

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 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 readers' queries...

DR CHRIS STEELE
Health expert



One of the UK's best known GPs, Dr Chris, 61, has been giving tips on **This Morning** for eight 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.city/skinklinic.co.uk

GARETH EDWARDS
Nutrition expert



A member of the British Assoc-iation of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

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 WALDEN
Fitness expert



A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fatter 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' experience in both the public and private sectors. www.urbanpsychologist.com

Patients often attend our clinic after liposuction for mesotherapy, which tightens the skin, so the added bonus of Smartlipo is that you get both. The procedure is performed under local anaesthetic and prices start from £2,000 per area.

which is an alternative to normal liposuction. This is a procedure which uses a laser to break down fat being able to tighten the skin.



FRANCES SAYS:
Yes, there is Smartlipo, Darren Dudley

I HAVE heard that there might be a new way of having liposuction without surgery. Apparently they use a laser and I would love to have my jawline and love handles treated. Have you heard of this treatment, what does it involve and how much does it cost?

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Daily Star

I'VE lost weight around my cleavage and I'm scared it may appear to have become a little crepey and get worse. Are there any procedures to combat this?



FRANCES SAYS:
When we lose weight it is natural to lose the elasticity in the skin. Your age will determine how crepey your skin becomes. There are many different treatments that will boost collagen in the skin, but I advise a course of Intense Pulse Light (IPL) as this is non-invasive.

I GET nasty outbreaks of acne from time to time. They have left my skin a little uneven and, in areas, pitted. Are there any treatments?



FRANCES SAYS:
Firstly, a thorough assessment by an experienced practitioner is essential. Antibiotics may be prescribed to help boost the effects of the treatments. Glycolic and TCA peels and Keira-A are all possible options. The right one for you will depend on your skin type, lifestyle, budget and how old the scarring is.

I AM a 34-year-old builder and have noticed my wrinkles are getting quite deep. My missus is commenting on how rough my skin feels, too. Can you recommend a skin care cream for men to make me look better and feel nice again?



FRANCES SAYS:
Because you work outdoors your skin is exposed to UV damage, so wear a high-protection sun lotion daily, with a vitamin C serum. I prefer the Skincuticals range (call 0208 997 8541 for stockists). If your skin is rough, a skin-peeling agent or microdermabrasion would recommend and effective. For deeper lines, I is advisable.

We can fix your wrinkles