


# TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

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

**Check out the panel on the right to 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, is resident doctor on ITV1's This Morning and a columnist for Woman magazine. See [www.thefamilyGP.com](http://www.thefamilyGP.com)



**FRANCES FURLONG**  
Beauty expert  
FRANCES, RGN, BSC, is a nurse practitioner and registered manager. Frances, 30, has eight years experience within the aesthetic field. [www.skinhealthspa.co.uk](http://www.skinhealthspa.co.uk)



**GARETH EDWARDS**  
Nutrition expert  
GARETH, 42, has a food-based approach to health issues and is from the British Association of Nutritional Therapists. [www.food-for-life.co.uk](http://www.food-for-life.co.uk)



**PLEASURE PROFESSOR**  
Sex expert  
FAMED for her stints on both Five's Trisha show and now GMTV our prof, 33, teaches tantric sex and transformation therapy. Visit [www.pleasureprofessor.com](http://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. [www.harveywalden.com](http://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](http://www.urbanpsychologist.com)



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

**Q** I SUFFER from quite bad eczema, and because it's on my face – around my lips and nose – it really knocks my confidence when I'm talking to girls. Is there anything I can do to hide it without having to raid my sister's make-up bag?

DAZ, Leatherhead



**FRANCES SAYS:** Eczema and most skin conditions are often aggravated by stress. So do try to keep stress levels as low as possible, maintain a healthy diet and also ensure your supplements are maintained with a good daily supplement rich in zinc. Products such as Neostrata Bionic Lotion are excellent for eczema.

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**Q** I'M thinking of buying my girlfriend a boob op for her birthday and I've heard that there is now an injection you can have.

Can you tell me more about it? Is it the easiest way for her to get bigger boobs? And how much it will all cost?

ROB, Belfast.



**FRANCES SAYS:** Macrolane is a filler launched by Restylane this year in the UK, with CE approval.

It is designed to achieve a softer, natural look to the breast and normally lasts around 12 to 18 months. There are several practitioners in the UK experienced in this procedure and it costs from £2,000.

I would also see a plastic surgeon for a consultation on implants. That way you will have both options explained to you with an honest opinion on results.

**Q** I'VE got thin lips and I'd love to have injections to give me a fuller pout, but you see stories about ops that have gone wrong. Can you reassure me?

TERRI, Dundee.



**FRANCES SAYS:** I reassure my patients by telling them about using correct products especially designed for lips.

I like Restylane Lipp, which is a natural look. Seek an experienced practitioner and start with a small amount. Return to the clinic two weeks later for a review. Prices start from £300 per one millilitre syringe.

**Q** WITH the summer coming up I'm worried because I suffer quite badly in the hot weather from sweat patches. I'm dreading it because it means always trying to hide them instead of enjoying the sunshine. How can I stop this?

LOUISE, Swansea.

**FRANCES SAYS:** Sweating is an embarrassing condition for many people. But the great news is that we can stop the glands secreting this excess sweat by using Botox/Vistabel.

This normally lasts for around six months. Prices start from about £450.

It can be used under the arms, hands and feet.

