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# nature & health

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AUSTRALIA'S ORIGINAL & BEST NATURAL HEALTH MAGAZINE

## SEX, LIES AND DRUGS

How Big Pharma is creating a brand new medical problem

## DESIRE DEFICIT?

Find out what happens at a tantric workshop

## 33 BEAUTY BOOSTERS

Your whole-body plan for flawless summer skin

## SPECIAL REPORT

Cancer advice you'll only read here

## HOLISTIC BODY DETOX

- Safeguard your drinking water
- 5 superfoods we bet you're not eating
- Manipura yoga to strengthen your core
- Get energised with amazing Chinese herbs

## SANITY SAVERS

Soothing mantras for instant calm

## EXPERT ADVICE

The Barefoot Doctor, Rory Freedman, Patrick Holford, and more!

plus

GLUTEN-FREE GOODIES • GET BETTER SKIN WHILE YOU SLEEP  
HELP FOR HYPERTENSION • KEEPING CHOOKS IN THE CITY

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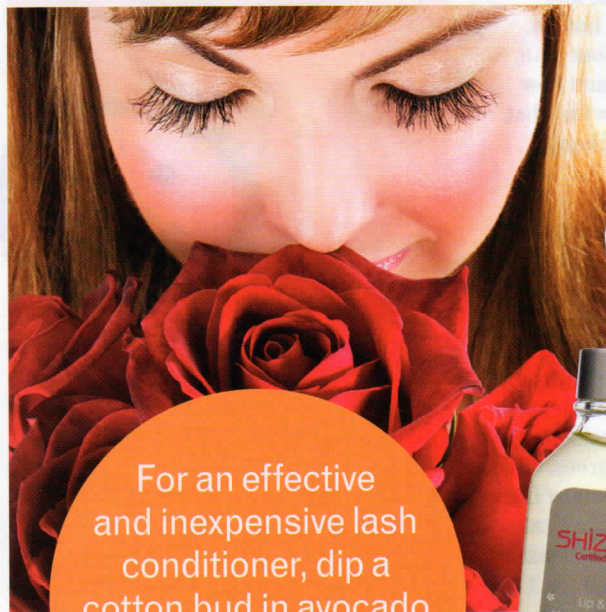
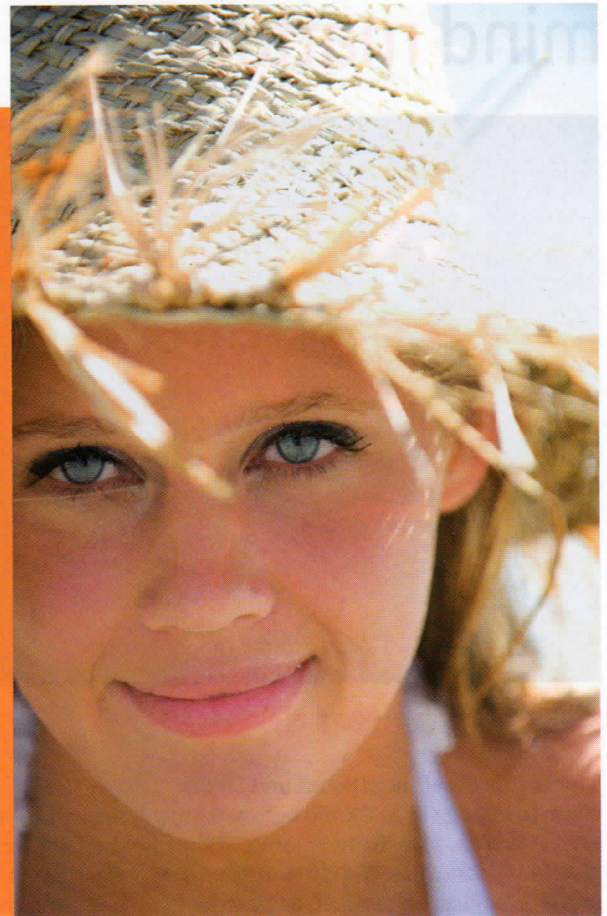


## SAFER SUNSCREENS

**Q.** What should I look for in a sunscreen?

**A.** Sunscreens work in two ways: either as a physical block that sits on the skin and reflects the sun's rays, via inert minerals like zinc oxide and titanium dioxide; or, they contain chemicals – oxybenzone, octisalate and octinoxate – which absorb the rays. Unfortunately, these chemicals raise health concerns – studies show oxybenzone generates free radicals, leading to DNA damage. So, is a block-style mineral sunscreen the best option? Provided the mineral particles are not 'micronised' with nanotechnology, as evidence suggests these nano-particles can penetrate skin and damage cells.

**Try:** Soleo Organics All Natural Sunscreen (\$24.95 for 80g; [www.soleoorganics.com](http://www.soleoorganics.com)), Natural Instinct Sunscreen (\$13.95 for 125g; [www.naturalinstinct.com.au](http://www.naturalinstinct.com.au)), or John Masters Organics Mineral Sunscreen (\$63.35 for 59ml; [www.spaorganics.com.au](http://www.spaorganics.com.au)).



For an effective and inexpensive lash conditioner, dip a cotton bud in avocado oil and sweep it over your lashes at night.



## HOW TO GET ... LUSH LASHES

No matter how skimpy and short yours are, you can help to thicken and lengthen them naturally.

**Get in line:** Choose an eyeliner that is slightly darker than your lash colour and apply it right at the lash line.

**Curl up:** No makeup artist would be without an eyelash curler to make eyes look wider and lashes longer (straight lashes actually look shorter than curly ones, because of their angle.)

**Pump it up:** A volumising mascara like **Ere Perez Natural Mascara** (\$28.95; [www.ereperez.com](http://www.ereperez.com)) lengthens and strengthens lashes with organic almond oil. Technique is important, too – apply mascara from the roots of your lashes to the tips in a zigzag motion, and use more product at the base to make them look thick.

**Come clean:** Never leave mascara on overnight; this causes brittle lashes. Try **Shizen Organic Lip & Eye Make-up Remover** (\$24.95; [www.shizen.com.au](http://www.shizen.com.au)). Gently wipe the lashes to remove make-up; don't rub or tug, as this can break them.



Have you got a question for Beauty Editor HELENE LARSON? Email [Helene-NatureandHealth@hotmail.com](mailto:Helene-NatureandHealth@hotmail.com).