

OUR EXPERTS



Dr Carol Cooper is a GP and health writer who also broadcasts on TV and radio.



Ian Marber runs The Food Doctor nutrition clinic and is a best-selling author.



Nicki Waterman is one of the UK's leading fitness experts and personal trainers.



Jane Alexander is an expert in natural health, with a special interest in living holistically.



Dr Kate Saffin is a GP with a particular interest in healthy diet and lifestyle issues.



Susan Quilliam is a psychologist and renowned agony aunt, specialising in relationships.



Dr Kate Cavanagh is a clinical psychologist and a member of the British Psychological Society.



Peter Bowen-Simpkins is a gynaecologist and medical director of the London Women's Clinic.



Dr Christian Jessen is a GP and presenter of the Channel 4 show, *Embarrassing Bodies*.



Juliette Kellow is a dietician with a wealth of experience in food and nutrition.



Sophie Michell is an award-winning chef, TV presenter and author of several books.



Mark Hix is a celebrated chef, restaurateur and author of numerous cookbooks.

Behind THE SCENES

Here are some of the people who helped make this issue so unique...

CONTRIBUTING THIS MONTH

DR UCHENNA OKOYE

is the official dentist of Channel 4's *Ten Years Younger*, and runs the London Smiling clinic for cosmetic dentistry. She shares her expert advice on how to get a healthy smile on page 33.

What's your best health tip? 'Floss your teeth twice a day if you want to keep them.'

How do you unwind? 'I love sitting on my own and digging into black forest gâteau while reading a romantic novel. Bliss!'

How do you stay fit? 'I hop off the tube a stop early and walk the rest of the way to work.'



ROSALIND RYAN is a leading health journalist who writes for *The Guardian* and the *Daily Mail*, among others. This month, she investigates the latest rulings on herbal supplements in our health report on page 28.

Do you use any supplements? 'Yes, I take a multivitamin with probiotics every day.'

What's your best health tip? 'I live by the 80:20 rule, which is that if you're good 80% of the time, you needn't worry about the other 20%.'

What makes you happy? 'I love hanging out with a big group of friends, bouncing ideas around.'

BETH DADSWELL spent nine years as senior fashion stylist at *The Independent*, and founded www.mypersonalstylist.co.uk. Here, she works her magic on our gorgeous readers on page 20.

What do you do to feel fabulous? 'I put on pretty underwear, a touch of foundation and a splash of perfume. I like to get the basics right first!'

What makes you happy? 'Enjoying my job and appreciating my family and friends.'

What's your best styling tip? 'If you're not happy with the way that you look, ask an expert for help. An objective eye is invaluable.' □

