

body+soul

of australia

NEWS

briefs



Want the latest health, fitness and diet news? **Bronwen Gora** spills it

1 diet dilemma Research at Tufts-New England Medical Center in the US into four of the world's most popular diets – Weight Watchers, Atkins, Zone and Ornish, has found no difference between them. After tracing dieters on the programs for one year, it was discovered that the key was simply sticking to them. And they all lead to similar average amounts of weight loss.

2 kiss it better Little nicks and cuts are truly annoying. So if you want to heal asap try the new product Botanecine Wound Care Gel. It's good for immediate relief of painful little grazes and skin tears thanks to a blend of essential oils such as lavender, chamomile, myrrh and tea-tree mixed with aloe vera. It's \$3.95 for a single-application sachet and available at pharmacies nationally.

3 cool and confident Even Hollywood stars and supermodels suffer self-doubt and their stories are in this book *Looking Beyond the Mirror – 12 Steps to Overcoming Self Doubt* by internationally acclaimed intuitive counsellor Tricia Brennan. A former ad industry high flyer, Brennan's also holding a national body transformation workshop focusing on overcoming overeating with a yoga guru and dietitian in June. Log on to www.triciabrennan.com for more details.

