

betteryounews

Stay sun safe, be inspired to get in shape and find out why you need to keep track of your medications

Eat more, weigh less

Be inspired and learn from a woman who has lost weight and kept it off. In Sally Symonds' book, *50+ Recipes To Lose 50+ KG... And Keep It Off*, she reveals her food philosophy and explains why she has succeeded where so many others have failed. There are also many delicious and practical recipes, and a guilt-free guide to eating more and weighing less. For more information, and to purchase a copy, go to www.sallysymonds.com.au

50+ RECIPES
TO LOSE
50+ KG...
AND KEEP IT OFF



Sally Symonds
Author of 50+ Recipes To Lose 50+ KG... And Keep It Off

Things we Love

Healthy ears

Symptoms of swimmer's ear can include pain, redness and swelling. Sound familiar? Try Ear Clear for Swimmers Ear, which helps to dry the problem-causing moisture. For more info, visit your pharmacy or go to www.keypharm.com.au

Gentle detergent

Vanish Sensitive gets rid of tough stains without irritating sensitive skin. Dermatologically tested, it contains no enzymes, dyes or fragrances, so is ideal for fabrics that come in contact with skin.

Skin solution

Australian made QV Gentle Wash is a mild, soap-free body cleanser that maintains skin's hydration during cleansing to ensure it feels soft and clean. It won't block pores, and is free from colour, lanolin, fragrance and propylene glycol. Visit www.qvskincare.com.au

Silky smooth hair

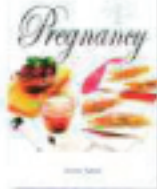
The new Dove Nourishing Oil hair care range is formulated with oils to smooth away frizz, leaving you with beautiful hair. Dove Nutritive Therapy Nourishing Oil Care Treatment, 40ml (pictured), RRP \$9.99. For more information, visit www.mydove.com.au



YUM FOR MUM

When you're eating for two, it's vital to have a nourishing diet to ensure you and your bub are in tiptop health.

Pregnancy (Fortiori, \$29.95), by dietician Joanne Turner, is a beautifully presented cookbook dedicated to this exciting time. It's packed full of yummy-mummy recipes (sticky date muffins, anyone?), as well as nutritional tips and hints for a healthy pregnancy. It's a must-have for any mum-to-be.



We have 10 copies of *Pregnancy*, by Joanne Turner, to give away, each valued at \$29.95. For your chance to win a copy, tell us, in 25 words or less, the best thing about being pregnant. Write your name, address, phone number and answer on the back of an envelope and send it to *Better Homes and Gardens Pregnancy Competition*, PO Box 147, Eastern Suburbs MC, NSW 2004.

Visit www.bhg.com.au for full terms. Competition commences 04/01/12 at 09:00 AEST and ends 31/01/12 at 17:00 AEST. The winners will be judged at the Promoter's premises 07/02/12 at 11:00 AEST. Total prize value is \$299.50, as at 16/12/12. Winners will be notified by mail. Prizes will be sent within 8 weeks. Chance plays no part in determining the winners. The Promoter is Pacific Magazines Pty Ltd (ABN 16 097 410 898).

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A BOOK