

healthdept.

KNOW YOUR BODY AND MIND

Words Helen Hawkes

STRESS COACH

If you hate meditation, there's another way to get all the benefits of zoning out, such as increased energy and immune function, enhanced hormonal health and even a lower biological age. The answer is a CD program that helps you do the work. In fact, you just relax and listen to the suggestions and, amazingly, you find the kinks in your body, mind and spirit releasing. Intuitive counsellor Tricia Brennan's *The Stress First Aid Kit*, \$30, features six recordings designed to provide relief from the symptoms of everyday stress. Visit www.triciabrennan.com



CHEERS ... TO SAFE DRINKING

Drink spiking is a very 21st-century crime. And it's possible it could happen to you: a recent survey by the Australian Institute of Criminology revealed that each year 4,500 people have their drinks spiked and 40 per cent of them are sexually assaulted. So, unfortunately, it's not as unlikely as you might imagine. But now it's easy to protect yourself against drink spiking – especially at dance parties – with the Drink Safe Coaster. It's a card on which you can place a couple of drops of your drink with a straw or your finger and get an almost instant reading. The card contains two litmus-type tests that detect gamma hydroxybutyrate (aka GHB) and ketamine (aka Special K). Drink Safe Coasters are 75 cents each, tel (03) 9387 7444, or visit www.drinksafetech.com.au



SAVE YOUR CAKE ...

think the saddest thing is to see people's birthdays come around and they don't even eat their own birthday cake," says Arley Pasternak, who trains celebrities such as Halle Berry, Orlando Bloom, Gwyneth Paltrow, and Val Kilmer. Here's a recipe for success: Plan your "cheat day" a week in advance. When celebrities don't eat anything they want.



YOU GO, GIRL

Here's a cool tool to help you keep those New Year's resolutions. Sydney lifestyle-strategy company Life by Design has created a web-based goal-setting tool that coaches you on your career, your relationships or your creative side with advice and follow-up emails. Visit www.goalsunlimited.com