

This year I will...  
How our go-to  
HEALTH } are making  
PROS } 2014  
healthy

For realistic health resolutions that don't involve giving up wine or buying a bench press, take a cue from some of Australia's leading clinicians.

**PETER HOGG,**  
Winter Olympic sports  
physiotherapist and principal  
of Noosa Sports and Spinal  
Physiotherapy Centre  
(northshorephysio.com.au)

The resolution:

**"I WILL DO 10 X  
90-DEGREE SQUATS  
every time I throw the stick to  
the dog when on the beach for  
10 sets."**

The rationale:

The beach incline frees up the ankle, allowing for better form; in particular, the tibia will stay more vertical. The benefit is better 'hip stability'. Hip stability refers to control of the hip and generally infers adequate gluteal firing and strength. Under duress (jumping, running, etc.) the leg will rotate internally if the glutes are weak. Knee pain is likely if this occurs. Hip stability will therefore lessen the likelihood of knee pain and wear and tear through correct alignment. There are other power benefits to skiing well.



**ANNA BAIRD,**  
podiatrist and founder of Bared Footwear  
(bared.com.au)

The resolution:

**"I WILL ACTUALLY GO  
AND SEE A PODIATRIST,  
not just a pedicurist."**

The rationale:

Now that I am not practising in a clinic, I tend to go to a local pedicurist to get my nails done. And although they do a great job of making my nails look nice, I always cringe when they use their non-sterile equipment on my feet. After years of studying infection control, I know that some of these places are breeding grounds for unsightly fungal nail infections. This year I will actually go and see a podiatrist to have the calluses around the edge of my heels and under my feet removed with a scalpel and a Moore's disc (like a little spinning disc of sandpaper).



**DR IRENE KUSHELEW,**  
cosmetic physician and fellow of the  
Australasian College of Cosmetic  
Surgery's faculty of medicine  
(drkushelew.com)

The resolution:

**"I WILL SCHEDULE  
MONTHLY  
SKIN TREATMENTS."**

The rationale:

You can have anti-wrinkle injections or fillers, but looking after visible skin can make all the difference. One study showed that skin surface topography cues account for a large proportion of variation in facial age perception, whereas skin colour distribution seems to be a stronger health cue. As I have a very busy schedule visiting clinics and teaching around Australia, I need minimum down time, so I'll go for Dermapen (a technology that uses multiple micro needles to stimulate natural collagen production) or Clear + Brilliant laser (a laser technique to improve tone, texture and radiance). I will also drink more water to counter the effects of all the flying I do. If I don't book in a monthly treatment, it just won't happen. I have to believe I deserve it and make the commitment.



**DR ASHLEY GRANOT,**  
cosmetic physician, The Me Clinic  
(meclinic.com)

The resolution:

**"I WILL GO TO SLEEP  
AN HOUR EARLIER  
EACH NIGHT."**

The rationale:

In this 'go-go-go world', we do not sleep enough, and I am a prime example. Getting at least six to eight hours a night is essential to our wellbeing – we heal better, function better and love better. We are also nicer people to be around and are likely to be around for longer, as adequate rest impacts multiple key health markers, from helping to maintain a healthy weight through hormonal impact to effects on heart health.



**DR GEORGE MARCELLS,**  
facial plastic surgeon and president  
of the Australasian Academy of Facial  
Plastic Surgery (drmarcells.com.au)

The resolution:

**"I WILL FOLLOW THE  
PALEO DIET,  
to boost my health, energy  
and vitality."**

The rationale:

Being the father of two young boys, I also need all the energy I can get! The Paleo Diet is based upon eating wholesome, contemporary foods from the food groups that our hunter-gatherer ancestors would have thrived on during the Paleolithic era. Decades of research by The Paleo Diet's founder, Dr Loren Cordain, and his scientific colleagues, demonstrate that the hunter-gatherers typically were free from the chronic illnesses and diseases that are epidemic in Western populations. As well as maintaining my overall health and vitality, by following the Paleo Diet, I'm expecting to see an impact with healthier looking skin. Making it work at home will start with the weekly shopping list, sticking to these fresh, healthy ingredients and planning meals for the week so that it becomes automatic to eat well.



**DR MELISSA KEOGH,**  
clinical psychologist  
(drmelissakeogh.com.au)

The resolution:

**"I WILL SEND A  
GRATEFULNESS LETTER  
TO ONE PERSON WHO  
HAS HAD A SIGNIFICANT  
POSITIVE INFLUENCE  
ON MY LIFE –  
probably my father. E.g. 'I'm  
so grateful for all of those  
times when I was a struggling  
student and you slipped \$50 in  
my glove box when  
I wasn't watching.'"**

The rationale:

Upgrading my gratefulness will likely boost my mood, especially in the short term, and further strengthen my bond with my family. A 2012 study in the *Journal of Happiness Studies* found that writing gratefulness letters resulted in increased happiness and life satisfaction ratings, and decreased depression symptom ratings.



**DR SARA MULLENS,**  
cosmetic physician, Victorian  
Cosmetic Institute  
(thevictorianscosmeticinstitute.  
com.au)

The resolution:

**"I WILL DRY  
BRUSH  
REGULARLY!"**



The rationale:

Dry body brushing is a great whole-body anti-ageing method. It improves skin texture and is believed to stimulate the lymphatic system by aiding the flow of lymph fluid throughout the body. The skin is the body's largest organ and it's estimated that a third of the body's daily impurities are expelled through it. Dry body brushing clears the pores to assist the body in this cleansing process. Exfoliating the outer layer of your skin not only improves its texture but also stimulates the oil and sweat glands, helping to keep the skin moist. Your body breathes and absorbs essential nutrients through your skin, so regular dry brushing leaves your skin clear of excess debris so it's free to absorb nutrients and oxygen, increasing blood circulation. ■