

OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

DR JULIAN SPINKS

Health expert

ONE of the UK's top GPs, Julian, 48, writes and broadcasts regularly on health matters and works with the health charity Incontact, www.incontact.org



FRANCES FURLONG

Beauty expert

FRANCES RGN BSC, is a nurse practitioner and registered manager. At 30, she has eight years' experience within the aesthetic field. 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



PLEASURE PROFESSOR

Sex expert

FAMED for being on Five's Trisha Show, our sexy prof, 30, teaches tantric sex and is a trainer of transformation therapy. Visit www.pleasureprofessor.com



HARVEY WALDEN

Fitness expert

A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fatties fit on Celebrity Fit Club. 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



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 or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN

I'm all white

Q I'M ginger and I burn really easily in the sun. Have you got any advice for me on what creams and lotions I should be using?

DAWN, Stockton.
FRANCES SAYS: Being the fairest of skins, it is essential that you use an SPF protection of 30 to 50.

Try Sensense, which is non-oily with a mild tint, so it won't leave you greasy and white.

Always re-apply sunscreen as instructed by the manufacturer and try to use one with a vitamin C serum.



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Q MY forehead has massive wrinkles and people reckon I'm a lot older than I look. Can blokes have Botox – and will I end up not being able to laugh properly?

NEIL, Chelmsford.
FRANCES SAYS: I have lots of male patients who attend for Botox. But men should not have every line removed – it doesn't look natural. It is important to soften this area so you look less aged and more refreshed.

It is essential that we maintain your male characteristics and don't make you look female or odd. Prices are from £200 per one area and treatments are maintained three to four months apart.

