

woman & home

JANUARY 2007 £3.10

NEW LOOK YOU

FIGURE-FIXING
PARTY TOPS,
MIRACLE UNDIES
PLUS WEEKEND
WEAR GOES GLAM

Younger,
smoother
skin? Take
our beauty IQ test

Cook up
a curry The
easiest party ever

Free or
pay? Health
checks in your 30s,
40s, 50s, 60s+

Free
4 BOOKS
FOR YOU
(just pay p&g)


6 best
new
diets!

WIN
£50K
towards
a place in
the sun

2007
MAKE IT
HAPPEN
FOR YOU

✦ Easy fresh starts ✦ Feel-good ways to be
richer, slimmer, happier ✦ More me-time!



A woman with short brown hair, smiling broadly, stands with her hands on her hips. She is wearing a gold, short-sleeved, draped dress and a necklace with a large, ornate pendant. The background is a dark blue wall with a repeating pattern of large, light-colored flowers.

I made it happen

Sometimes we need help to take a step forward. Rosalind Renshaw spoke to 11 women who changed something significant in their lives with a little expert advice

PHOTOGRAPHS ANDREW MONTGOMERY



“My panic attacks stopped”

Lucy Mann, 38, (above) lives in London. She is Head of Client Development at a brand communication agency.

“I didn’t see acupuncture as a remedy for the severe panic attacks I’d had since I was 13 until a colleague tried it and I was inspired.

The first session lasted two hours, much of which was spent talking. The acupuncturist said my whole body was out of kilter and that the attacks would stop once I was back on track. Over the year that I visited him, I only had one attack. I found the sessions incredibly calming and started sleeping more soundly. My general health’s improved, my skin looks great and I concentrate better. Best of all, I no longer avoid situations for fear of a panic attack.”

Robert Ogilvie practises in west London and charges £60 an hour. Call (020) 8969 5262. To find a registered practitioner near you, visit www.acupuncture.org.uk.

My panic attacks stopped”

Mann, 38, (above) lives in London. She is Head of Client Development at a brand communication agency.

“I didn’t see acupuncture as a remedy for the severe panic attacks I’d had since I was 13 until a colleague tried it and I was inspired. The first session lasted two hours, much of which was spent talking. The acupuncturist said my whole body was out of kilter and that the attacks would stop once I was back on track. Over the year that I visited him, I only had one attack. I found the sessions incredibly calming and started sleeping more soundly. My general health’s improved, my skin looks great and I concentrate better. Best of all, I no longer avoid situations for fear of a panic attack.”

Robert Ogilvie practises in west London and charges £60 an hour. Call (020) 8969 5262. To find a registered practitioner near you, visit www.acupuncture.org.uk.

“Diet was key to my menopause”

Sally-Jayne Wright, 50, (above) lives in London with husband Chris. She’s a writer.

“At 47, I turned into a monster. Nobody said that the perimenopause aggravates PMT symptoms and my moodiness got worse.

My doctor suggested HRT, but I wasn’t keen because my mother had died of breast cancer. A specialist PMT clinic diagnosed ‘oestrogen dominance’ as the cause of my aggression.

I signed up for a programme at the Women’s Nutrition Clinic, where my therapist Maria Griffiths diagnosed a blood sugar imbalance. I started taking 11 different vitamins and minerals a day and adapted my diet. The changes were small, but they made a huge difference.” **Maria Griffiths charges £128 for a 12-week programme. 01243-823669.**

“I went to college and gained a qualification at the age of 62”

Norma Ward, 62, (below) lives with her partner Reg in Berkshire. She has two daughters and works in a pharmaceutical company handling customers’ orders.

“It’s an odd experience enrolling for college for the first time at the age of 61. I left school at 15 without an exam to my name, then had my children at 20. After that I did various jobs, but I really wanted to get a proper qualification – not least to earn extra cash.

My course taught me how to do nail extensions and I felt really thrilled when I got my certificate. Although I was the oldest in the class, there were two other women in their fifties, so I didn’t feel too conspicuous.

I’ll probably do nails in my spare time until I retire and then build up the business. I’m also planning to do a more advanced course and am proud that I’m living proof that it’s never too late to pick up a new skill.”

Norma’s course cost £400 at Basingstoke College of Technology. For courses in your area, see www.support4learning.org/uk.

Have you seen an expert who helped change your life? Why not tell Sue James by visiting www.womanandhome.com and clicking on “E-mail the Editor”?

