

christmas gifts

The editor's pick of sensational stocking stuffers!



THINK THIN

According to the Appetite Right program, the key to long-term weight loss is understanding how you think and feel about food. Developed by a psychologist and a nutritionist, the 10-week program, from \$108.95, helps you control eating behaviour and kick-starts a healthier lifestyle. For more information, call 1300 307 646 or visit www.appetiteright.com.au

DARE TO BE DIFFERENT

If you like a walk on the wild side, these diabetes supply cases, from \$29.95, are a must-have! From award-winning Queensland team ID4U Designs (two motivated mums of children with type 1 diabetes), they are tailored in a range of funky fabrics to house a blood testing kit and other necessities. They may be aimed at kids, but I reckon Dame Edna would give them a run! Check out these and other diabetic accessories at www.id4udesigns.com.au or call (07) 3505 0137.

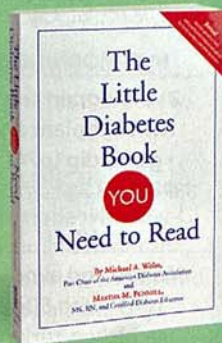


BOOKS FOR DIABETIC LIVING

The little diabetes book you need to read

By Michael A. Weiss and Martha M. Funnell
(Bookwise, \$24.95)

Rather than telling you how to treat diabetes, this teaches you how to live with it and create a self-management plan that fits in with your lifestyle. Inspirational and packed with tips, it's a good read for those with long-term diabetes and the newly diagnosed.



Delicious entertaining

By Peter Howard (New Holland, \$19.95)

Chef Peter Howard was shocked to find in 2004 he had type 2 diabetes, but he promptly took the bull by the horns by losing 20kg and publishing a cookbook for people living with the condition. *Delicious Living* was a hit and now Peter's back with this equally tasty title for those with diabetes – or anyone craving a healthy diet – who love to cook. Try Balmain Bug tails with Asian slaw, Kumera layer cake or one of the many desserts!

