exercise to treat it. At the beginning, I was quite sceptical but decided to give it a go. I started little by little, walking around with my son, and the change was drastic. Way before noticing physical differences, I started feeling internal changes, my anxiety lessened and I gradually felt better.

***I'm not an expert in motherhood, but I think it's really powerful to 'walk the talk'.***

*I'm not worried about controlling what my son eats, instead I focus on the example that my husband and I can set for him; this is the best approach to teaching nutrition and fitness. Kids won't always listen, but they always see what you do.*

***I train five or six days a week and I usually take an entire day as rest.***

*If I'm travelling I might even train harder, as this helps me release endorphins and makes me feel better. I follow my programs with resistance bands and use the PWR at Home workouts, as these can be done in the hotel room.*

***Fitness is about health and not about aesthetics.***

*For many years, my approach towards training was based on how I saw myself in the mirror, until I considered it in a different way: for the health and emotional benefits it brings. That [was the] moment when I began finding it enjoyable. I want everyone to know that exercising and looking after yourself are empowering tools.*

# How Kelsey does life...

## FITNESS SHOULD BE USED FOR EMPOWERMENT.

It should come from gratefulness and not from guilt or hate. When you eat well, you feel good. It shouldn't be stressful or an all-or-nothing mindset, because what works for each person is different and you should be grateful for what your body does for you. When that starts to make sense, it all becomes quite easy.

***I love meditation – it has changed my life, mentally and emotionally.***

*I think it's important to identify your priorities in life. All women should make themselves a priority, care for themselves and work out to be healthy and happy. I make myself a priority, followed by my husband and son. Every day I make sure to spend quality time with them and to be present at those moments. I also practise gratitude. Every night before going to sleep, I write down in a journal the things I am grateful for. It's incredible to have this perspective – you see everything in a different way, overcoming stressful moments. It gives me peace of mind.*

***I talk a lot about self-love.***

*I've learnt that when you take care of yourself and commit to working out, you are more and more keen to do it. Exercise taught me that I have always been worthy and I deserve to look after myself. It didn't give me confidence, it only unleashed it; I found an inner strength that had always been there. All women are strong and powerful, and fitness is a great tool to tap into this potential. When you take care of yourself with love, there starts the magic and it becomes a virtuous circle of self-love.*

## MOTIVATION COMES AND GOES.

The good news is that [motivation] is irrelevant, since we all have the power to decide and the discipline to know what's better for us. You may not be motivated but you can always make the decision to work out, no matter what. Exercise should never be a source of guilt. If you're healthy, instead of being worried, you should be thankful for what your body does and for its current condition, and work out to take care of [it] and continually improve.



Flex  
your  
fitness  
muscle

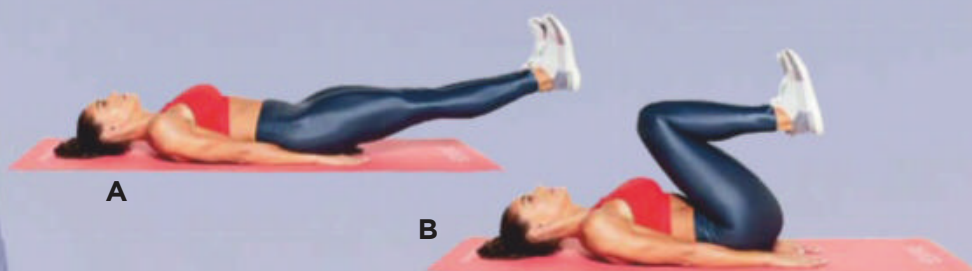




# The Workouts

## PWR 8-minute ab circuit

This workout will set your core on fire! Do each move for 40 seconds on, 10 seconds off, repeating 3 times with a 30-second rest between laps. Maths not your strong suit? That adds up to a total ab workout in just 8 mins!



### **Bent-Leg Raise**

**This bent-leg raise is an excellent move to strengthen your abs. To get the most out of this movement, focus on the quality of each rep, maintain a neutral spine and move slooowly.**

**(a)** Lie on your back with your hands beneath your coccyx. Engage your abs, by drawing your belly button in towards your spine, and elevate your legs off the mat slightly. This is your starting position.  
**(b)** Inhale. Bend your knees and,

using your abs, draw your knees in towards your chest, ensuring that your feet stay together. Exhale. Slowly extend your legs to return to the starting position. Repeat: 40 secs never felt so long!



### **Ab Bike**

**The ab bike is a great way to do a crunch while working your obliques at the same time. Like the first move, go slowly to feel the burn.**

**(a)** Lie on your back with your legs extended. Place your hands behind your ears and gently raise both legs and your head, then your shoulders slowly off the mat.

This is your starting position.  
**(b)** Bend your left knee and draw it in to your chest. At the same time, rotate your torso to the left to bring your right elbow to your knee. Untwist your torso and extend your left knee to return to the starting position.  
**(c)** Repeat on the other side, and continue alternating, inhaling for four reps and exhaling for four. That's the way.



### **Plank and Drag**

**The toughest part of this move? Challenging your core to stay in position by not twisting or letting your hips sink.**

**(a)** Start in a plank position with a dumbbell placed on the floor behind your left hand.

**(b)** Keeping your body stable, release

your right hand and use it to drag the dumbbell across the mat and place it in front of you. Return to the plank position.  
**(c)** Next, release your left hand and use it to drag the dumbbell across the mat. Continue alternating. Feel like your form is slipping? Take a deep breath, reset and go again. Phew.



PWR

# Fitball challenge

Time to level up! Adding a fitball to your workout mix can help to increase the difficulty of your usual exercises by creating some instability. “This unstable environment can wake up your core and stabilising muscles to help bring more balance to your body, provide variety to your routine and build a strong foundation for the rest of your training,” says Wells. Set your timer to 10 mins (15 if you’re a beast) and do the following exercises for the allocated reps, resting for 1 minute at the end of each round. Do as many rounds as you can before time’s up.



## Hamstring Curl

Using a fitball for a hamstring curl works two big muscles in one movement. Tip: keep your hips elevated to engage your glutes and provide a strong anchor for your hamstrings to pull the fitball in.

(a) Lying on your back with your feet on a fitball, engage your abs by drawing your belly button in towards your spine. Use your glutes and hamstrings to gently raise your hips off the floor. This is your starting position.  
(b) While keeping your feet together and hips elevated, bend your knees to bring your feet (and the fitball) in towards your glutes.  
(c) Extend your knees to return back to the starting position, keeping your hips elevated. Repeat the move, doing 15 killer eps in total.

## Ab Rollout

You haven’t felt a plank until you’ve done it on a fitball! This variation is a great starting point to add instability to your core work. As you do the move, make sure you squeeze your glutes and don’t let your body sag as you roll the fitball away from you.

(a) In a kneeling position, rest your elbows on the fitball in front of your chest. This is your starting position.  
(b) While maintaining a straight back and stabilising through your abs, lean forwards and allow the fitball to roll forwards, extending your arms out in front of you. Only roll out as far as you can while still maintaining your core and spinal alignment.  
(c) Using your abs, pull the fitball back to return to the start. Do 10 reps. Oh yeah.

## Pike

The key to getting this pike done? Pressing your upper body away from the ground as you lift your hips towards the ceiling. Focus on keeping your legs straight the entire time.

(a) Place both hands on the floor shoulder-width apart with both feet behind you, resting the tops of your feet on a fitball. This is your starting position.  
(b) Using your abs, lift your hips upwards and forwards so they’re in line with your shoulders, keeping your legs straight. This movement should cause the fitball to roll in towards your hands.  
(c) Slowly extend and lower your hips to return to the starting position. Do 10 reps. Power to you!

## Knee Tuck

You’ll also work your arms and upper body in this exercise as strength and stability in those areas is essential to making this move look smooth and steady.

Make sure you’re always pressing your upper body away from the ground as you bring your knees in towards your elbows.

(a) Place both hands on the floor shoulder-width apart with both feet together behind you, resting your shins on a fitball. This is your starting position.  
(b) Bend your knees and, using your abs, bring your knees in towards your chest, ensuring that your feet stay together. This movement should cause the fitball to roll in towards your hands.  
(c) Slowly extend your legs to return to the starting position, keeping your hips and torso parallel to the floor. Do 10 reps, then rest for 60 secs before doing all the exercises again. Core of steel – here you come! **wh**







Shut up  
and  
drive



# ***SUPERCHARGE YOUR*** **BRAIN** **POWER**

Your mind is built for speed, not a slow wind-down, contrary to popular belief. Oh, and for productivity... and flexibility... and resourcefulness, too. Instead of leaving yours in a comfortable gear, use the *WH* manual to hack it and turn on supercharged mode, so you can do everything stronger, faster and smarter. Welcome to the new rules of engagement

By Meghan Rabbitt







# PART ONE

## REV YOUR ENGINE

The ability to build new neural connections and rewire existing ones is known as neuroplasticity. The old thinking? You can accomplish this only when you're young (we're talking teen years). The reality: it's possible at any stage and age, if you know what to do.

### SNACK TIME

## Fuel for the fire

Tired of the same-old brain-food lists? So is Dr Lisa Mosconi, a neuro-nutritionist. "That advice is too general," she says. "Sure, blueberries are good for your brain – but there's only so many you can eat!" Check out your for-real mind shifters:

#### PREMIUM GRADE

##### Spring onions

A whopping 88 per cent of the sugar in this veggie is glucose, which helps your body make your beast-mode neurotransmitter (glutamate).

##### Chia seeds

These little guys have a high concentration of tryptophan – an essential amino acid your body can't produce on its own – which is made into serotonin, the neurotransmitter that makes you feel happy.

##### Tofu and edamame

These two are high in phenylalanine: an amino acid used to make dopamine – the neurotransmitter that surges when you accomplish something. Prefer meat? Go for chicken or fish.

#### REGULAR GRADE

##### Veggies and nuts

Step right up to get a solid dose of that magical glucose, sans any sign of a crash: root veggies (turnips, carrots, parsnips), beetroot, full-cream/full-fat milk, yoghurt, pumpkin seeds, spirulina, cacao, peanuts and almonds.



## Q&A IS BRAIN CANDY LEGIT?

There are a ton of **nootropics** – a fancy word for drugs and supplements that allegedly improve cognitive potential, creativity and motivation – populating online shopping carts. Before you buy, brush up on Mosconi's expert take – she's also director of the Women's Brain Initiative at Weill Cornell Medical College in New York.

**Brain supplements are controversial. Are there any that pass your litmus test?**

"The nutrients in nootropics do make sense. They often contain B vitamins, which can help memory, and may also include antioxidants and omega-3 fatty acids, both of which calm brain-damaging inflammation. But what bothers me are the claims that have no scientific backing. Sorry, but these supplements can't 'hijack your brain', 'clear brain fog' or 'improve your IQ'. That's not going to happen. But some of the specific nutrients in the formulations may help."

**So if I'm taking a basic multi vit, am I getting some brain benefits?**

"If you're deficient in nutrients that are in your multi, yes. Let's say you're anaemic ... if the iron in your multi helps with your anaemia, it'll ease symptoms that may be affecting your brain, too."



**You can optimise the way your brain responds to exercise, says cognitive neuroscientist Michelle Voss**

"I run every morning. But, before I do, I check my resting heart rate. Why? While research shows that exercise benefits most people's brains, for some, exercise makes it worse. Don't freak: this impact likely happens when other factors are at play, like lack of sleep. And you can fix it. Under the right conditions, aerobic exercise may spike brain-derived neurotrophic factor (BDNF) – a molecule that makes brain cells more resilient and efficient. You get the biggest BDNF boost when exercise creates a healthy stress response in your body, not when it adds to an overload of stresses. So, if I see my resting heart rate go up five or six beats a few mornings in a row, I take it as a sign my body is under more stress than usual, and I scale back."

# PART TWO

## THE RACE IS ON

Hey, the brain will run into speed bumps (such as anxiety periods and hormonal changes). Understand what's ahead so you can take alternate routes to avoid getting stuck in a slow zone.

### Turn on autopilot

You know the feeling: you're so lost in what you're working on that you don't realise it's 9pm and you've got 18 unread texts. There's a scientific name for this: **flow**. While you can't will yourself into this awesome zone on demand, with these hacks you can actually re-create the brain activity that occurs when you're in the moment:

#### Stop multitasking



Ditch all external distractions you can control (such as putting your phone away, turning off email, powering off background tunes that have distracting lyrics) for at least 10 to 15 minutes.

#### Why this works:

In a flow state, the prefrontal cortex (decision-making spot) is less active, enabling you to focus on a specific goal. (More distractions means more prefrontal cortex buzz and less chance of flow.)

#### Pick a project you know you can slay



Whatever you decide to focus on, aim for an end result you're already familiar with in some capacity. (In other words, don't take this opp to try your hand at a new language.)

#### Why this works:

If you're working on something fresh, you're in learning mode, which activates your prefrontal cortex – the exact part of the brain that needs to chill out in order to get into flow.

#### Shhh, for a sec



Stop whatever it is you're doing, close your eyes, and just breathe for 30 seconds.

#### Why this works:

This helps you slip out of a beta brain state (adulting mode) into an alpha brain state (daydreaming). Alpha brainwaves help your mind move freely and can lead to a sense of effortless execution.





## CYCLE (PIT) STOP

Your sex hormones (when you're *not* on hormonal birth control) are the gas that drives how you think and feel, and what you do. The hot tip: you can actually use them to boost memory, energy and more – if you know what's happening and when.

### Days 1–5 **YOUR PERIOD HAPPENS**

Your levels of the three major sex hormones (oestrogen, progesterone and testosterone) are about as balanced as they'll be, but a spike in prostaglandins (hormone-like substances involved in pain and inflammation) can make you feel crampy and cranky. So take your workouts down a notch, don't jam-pack your calendar, and sneak in more shut-eye on these nights.

### Days 6–14 **OESTROGEN SKYROCKETS**

Once your period ends, your body ramps up oestrogen production to trigger ovulation. Oestrogen is like plant fertiliser for your brain, prompting cells to sprout new connections. You also get a testosterone surge, which ramps up sex drive and can make you feel more social and sharp. Needless to say, this is the time to ask for a pay rise, have a tough convo, or schedule a date with that person you're excited about.

### Days 15–21 **PROGESTERONE OVERLOAD MODE**

If you were to fall pregnant, oestrogen and testosterone levels fall (buh-bye, sex drive), and that follicle that released your egg starts pumping out progesterone, which is like the body's natural sedative. Not knocked up? You'll still feel relaxed, even-keeled and most like yourself. This is a great week to get in the zone at work, at the gym and at home.

### Days 22–28 **HORMONAL WINTER (AKA PMS) SETS IN**

Progesterone plummets, and you may start to feel irritable. Something your friend says that would typically be NBD feels fingernails-scratching-chalkboard cringey. Cut yourself some slack: if you have to pull it together for, say, a big event or a tough talk, do things that fire up your frontal lobe (the decision-making part of the brain), such as making a checklist and banging out your to-dos.

# PART THREE

## FINISH STRONG

Your wheels are spinning but you're not going anywhere. Classic burnout is a major bummer, but the following tactics will help safeguard you from stalling physically and emotionally – and enable you to surge forward with a fresh outlook and a pumped-up brain.



### A NORMAL AHHH MOMENT GOES LIKE THIS...

→ Immediately after a stressor – like that time you thought your wallet had been stolen from your bag – cortisol rushes through your body, signalling to various systems to hit the panic button (breathing rate increases and glucose is shuttled to your muscles so you can act fast).

→ The many glucocorticoid receptors near your heart take in cortisol and, in turn, rev your heart rate so extra blood pumps to your extremities. This is when you start pacing trying to troubleshoot what's going on. There are also receptors in the memory zone, which boost recall skills.

→ Your cortisol level drops, your heart rate and blood glucose go back to normal levels, you chill out and your body can do things such as digest your food and rest.



# When you're in overdrive

Be on the alert for signs you're teetering on the edge of burnout

1

## You're harder on yourself than usual.

If your inner mean girl starts snarking that you're not doing enough, or that your effort is weak, it may be because you're fried. But she may have a point: while cortisol puts you in get-shit-done mode, chronic elevation from stress (caused by cortisol) is not good for your brain.

2

## You give fewer F's about everything.

Maybe you decide to opt out of a big project for work, or you don't care as much as you should when your roommate leaves the sink full of dirty plates. This could mean your cortisol levels aren't spiking and falling as they should, and when that's out of whack, it can make you a little less engaged with what's actually going on in your life, for better or for worse.

3

## You try to numb your feelings.

Are you relying on an unhealthy habit (booze, sugar, binge-watching) to take the edge off how you really feel? It might be because your brain is craving something that feels good after days and days of no fun. But know this: quick fixes are likely to do you more harm in the long run.



**"Mental load is real. And we're realising it could be bad for women's brains," according to Dr Jessica Caldwell, a neuroscientist focused on sex-based brain research**

"You know how you're expected to do everything from making sure there's enough toilet paper to scheduling medical appointments, even if you're co-habiting and co-parenting? Yeah, this specific type of stress actually has a popular term now: mental load. We're in the early stages of figuring out what it all means, but we do know that while having some stress is a good thing because it's stimulating, having too much isn't ideal for your mood or memory over the long haul. So what's a loaded-up woman to do? Activities that counter all of the planning and remembering include exercising, getting enough sleep and spending more time with friends who make you laugh and feed your energy. All of it can help you keep stress, including mental load, in check." *wh*

## THIS IS A STRESS RESPONSE GONE HAYWIRE...

→ When you've entered a period of chronic stress (think: two weeks of mental craze), your cortisol levels stay steadily elevated. The glucocorticoid receptors in your hippocampus get overworked, which creates brain fog and memory problems over time.

→ When your stress response has been in this state for weeks, you've officially hit burnout mode. It'll stay that way, unless you reset it by implementing the advice you have heard, oh, a million times: move your body, eat healthy meals and meditate to help turn off your fight-or-flight response.





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## WOMEN'S HEALTH AND HORMONE SUPPORT

Fem21 is a unique formulation specific for women's health and hormones. Formulated by naturopath Meah Robertson, it works holistically to balance hormones, improves liver and digestive function, alkalises the body and supports healthy function of the thyroid and adrenal glands. Visit [fem21.com.au](http://fem21.com.au)

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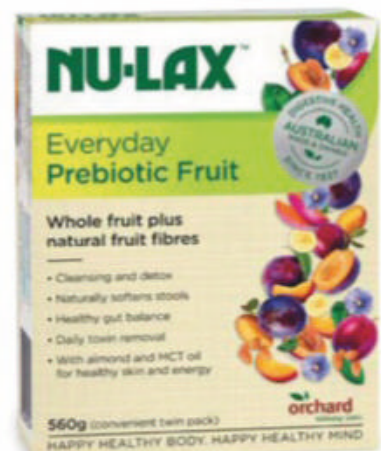


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Hello,  
salad  
heaven  
(p113)

# **NO-STRESS** *Vegan*

Tried going meat-free but put off by the mega-long recipes? These easy meals, with only a handful of ingredients, are sure to be your new go-tos





Whether you're a seasoned vegan or simply veg-curious, you'll know that going green isn't as simple as trading meat for mushrooms. The produce can seem exxy, the ingredients hard to find and the recipe instructions can be tougher to understand than an Ikea manual. Here to prove that cooking by the book doesn't mean resorting to complicated recipes is food writer and cookery tutor Katy Beskow (above) – who's been serving up foolproof meals since founding her meat-free blog in 2013. Tasty dishes that don't require a culinary degree? Count us in!

## SANTORINI Tomato Fritters

If you've been lucky enough to visit a Greek island, it's likely that you've sampled authentic tomato fritters, originating from the beautiful island of Santorini. Some varieties contain fresh mint or basil, but I love the burst of flavour that flat-leaf parsley adds. Serve hot with cool, unsweetened soy yoghurt to dip, and a wedge of lemon to squeeze – perfect with a leafy green salad.

### SERVES 2

- ◆ 3 tbs plain flour
- ◆ 1 tsp baking powder
- ◆ 1 tsp dried oregano
- ◆ 300g cherry tomatoes, roughly chopped
- ◆ Handful of flat-leaf parsley, finely chopped
- ◆ Pinch of sea salt and black pepper
- ◆ 4 tbs sunflower oil

1. In a mixing bowl, stir together the flour, baking powder and dried oregano.
2. Stir in the tomatoes and flat-leaf parsley, then season with sea salt and black pepper. Add 50ml cold water and stir to form a thick batter.
3. Heat the oil in a frypan until hot. Add in a tablespoon of the batter (up to four at a time, to avoid the fritters touching and merging) and cook for 1 min until golden and

crisp, then carefully flip the fritters and cook on the other side. Drain on paper towels or a clean dish towel, then repeat the cooking process until all of the batter has been used. Serve hot.

### TIP

The key to perfect fritters is hot oil: if the oil isn't hot enough, the fritters will be soggy. Test the oil by dropping a small amount of the mixture into the pan; if it turns golden within a few seconds, the oil is ready.







## CUMIN-ROASTED CAULIFLOWER AND MANGO

# Salad

Lightly spiced and roasted cauliflower, sweet mango ribbons, coriander and always-pretty watercress are combined in this refreshing lunch that's delicious either warm or cold, in any season.

### SERVES 2

- ◆ 1 cauliflower, broken into florets
- ◆ 1 tbs sunflower oil
- ◆ ½ tsp ground cumin
- ◆ 1 mango, peeled, stoned and sliced into ribbons using a vegetable peeler
- ◆ 2 generous handfuls of watercress
- ◆ Small handful of coriander, roughly torn
- ◆ Pinch of sea salt and black pepper

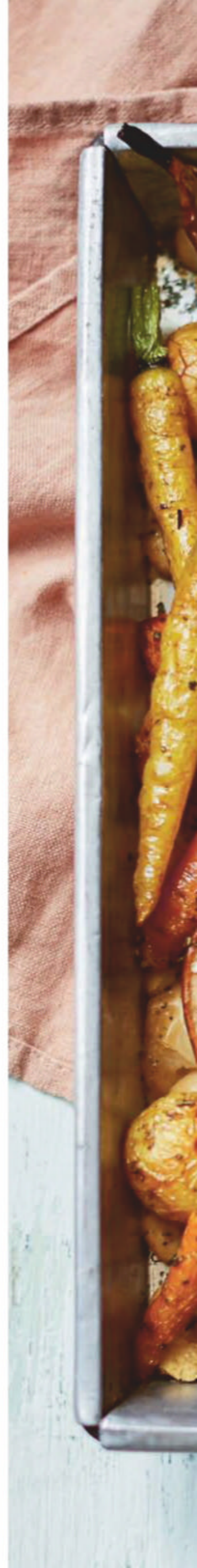
1. Preheat the oven to 220°C and arrange the cauliflower florets evenly on a baking tray.
2. In a small bowl, mix together the oil and ground cumin. Use a pastry brush to coat the cauliflower with the cumin oil. Bake in the oven for 15–20 mins until golden and crisp at the edges.
3. In the meantime, toss the mango ribbons, watercress and coriander together on a serving plate.
4. Carefully remove the roasted cauliflower florets from the oven and toss in the salad. Season with the salt and pepper and then drizzle over any hot oil from the tray.

## TIP

For added protein and extra crunch, scatter a few toasted flaked almonds over the salad.







# SIMPLE *Bolognaise*

It's good to have a recipe that you can turn to again and again. For me, it's this simple and fuss-free bolognaise. Don't be fooled into thinking a good bolognaise needs a long list of ingredients – simplicity is beautiful here. The key to packing in flavour is to let the onions brown gently – the caramelised result is delicious! I like to serve this with egg-free spaghetti and a leafy salad.

## SERVES 4

- ◆ 1 tbs sunflower oil
- ◆ 2 onions, finely diced
- ◆ 2 carrots, peeled and finely diced
- ◆ 2 garlic cloves, crushed
- ◆ 300ml vegan bolognaise sauce (store-bought is fine)
- ◆ 400g can green lentils, drained and rinsed
- ◆ Generous pinch of sea salt and black pepper

1. Heat the sunflower oil in a large pan, add the onions and cook over a medium heat for 8–10 mins, stirring occasionally, until golden brown.
2. Add the carrots and garlic and then cook for a further min or until nicely fragrant.
3. Pour in the vegan sauce and green lentils along with 200ml cold water, then reduce the heat to low-medium. Simmer for 30–35 mins with the pan lid loosely placed over, stirring frequently to avoid sticking, until the carrots have softened.
4. Remove the pan from the heat and then season with the salt and pepper to taste.





## PEAR AND BUTTER BEAN *Tray Bake*

Throw together this all-in-one tray bake for a satisfying, simple dinner. Pears offer a sweet, melt-in-the-mouth flavour alongside earthy new potatoes and butter beans. I love the woody taste of sage in this recipe, but rosemary works equally well.

### SERVES 2

- ◆ 2 pears, halved and cored
- ◆ 2 carrots, peeled and roughly chopped
- ◆ 12 baby potatoes, washed
- ◆ ½ tsp dried sage
- ◆ 2 tbs sunflower oil
- ◆ 400g can butter beans, drained and rinsed
- ◆ Generous pinch of sea salt and black pepper

1. Preheat the oven to 200°C.
2. Arrange the pears, carrots and potatoes in a roasting tin, then scatter with the dried sage. Drizzle with the sunflower oil and roast in the oven for 30 mins.
3. Carefully remove the tin from the oven and add the butter beans evenly across the tin. Reduce the oven temperature to 180°C and bake for a further 10 mins.
4. Season generously with the salt and pepper just before serving.









# EGGPLANT Tempura

Piping hot, crisp and ready to dip, eggplant tempura makes an ideal lunch. It's often believed that tempura is tricky to make, but it couldn't be simpler. The key to tempura perfection is to use ice-cold sparkling water in the batter and, by contrast, to make sure the oil for deep-frying is extremely hot.

## SERVES 2

- ◆ 200ml sunflower oil, for deep-frying
- ◆ 100g plain flour
- ◆ 50g cornflour
- ◆ ½ tsp baking powder
- ◆ 2 medium eggplants, thinly sliced, large slices halved

1. Pour the oil in a large pan and place over a medium heat to heat up while you prepare the batter.
2. In a wide bowl, combine the plain flour, cornflour and baking powder. Stir in 200ml of ice-cold sparkling water and use a balloon whisk to gently beat until smooth.
3. Check if the oil is hot enough by dropping in a blob of batter – if it sizzles immediately, the oil is ready.
4. Dip the eggplant slices into the batter and shake off any excess. Using a slotted spoon, add a few slices of eggplant to the very hot oil. Do not add too many slices at a time, as they will mass together. Deep-fry for 2–3 mins until the batter has become crisp and puffed.
5. Carefully remove from the hot oil and drain on paper towels while you cook the remaining eggplant slices. Serve hot and enjoy with your choice of dipping sauce.

## TIP

No time? Soy sauce makes a deliciously simple dip, or serve with satay sauce.



# SWEET POTATO Hash

This tasty and substantial lunch is delicious eaten either hot or cold, and makes for a perfect brunch or lunch alongside creamy avocado and tortilla wraps. Drizzle with a little lime juice for extra zing and/or add a dash of Tabasco sauce for a heat boost!

## SERVES 2

- ◆ 1 tbs sunflower oil
- ◆ 2 medium sweet potatoes, peeled and diced into 2cm pieces
- ◆ 1 red onion, thinly sliced
- ◆ 2 tsp Cajun seasoning
- ◆ 400g can red kidney beans, drained and rinsed
- ◆ Handful of coriander, roughly torn
- ◆ Generous pinch of sea salt

1. Preheat the oven to 200°C.
2. Heat the oil in an ovenproof pan over a

medium heat and add the sweet potatoes. Cook for 4–5 mins, stirring occasionally, then add the onion and Cajun seasoning and cook for a further minute.

3. Remove from the heat, then stir through the red kidney beans. Place the lid on the pan, then transfer it to the oven and bake for 30 mins until the sweet potato has softened.

4. Carefully remove from the oven, serve on plates and scatter with the coriander and sea salt. *wh*



Hungry for more? Pick up a copy of *Five Ingredient Vegan* by Katy Beskow (Hardie Grant, \$39.99).





1

2

3

4



# THE BIG FREEZE

Ice-cream has come a long way since the soft serve of your childhood. Swerving dairy or looking for a lower-kilojoule scoop? The dessert industry has your back. Make space in your freezer for this lot

By Alex Davies



**Proud & Punch Smoothie Pops, \$8 (pack of six), supermarkets**

Made with almond milk, these Smoothie Pops come in Strawberry and Acai flavour (4) as well as Banana and Cocoa. You'll also love the brand's Coconut Pops – starring coconut cream – especially the mango blend (2).

**FroPro Singles, \$10 (pack of four), Woolworths**

These boast fewer than 630 kilojoules and just 3 grams of sugar. Choose from Double Chocolate (1), Salted Caramel and Plant-Based Vanilla. Sweetest.

**Halo Top stick, \$9 (pack of four), Woolworths**

This ice-cream stick is a dairy option with 4 grams of protein and just 460 kilojoules. Chocolate Chip Cookie Dough not your jam? You might be interested in Peanut Butter Swirl, Strawberry Cheesecake, Sea Salt Caramel or Birthday Cake. We thought so.

**Magnum Dairy Free Almond, \$7 (pack of three), supermarkets**

It's a Magnum, but not as you know it. Now pick up the Classic and Almond (3) kinds minus the dairy. Mag-nificent.



# Food Hub



## **Gelavo ice-cream, \$11.95, IGA and independent stores**

This vegan range is made from second-grade avocados (thus diverting them from landfill). We love this intense Espresso flavour, but Chocolate, Banana and Original are great, too.



## **Coyo Prebiotic ice-cream, \$11.99, supermarkets**

Refined sugar, gluten and dairy are MIA in this coconut-milk-based gem. Strawberry & Wild Hibiscus and classic Vanilla Bean & Nutmeg are winners.



## **Ben & Jerry's non-dairy, \$12, supermarkets**

B&J has gone all out for dairy swervers. Just try this Coconut Seven Layer Bar flavour, packed with crackers, fudge, walnuts and caramel. Still on dairy? Check out their lower-kJ Moo-phoria tubs.



## **Pana Organic Dairy Free Ice-Cream, \$11.90, supermarkets**

With its coconut-milk base, this vegan Boysenberry Cheesecake dessert is bursting with flavour (in signature Pana style!). The fun set list also includes Peanut Butter & Raspberry and Banana & Caramel. Plus, you can pick up dairy-free ice-cream sticks. Pana-mazing. **wh**



## **Halo Top Dairy Free, \$9, Woolworths**

They had us at Mint Fudge Cookie. And fewer than 1340 kilojoules per tub. The dairy-free line-up also includes Peanut Butter Cup, Chocolate Chip Cookie Dough and Sea Salt Caramel, while the dairy one (still lower in kJs than trad ice cream) features Chocolate and Candy Bar.



## **Not to be left out in the cold...**

The Rolls-Royce of frozen desserts – Gelato Messina – offers heaps of heavenly **vegan** sorbets, from Chocolate and Blood Orange to the quirkier Pandan & Coconut and Salted Coconut & Mango Salsa (the delicious scoop, above). Don't want to leave your couch for the store? Deliveroo has you covered (from \$14.80 for a 500ml tub, plus delivery). Epic.





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# Mushrooms

Four ways with...

If you're still slumming it with bog-standard buttons – erm, why? There's a whole family of funky 'shrooms out there, bursting with nutrients and distinctive flavours. Meet your kitchen's new plant-based staples

## Maitake on Toast

Just a few reasons we love these humble heroes? Maitake mushrooms have high levels of the antioxidant glutathione, which soothes and reboots your liver, making them the perfect post-hangover breakfast.

- ◆ 1 eschalot, sliced
- ◆ 1 tbs olive oil
- ◆ 500g maitake mushrooms, thinly sliced
- ◆ Pinch of smoked paprika
- ◆ 1 tbs sherry vinegar
- ◆ 4 slices of sourdough, toasted
- ◆ 1 tbs capers
- ◆ 1 tbs chopped parsley

1. In a pan over a medium heat, fry the eschalot in the olive oil. Once softened, add the mushrooms and the paprika.
2. Continue to cook the mushrooms until almost all of their water has evaporated from the pan, then pour in the sherry vinegar – this helps to ensure you get maximum earthy mushroom flavour in your topping.
3. It's assembly time. Pile the mushrooms high on the toasted sourdough, finishing with a sprinkling of capers and parsley, and you're good to go. Serve with a Bloody Mary for full post-booze back-to-life impact.

SERVES  
4

741  
KJ

4G  
FAT

27G  
CARBS

9G  
PROTEIN

## Oyster Burrito

Oyster mushrooms are particularly iron-rich, so eating them before hitting the gym will improve blood supply to muscles, boosting your performance. The tortilla wrap provides steady energy release, too.

- ◆ 2 red onions, sliced
- ◆ 1 red, yellow and green capsicums, sliced
- ◆ 2 garlic cloves, minced
- ◆ 1kg oyster mushrooms, torn into strips
- ◆ 1 tbs olive oil
- ◆ 2 tsp smoked paprika
- ◆ 1 tbs soy sauce
- ◆ 4 wholemeal tortillas
- ◆ 200g salsa (optional)
- ◆ 200g guacamole (optional)

1. Start by sauteing the onions, capsicums, garlic and mushrooms in the oil in a pan until the mushrooms are soft. Sprinkle over the paprika, splash in the soy sauce and allow to cool for 2 mins.
2. Now for the fun bit: building your burrito. Load your tortilla with a generous helping of the mushroom and capsicum mix and a tablespoon each of salsa and guacamole, if using. Then wrap that bad boy up and dig in. Cutlery optional; napkins strongly advised.

SERVES  
4

1464  
KJ

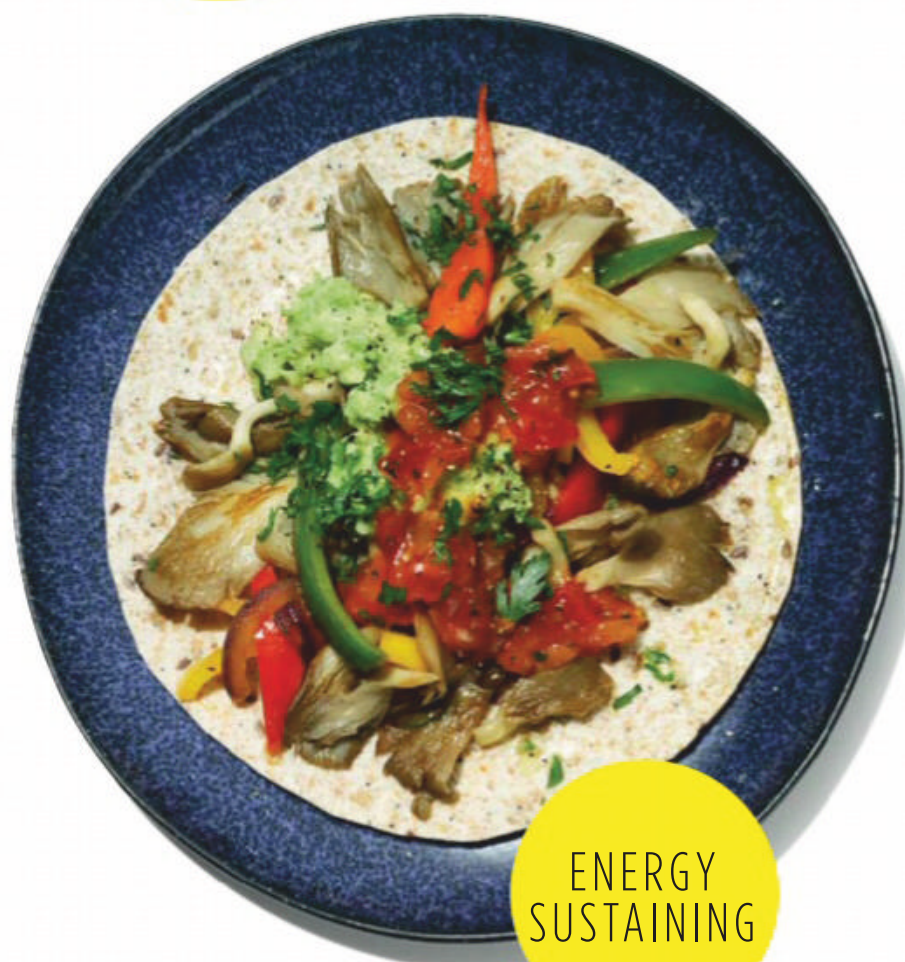
9G  
FAT

56G  
CARBS

17G  
PROTEIN



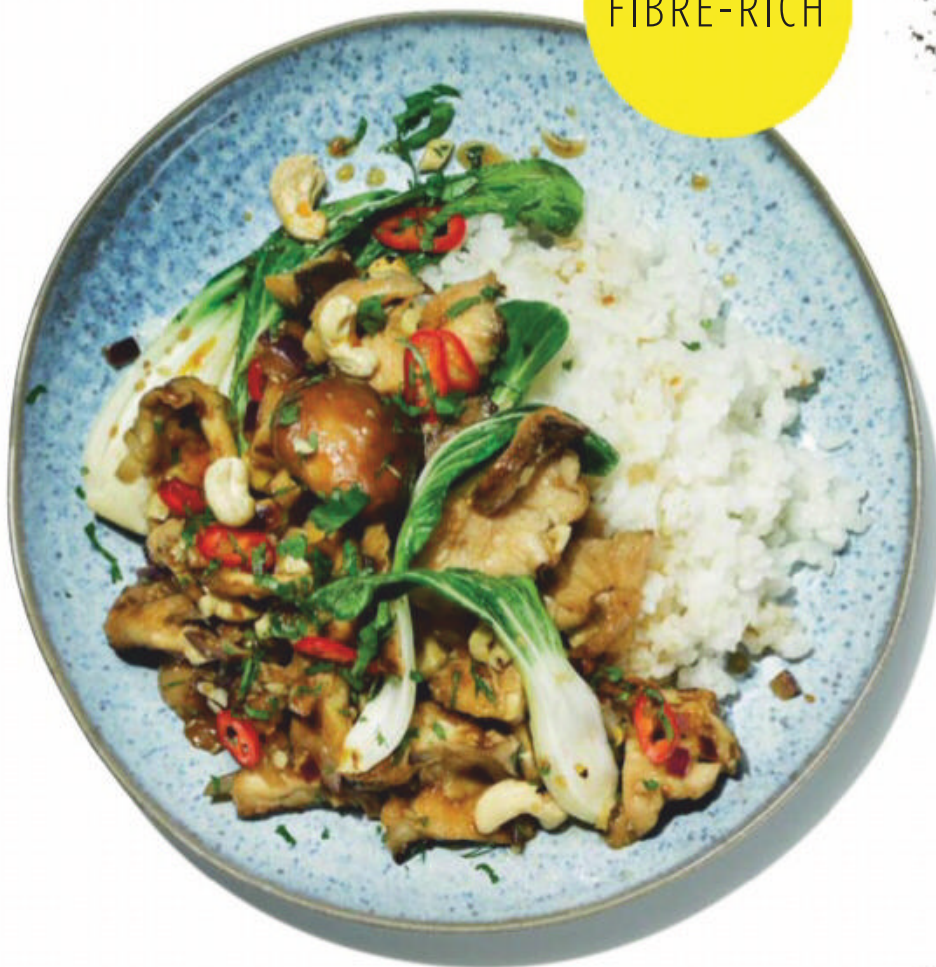
RECOVERY  
AIDING



ENERGY  
SUSTAINING



FIBRE-RICH



## Shiitake and Sticky Rice

Shiitake 'shrooms clock up more than double the fibre of white button mushrooms. Combined with the healthy fats found in cashew nuts, this makes for a seriously satiating meal.

- ◆ 75ml mirin
- ◆ 150ml rice vinegar
- ◆ 30g sugar
- ◆ 375g sushi rice, rinsed
- ◆ 2 red onions, diced
- ◆ 1 red chilli, diced
- ◆ 1 tbsp olive oil
- ◆ 1kg shiitake mushrooms, de-stemmed
- ◆ 200ml teriyaki sauce
- ◆ 500g pak choy, chopped
- ◆ 150g cashews, crushed

1. Start by boiling the mirin, vinegar and sugar in a small pan before setting aside.
2. Next, combine the rice and 400ml water, and simmer until all the water has evaporated. Once cooked, combine with the syrup you made in step 1 and allow to cool.
3. Fry the onions and chilli in the oil, then add the shiitake caps and cook until tender.
4. Next, pour in the teriyaki sauce and cook for another 5 mins before adding the pak choy and cashews.
5. Stir for another minute or two before serving the teriyaki mixture alongside the sticky rice – and chopsticks, if you're feeling dexterous.

SERVES  
4

2515  
KJ

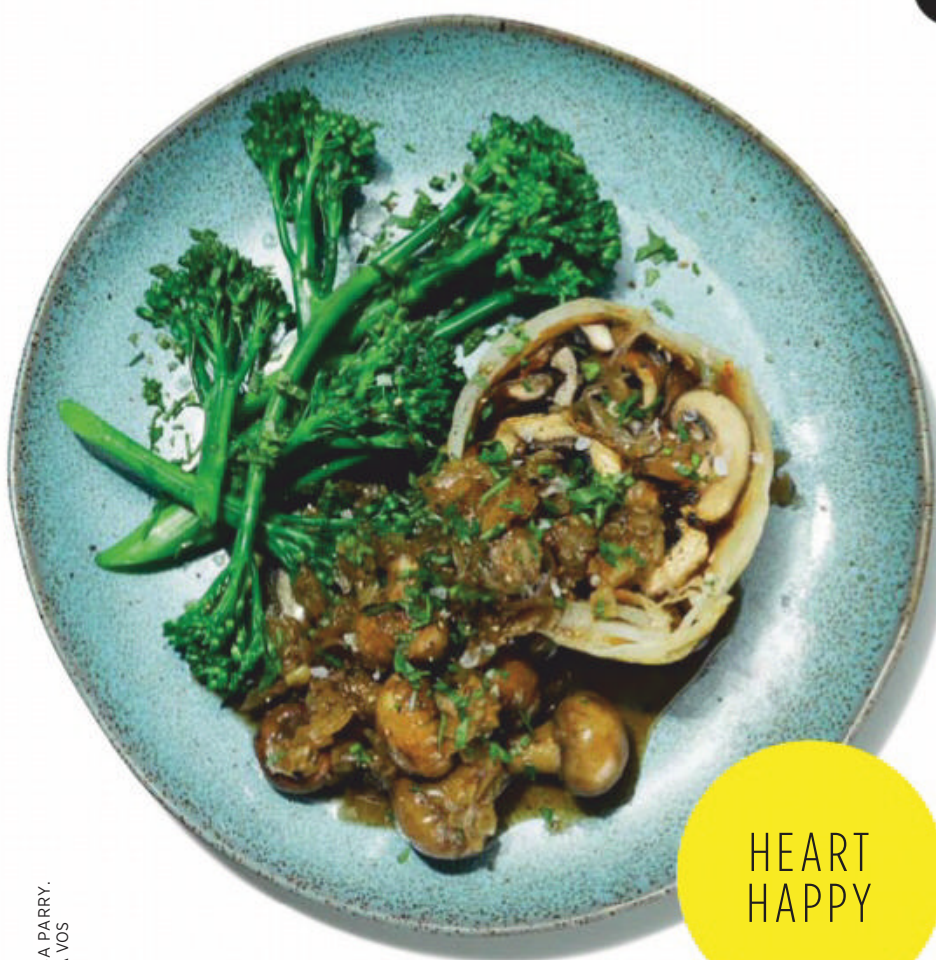
20G  
FAT

86G  
CARBS

20G  
PROTEIN

## Cremini Rotolo

Cremini mushrooms are filled with the antioxidant ergothioneine, which helps protect the body from harmful oxidative stress. And – bonus – the broccoli is packed with immunity-boosting vitamin A.



HEART  
HAPPY

- ◆ 2 large onions, diced
- ◆ 3 garlic cloves, minced
- ◆ 1½ tbs olive oil
- ◆ 300g button mushrooms, sliced
- ◆ 1 litre vegetable stock
- ◆ 1 tsp salt
- ◆ 4 large white potatoes, thinly sliced
- ◆ 2 tbs soya cream
- ◆ 2 tsp smoked paprika
- ◆ 1kg cremini mushrooms, sliced
- ◆ 500g long-stem broccoli

1. Preheat the oven to 180°C. Start by sweating 1 onion and a garlic clove in ½ tbs oil in a pan on a medium heat. Once cooked, throw the button mushrooms into the mix and stir, then pour in the stock, season with salt and cook until the sauce is reduced. Set to one side to cool.
2. Next up, the spuds. Mix the potatoes with the cream and paprika, then layer them on a baking tray lined with baking paper (so it's easier to roll) and cook for 30 mins.
3. For the filling, fry the creminis and the rest of the onions and garlic in 1 tbs oil.
4. Once cooked, spread the cremini mix on the cooked potato sheet – now you're ready to roll. Slice, then serve with the mushroom sauce and a side of steamed broccoli. **wh**

SERVES  
4

1385  
KJ

11G  
FAT

74G  
CARBS

30G  
PROTEIN



# BREW YOUR OWN KOMBUCHA

Step inside your local supermarket, brunch spot or bar (yes, kombucha on tap is a real thing) and you've probably noticed fermented bevs are having a moment. The catch? The exxy price tag. Enter brewing expert and author of genius book *Kombucha and Co*, Felicity Evans, here to reveal how to BYO (geddit?) 'booch and kefir. We'll cheers to that!





## WHITE TEA KOMBUCHA WITH GUAVA NECTAR

**Prep time** 15 mins

**Fermentation time** 1–5 weeks

**Difficulty** Medium

**Shelf life**

Refrigerate for up to 3 months

**Makes** About 1 litre

- ◆ 1 litre filtered water or springwater
- ◆ 4 white tea bags or 1 tbs loose-leaf white tea
- ◆ 3 tbs raw or white sugar
- ◆ 3 tbs kombucha starter culture liquid
- ◆ 1 kombucha “mother” (buy it at a health food shop), a little smaller than the size of your palm
- ◆ 125ml guava nectar

### PRIMARY FERMENTATION AND BOTTLING

1. To get started, bring 500ml of the filtered water to a gentle simmer.
2. Pour into a teapot or heatproof bowl, add the tea bags or tea leaves and leave to steep for 3–5 mins.
3. Strain the tea into a heatproof 1.5-litre wide-mouth glass jar and discard the tea bags or tea leaves.
4. Add the sugar and stir to dissolve. Pour in the remaining filtered water.
5. When the liquid has cooled to room temperature, add the kombucha starter culture liquid and “mother”.
6. Cover the jar with a piece of muslin and secure with an elastic band.
7. Place the jar out of direct sunlight in a cool spot where it won't be disturbed.
8. Leave the liquid to ferment for about 4 days in hot weather and 14–20 days in cooler weather.

### SECONDARY FERMENTATION

1. Add the guava nectar to the bottle and be sure to tightly seal the lid.
2. Leave the bottle on the bench to build carbonation. This could take anywhere from 2–14 days, depending on the temperature.
3. ‘Burp’ the kombucha daily to release some pressure by opening the lid slightly and then tightening it again.
4. When the kombucha is as fizzy and sour as you like, store it in the fridge to slow the fermentation process, and enjoy cold.







## GREEN TEA KOMBUCHA WITH APPLE

This kombucha is a beautiful way to bottle up and enjoy all the powerful antioxidants found in green tea. The apple adds a lovely crisp and refreshing finish to this elixir. Experiment with different apple varieties from your local farmers' market.

**Prep time** 15 mins  
**Fermentation time** 1–5 weeks  
**Difficulty** Medium  
**Shelf life** Refrigerate for up to 3 months  
**Makes** About 1 litre

- ◆ 1 litre filtered water or springwater
- ◆ 4 green tea bags or 1 tbs loose-leaf green tea
- ◆ 3 tbs raw or white sugar
- ◆ 3 tbs kombucha starter culture liquid
- ◆ 1 kombucha “mother” (buy it at a health food shop), a little smaller than the size of your palm
- ◆ 1 apple, chopped, or 125ml apple juice

### PRIMARY FERMENTATION AND BOTTLING

1. Bring 500ml of the filtered water to a simmer.
2. Pour into a teapot or heatproof bowl, add the tea bags or tea leaves and then leave to steep for about 3–5 mins so it all infuses.
3. Strain the tea into a heatproof 1.5-litre wide-mouth glass jar and discard the tea bags or tea leaves.

4. Add sugar to the jar, stir to dissolve, then pour in the remaining filtered water.
5. When the liquid has cooled to room temperature, add the kombucha starter culture liquid and “mother”.
6. Cover the jar with a piece of muslin and secure with an elastic band.
7. Place the jar out of direct sunlight in a cool spot where it won't be disturbed.
8. Leave the liquid to ferment for about 4 days in hot weather and 14–20 days in cooler weather and let the magic happen.

### SECONDARY FERMENTATION

1. Add the chopped apple or apple juice to the bottle and tightly seal the lid.
2. Leave the bottle on the bench to build carbonation. This could take anywhere from 2–14 days, depending on the temperature.
3. ‘Burp’ the kombucha daily to release some pressure by opening the lid slightly and then tightening it again.
4. When the kombucha is as fizzy and sour as you like, store it in the fridge to slow the fermentation process, and enjoy cold.

## BEET KVAASS WITH ORANGE AND CLOVES

Cloves are a perfect match for the pungent and earthy beetroot. They have many medicinal benefits – they are anti-inflammatory and anti-fungal and can even be used to deter mould in the home. Cloves are actually the flower buds of an evergreen rainforest tree, *syzygium aromaticum*, that is native to Indonesia. The buds start off pale in colour, then turn from green to bright red at the time of picking. Taste your kvass and only add a second clove at bottling stage if you want more aroma. Sure, they're only small, but they pack a serious punch.

**Prep time** 15 mins  
**Fermentation time** 5–8 days  
**Difficulty** Easy  
**Shelf life** Refrigerate for up to 2 months  
**Makes** About 750ml

- ◆ 2 medium or 1 large beetroot, skin intact
- ◆ ½ tsp pure sea salt
- ◆ 1–2 cloves
- ◆ 1–2 drops edible pure orange essential oil or 2 thin strips orange zest
- ◆ 750ml filtered water or springwater



### TRY IT

Use the fermented beetroot in a salad or to make borscht, or roast and mash it with some ground cumin for a probiotic dip.

### PRIMARY FERMENTATION

- 1.** Wash beetroot and cut into 1–2cm pieces.
- 2.** Put the beetroot in a 1-litre wide-mouth glass jar with a tight-fitting lid. Add the salt, 1 clove and 1 drop of oil (or 1 strip zest).
- 3.** Pour in the filtered water, leaving a 2cm gap between the

liquid and the lid. Stir to dissolve the salt.

- 4.** Tightly seal the jar and place out of direct sunlight in a cool spot. Leave the liquid to ferment for 3–5 days, stirring or shaking daily.
- 5.** After about 3 days, taste the kvass.
- 6.** When it is as dark and sour as you

like it, the kvass is ready to bottle.

### BOTTLING

- 1.** Put a funnel in the opening of a 750ml glass bottle with a tight-fitting lid and put a strainer on top of the funnel.
- 2.** Pour the kvass into the bottle through the strainer.

- 3.** Discard the beetroot left in the strainer (see tip).

### SECONDARY FERMENTATION

- 1.** Taste the kvass and add the remaining clove, if needed, and a drop of orange oil or the remaining orange zest to the bottle.
- 2.** Tightly seal the

bottle lid and leave on the bench to build carbonation. This could take 2–3 days, depending on the temperature.

- 3.** When the kvass is as fizzy as you like (note: this one only produces a mild fizz), store it in the fridge to slow fermentation. Sip the brew cold.





For more thirst-quenching recipes, pick up a copy of *Kombucha & Co* by Felicity Evans (Murdoch Books, \$29.99).

## BERRY WATER KEFIR

The berries imbue the water kefir with their stunning colour while infusing the liquid with antioxidants. You can either chop or blitz them before you add them to the bottle. If you're chopping the berries, eat them after their probiotic bath – they are full of goodness!

**Prep time** 15 mins  
**Fermentation time** 1½–5 days  
**Difficulty** Medium  
**Shelf life**  
 Refrigerate for up to 4 months  
**Makes**  
 About 1 litre

- ◆ 3 tbs raw sugar
- ◆ 3 tbs hot water
- ◆ 1 litre filtered water or springwater
- ◆ Pinch of sea salt
- ◆ 1 dried fig
- ◆ 1 dried date
- ◆ 10 sultanas
- ◆ ¼ tsp molasses
- ◆ 3 tbs water kefir grains
- ◆ 1 handful fresh mulberries, raspberries or other berries in season

## PRIMARY FERMENTATION

1. Put the sugar in a 1.5-litre wide-mouth glass jar.
2. Add the hot water and stir to dissolve the sugar.
3. Add the filtered water, sea salt, dried fruit and molasses and stir well to combine.
4. Add the water kefir grains to the jar.
5. Cover the jar with a piece of muslin and secure with an elastic band.
6. Place the jar out of direct sunlight at room temperature and leave the liquid to ferment for 1–3

days, depending on the temperature.

## BOTTLING

1. Scoop out and discard the dried fruit from the liquid.
2. Put a funnel in the opening of a 1-litre glass bottle with a tight-fitting lid and put a strainer on top of the funnel.
3. Pour the water kefir liquid into the bottle through the strainer.
4. Set aside the water kefir grains in the strainer to re-use or rest.
5. Puree or roughly chop the berries

and then add them to the bottle.

## SECONDARY FERMENTATION

1. Tightly seal the bottle lid and leave in a warm place to build carbonation. This could take anywhere from 12–72 hours.
2. 'Burp' the water kefir daily to release some pressure by opening the lid slightly and then tightening it again.
3. When the water kefir is as fizzy as you like, store it in the fridge to slow the fermentation process, and enjoy cold. *wh*



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OUR KINDA GIRL...

# Jessica Fox

By Alex Davies

She's the greatest slalom canoe athlete of all time and has snared seven World Cup titles, but Jessica Fox isn't kicking back. The two-time Olympian and Toyota ambassador, 25, is working hard ahead of Tokyo 2020, where she hopes to add gold to her medal tally. Here, she talks nerves, learning from Rafael Nadal and the power of slowing down.

## Self-talk Makes or Breaks You

"A lot of athletes might come undone with their self-talk in the last five minutes before a race or in the lead up to the main event. Nerves are always going to be there, whether it's a world championship race or at the Olympics, so it's about learning how to manage that. For me, it's reinforcing that I've done the hard training and work, so I need to trust my ability, preparation and judgement on the day. Recently, I've been working with the performance coach Nam Baldwin. He focuses on the breath, emotional regulation and just honing your focus and [delivering] when it's really important."

## Get Your Sponge On

"There are so many incredible athletes we can learn from. I'm inspired by Anna Meares, Stephanie Gilmore, Ellyse Perry and Layne Beachley. Rafael Nadal's autobiography really spoke to me about certain elements of mental toughness. Also, his coach is his uncle and mine is my mum, so there's that family connection. But I think it's really important to stay open-minded and learn from different people, because everybody [and every field] has a moment where they have to perform, whether it's

giving a big presentation or a pilot landing a plane. It's about being able to soak in that knowledge."

## Slow it Down

"I've started doing reformer pilates once or twice a week. My sport is very intense, fast-paced and explosive, and pilates really slows things down. I'm focusing on my breath and those really fine motor movements, and that enforces my core and back, which is where I've previously had some deficiencies. When I'm not training, I like painting. [Last] year, I made Christmas cards. People could donate, get a card and all the funds went to the NSW Rural Fire Services. Painting is quite therapeutic and slow. It's nice to switch off."

## Nothing is Impossible

"In 2019 I was like, 'Where have the men been this year?' [laughs]. There have been so many incredible moments in women's sport. It's also wonderful seeing some athletes now getting equal pay to their male counterparts. I think it's only going to get better. Girls now can play any sport – it's not, 'Oh, you can't play rugby because that's a boys' sport.' That's really special, and hopefully female athletes will keep being heard and seen." **wh**



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