

Chewin' the FAT

TALK OVER YOUR HEALTH QUERIES WITH OUT PANEL OF EXPERTS

GOT a health problem? Here's your chance to solve it.

We've put together a crack team to give you personalised advice on everything from phobias to sex.

Here we introduce the team as they answer the first batch of readers' queries. See right for details of how to put YOUR questions to them.

DR CHRIS STEELE
Health expert



One of the country's best known GPs, Dr Chris, 61, has been giving tips on This Morning for 18 years, plus on the radio. See www.thefamilyGP.com

FRANCES FURLONG
Beauty expert



A nurse for eight years, Frances, 29, was a sister in laser retractive surgery. Now a nurse practitioner in aesthetics, she's a Professional Practice graduate. www.cityskinklinic.co.uk

GARETH EDWARDS
Nutrition expert



A member of the British Association of Nutritional Therapists, Gareth, 42, takes a food-based approach to health issues. www.haleclinic.com

PLEASURE PROFESSOR
Sex expert



Famed for her appearances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasureprofessor.com

HARVEY WALDEN
Fitness expert



A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fannies fit on Celebrity Fit Club and a US version. www.harveywalden.com

RON BRACEY
Mind expert



Ron, 46, is a chartered clinical psychologist who has more than 20 years of experience in both the public and private sectors. www.urbanpsychologist.com

To contact our experts, text DSHEALTH followed by your name and question to 821100 (texts cost 25p plus your normal mobile operator cost), e-mail health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN.

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SURGERY SPY GRAHAM NORTON



CAMP comic Graham Norton is back on our screens in a TV hunt for the lead role in the new stage production of *The Sound Of Music*. But has the 43-year-old host of *How To Solve A Problem Like Maria?* said *So Long, Farewell* to those wrinkles with a little help from a plastic surgeon? Here's what our experts say:

MARY Burney, clinical services director at *Transform Medical Group*, the UK's largest cosmetic surgery group (0500 202 020):
GRAHAM is looking good and appears to be ageing naturally without the help of any surgical or non-surgical treatments.

He has lines on his forehead and laughter lines around his eyes but all these are both appropriate for and in keeping with Graham's age.

His skin looks even-toned and smooth so I would guess that he has regular facials and possibly microdermabrasion treatments to keep it looking at its best.

Should he wish to stop the clock for a little while I would recommend some botox on his forehead and around his eyes, and perhaps some teeth whitening would help to knock a few years off.

He should also use sunscreen to protect his skin and prevent

further ageing and in the future, he may wish to consider blepharoplasty (eyebag removal).

FRANCES Furlong, nurse practitioner at *City Skinklinic* (call 0870 751 3870 or visit www.cityskinklinic.co.uk):

THERE are seven years between the before and after photos but his face and complexion does not appear to have changed significantly in that time.

In both pictures, his face is free of lines and wrinkles on the forehead.

This, together with the absence of frown lines, would suggest that he has used muscle relaxing injections for some time.

I am sure that, being in the public eye, he takes care of his skin with regular microdermabrasion or glycolic peels.

Both of these are popular treatments for men as there is virtually no down time.