



## OFF THE SCALES

Dread stepping on the scales to check your weight? They may not even be accurate, according to a British study. Lloyd'spharmacy tested a range of bathroom scales using a fixed weight, and found that readings varied by as much as 10 per cent. This means that a person who weighs 80kg on one set of scales, could weigh 88kg on another set.

**20%** of Australian women dislike their bodies so much, they actively avoid mirrors, according to a survey by The Australian Women's Weekly magazine. The Voice of Australian Women survey, of 15,000 women aged 20 and over, also found that one in 10 have used prescription medication in an effort to lose weight, and almost half say they would have cosmetic surgery if they could afford it.

## new stuff

### CLEAN AND GREEN

Made from natural, plant and mineral-based ingredients, ecostore laundry products are gentle on the skin and the environment. Free from such nasties as petrochemicals, phosphates and ammonia, a small scoop will do a full load and a 1kg pack will do 25 washes. It's available at Woolworths and health food stores, rrp \$8.50 for a 1kg pack.




### ONE FOR MUM

Mother Me is a guide to maintaining balance, wellbeing and harmony after you've had a baby. Written by mum-of-three Katie Brown, this book focuses on the wellbeing of the mother and addresses the need for balance in her life. Mother Me combines practical advice, creative exercises and stories from real mums about how they cope. Rrp \$35.



### TUMMY TONIC

Keeping hydrated when you have a stomach bug isn't easy – your body needs water and essential salts, but it can be difficult to keep liquid down. Sucking on an ice block can be a good solution. Natralia's Hydramax Hydration Ice Blocks contain citrate to balance the body after vomiting or diarrhoea. Suitable for children and adults, rrp \$12.99.



voice and a direct link to the government. She will be involved in a range of activities and events to spread healthy and active ageing messages within the community.

## TESTOSTERONE STUDY

Women have twice the rate of dementia as men, which has led experts to theorise that testosterone may somehow protect the male brain. Women have much lower testosterone levels than men and these decrease dramatically with age. Professor Susan Davis and Dr Sonia Davison from the Women's Health Program at Monash University, in Melbourne, are conducting a study on the effects of testosterone treatment in

postmenopausal women. Volunteers will be given a testosterone skin spray for six months, and their brain function will be assessed using a computerised system of tests and a functional MRI scan. The researchers are looking for postmenopausal women, aged 45 to 60, who are already on oestrogen therapy, to participate in a study. If you're interested contact the team, situated at the Alfred Hospital, on (03) 9903 0827.