

Chewin' the FAT

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

OUR crack team of health experts want to help you solve your problems. They'll tackle anything from fear of flying to your most intimate sex worry.

Check out the panel on the right and see how you can contact them now.

Here they answer the latest batch of your readers' queries

DR CHRIS STEELE
Health expert



One of the coun-try's best known GPs, Dr Chris, 61, has been giving tips on *This Morning* for 18 years, plus on the radio. See www.familygp.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.cityskinclinic.co.uk

GARETH EDWARDS
Nutrition expert



Member of the British Assoc-iation of Nutritional Therapists, Gareth, 42, takes a food-based approach to health issues. www.natclinic.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.pleasure-professor.com

HARVEY WALZAN
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.harvey-walzen.com

RON BRACEY
Mind expert



Ron, 46, is a char-tered clinical psychologist who has more than 20 years' experience in both the public and private sectors. www.urbanpsy-chologist.com

To contact our experts, text DSHALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), email health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN.

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On weight, you go brush those fangs!

DIMPLE DILEMMA

I HAVE cellulite on my bum, hips and thighs and I've even started to notice the odd dimple on my lower legs. I'm 38 and not overweight, yet I seem to be really plagued with orange peel and it's making me self-conscious. What can you recommend?

SALLY DAVIDSON, Maidenhead, Berks.



FRANCES SAYS: Try mesotherapy. Injections of medications, vitamins and minerals are delivered to the target area to break up fat deposits and smooth the skin. Try ten sessions to start with.

FITFACT

THE number of children admitted to hospital with food allergies increased by more than 600% between 1991 and 2004. Scientists say children's immune systems are weaker as clean homes mean they are less exposed to bugs.

I'M 39, slim and fit, but look older because of bags under my eyes. Is surgery the only answer?

ANDY JOHNSON Southampton



FRANCES SAYS: Consider a treatment called mesotherapy, where micro-injections of medications and vitamins can be given to dissolve fat and nourish the eye. In some cases, though, surgery may be the best option.

MY lips are constantly dry, no matter how much lip balm I put on them. When I wake up in the morning, even if I've coated them with Vaseline the night before, they are especially rough. Do you know why and is there anything I can do?

SARAH POINTER, Sale, Cheshire.



FRANCES FURLONG SAYS: It is so important to look at some of

the causes. Central heating (especially if it is on overnight) and the air conditioning are two of the biggest culprits. Licking the lips can also dry them out and even sensitivity or some mild allergies to lipsticks can play havoc with this delicate area. Use a good lip balm with SPF protection every day as extremes of temperature, wind and rain etc, can all affect the skin. Soak with a teaspoon of saltwater compress every night for a week and apply antioxidant lip repair. I use SkinCeuticals which is great. If it persists, see your GP. Riboflavin deficiencies can cause dryness and vitamin B2 can help here.