

Playhouse **CAMERAS**

'The Imaging Specialists'

Christmas Specials
Prices Valid until Dec 24th

Nikon Coolpix 4600



Stylish and robust this compact digital camera is 4MP with a 3X optical zoom and includes rechargeable batteries and a Nikon charger.

\$295

SONY DVD 602

Record your home movies direct to DVD to play instantly in your DVD player.



\$995



PENTAX Wpi
 Fully Waterproof to 1.5M so take it to the beach or snow. 6MP and 3X optical zoom.

\$495

FUJIFILM F402

Sturdy construction with HUGE LCD screen. 5MP with 3X optical zoom



\$395



PANASONIC FZ-5

Famous model camera with BIG 12X zoom and an image stabiliser for catching all the action.

\$669

NIKON L1

Compact camera with a BIG 5X optical zoom. 6.2MP for extra sharp photos. Comes with batteries & charger.



\$495



NIKON D50 w/18-50

Rugged SLR camera with zoom lens. 6MP and Nikkor lens make poster prints a reality

\$1295

Playhouse **CAMERAS**

'The Imaging Specialists'

98 Moorabool St. Ph:52223777

MORE THAN skin deep

Forget the cosmetic counter – start eating your way to better skin, advises nutritionist and author Erica Angyal. She talks to *Mex Cooper*

This could be the beauty tip you've always wished for – "eat more fat".

Health practitioner, nutritionist and author of *Gorgeous Skin in 30 days* Erica Angyal says fats are essential for good skin and a rosy glow.

But before you reach for the hot chips and chocolate Erica is talking about "good fats".

Yes, there's a catch but it's still good news with good fats including olive oil, avocado and raw nuts.

"So many women eat with weight on their minds not skin and to be healthy you need good fats," Erica says.

Based in Tokyo, Erica, 36, is the official nutritionist of Miss Universe Japan, has a diploma in nutrition and a health science degree in acupuncture.

She has been interested in the link between food and skin since she first went to Japan as a 15-year-old with fair skin and freckles and noticed the difference a traditional Japanese diet made to her complexion.

"The skin being the largest organ and the most visible it is a really good indicator for what is happening internally," she says.

Erica believes eating the right foods can slow the ageing process and be more effective than the countless anti-ageing cosmetics.



Gorgeous Skin in 30 days offers a three-point plan to improve your skin without cosmetics or surgery

"There are about 10,000 anti-ageing products and if only one worked why not just sell that?" she asks.

Avoiding foods such as butter, margarine, red meat, sugar, fatty processed meats, refined carbohydrates, soft drinks and cordials and increasing your intake of olive oil, nuts, fish, beans, and vegetables, especially green leafy types, is the best way to fight wrinkles, according to Erica.

The recipe may sound familiar and, yes, she also recommends exercise, but Erica says many women motivated to lose weight eat low fat but too much sugar – a skin sin.

"Cigarettes and sun are seen as big (causes of ageing) but we have to look at sugar as well," Erica says.

She says sugar can aggravate acne, rob cells of nutrients, generate free radicals, and lead to high levels of blood sugar and spikes in insulin that thin the skin.

In *Gorgeous Skin in 30 days* Erica sets out a three-step plan to improve skin through diet, nutritional supplements and lifestyle changes.

She says her plan is a "great overall diet for preventative health" and hopes that Australian women – who she claims are the biggest injectors of botox in the world – will be motivated to follow it by their looks if not their internal health.

There is a section for special occasions for the bride-to-be, recipes and a guide on detoxing.

"The key thing is that it all comes down to preparation and planning," she says. "Sticking to the basic principals - lots of fruit, vegetables and proteins."

And she has one other beauty tip that everyone wants to hear: "You shouldn't be too obsessive about it either."

***Gorgeous Skin in 30 days*, RRP \$29.95, is published by Lothian Books.**



Nutritionist Erica Angyal says her rosy glow comes from within



THE DAILY DO-GOODERS FOR BEAUTIFUL SKIN

Perfect protein

Deep sea fish such as salmon, tuna, mackerel and other fish filled with great skin fats, such as sardines. Free-range turkey and chicken, organic free-range cuts of lean meats, organic eggs, whey protein, whole unprocessed soy products, and yoghurt (organic where possible).

Fabulous fats

Good fats include virgin cold-pressed olive and coconut oil, fresh raw nuts such as almonds, hazelnuts, pecans, macadamias and walnuts, seeds like sunflower and pumpkin, olives, avocados, macadamia, cold-pressed flaxseed oil and flax seeds.

Good carbs

Green leafy vegetables such as spinach, Cos lettuce, broccoli, asparagus, beans, tomatoes, mushrooms, sweet potatoes, capsicums, cauliflower, carrots, cherries, blueberries, plums, kiwi fruit, peaches, pears, apples, rockmelon, whole oats, rye and other "real" wholegrain breads, brown rice, quinoa, barley, chickpeas, lentils, millet, buckwheat and wild rice.

Add excitement

Toasted sesame seeds, crushed pumpkin seeds, fresh and dried herbs such as basil, coriander, dill and parsley, spices, ginger, crushed garlic and tamari (wheat-free soy sauce).

(Source: Gorgeous Skin in 30 days)



tawc
the australian wedding company



satisfy your shoe fetish...



these glitzy silver accessories would make the girls from Sex and the City proud!
stiletto keyring \$12.10
stiletto clock \$39.95



1 300 550 976

www.tawc.com.au

227 autumn street west geelong vic 3218

