

# HEALTH FIRST

## NO SWEAT!

Sweating is a natural and normal function of the human body. When sweating occurs at inappropriate times, or it is more than is needed, this is called excessive sweating or 'hyperhidrosis'. For some people hyperhidrosis is only bothersome at particular times (dancing, working out) for others it is a continual embarrassment and can lead to poor performance at work or reduce self-esteem. Up to three per cent of the population suffer from hyperhidrosis but the good news is, it can be treated. Sweating is the result of activation of nerve impulses from the autonomic nervous system, when the autonomic nervous system is activated through exercise or emotion, and this results in a nerve impulse to the sweat gland to produce perspiration. Previously surgery was offered to interrupt those nerves to reduce sweating, but this required complicated and often painful surgery leaving scars; however, these days botox injections can be used to block these nerve impulses. This one-time injection can reduce or eliminate sweating for four to six months, suitable for reducing sweating on an ongoing basis, or temporarily for a special occasion. For more information call 1300 658 968 or visit [www.sydneyfacialplastics.com](http://www.sydneyfacialplastics.com)



## WINTER WARMER IN A CUP

Move over latte! Chai Tea is a healthier alternative to coffee. Chai tea has tea flavanoid antioxidants, which is the same as black or green tea and these flavanoids have been seen to help to lower blood pressure and cholesterol. The various spices in chai have been used in traditional Asian medicine for centuries; both Ayurveda and Chinese Traditional Medicine place a high value on spices in the treatment of a range of conditions. In comparison to black or green tea, chai tea is a more luxurious drink which is a delicious indulgence in the winter and healthier than drinking a normal latte. Drinking a cup of chai is a way of relaxing and rejuvenating as well as being a digestive aid. Arkadia Chai Tea is 98 per cent fat free and contains no preservatives, artificial colours or sweeteners. You can just add water or for a creamier version, add hot steamed milk. Arkadia Chai Tea is available from selected Woolworths and independent stores nationwide for around \$6.49.



WIN IT FIRST!

Score a winter warmer pack valued at \$250, that includes a luxury wool throw from Sheridan, a cute 'hug mug' and some Arkadia Chai Tea. To enter, email [editor@fitnessfirst.com.au](mailto:editor@fitnessfirst.com.au) before 3 August, and in 50 words or less, tell us what warms your winter up.

## TRIATHLON PINK

2009 is the year of the chick, with the Ramsay Health Care Triathlon Pink series, Australia's only female-only triathlon series, expanding into Hobart, Caloundra and Adelaide. With events already established in Sydney, Melbourne, Gold Coast and Perth, the seven-event series is expected to attract over 7,500 women who will challenge themselves in a fun environment. With distances that are achievable for all ages and fitness levels, Triathlon Pink is all about competing in an event that they never thought possible. More importantly, Triathlon Pink is a major fundraiser for the National Breast Cancer Foundation. In two years Triathlon Pink has raised over \$180,000 for the foundation and this year will see our Pinkies pass the \$200,000 mark. For more information including event dates and registration forms visit [www.triathlonpink.com.au](http://www.triathlonpink.com.au)



## GIVE THE GIFT OF GOOD HEALTH

Forget chocolates and flowers; if you have someone you really want to impress, send them the gift of good health! Snowgoose hails from the Tumbarumba Valley in the NSW Snowy Mountains, and is a boutique company specialising in premium quality fruit gift boxes for all occasions. Offering a unique selection of gourmet gifts, every Snowgoose order is carefully hand-packed just before delivery to ensure ultimate freshness. Currently available down the eastern seaboard (sorry WA and NT!) all you need to do is visit [www.snowgoose.com.au](http://www.snowgoose.com.au) or call 1800 803 570 to place your order and secure your health-conscious gift in seconds.