

## picture this

They say the kitchen is the heart of any home, and now it can be your inspiration centre too, thanks to this fabulous photo frame from Nestlé, free with this issue. Designed to hold two photos, one at the beginning of your weight-loss journey, the other where you would like to be, the frame is a perfect motivator to keep where you often need a gentle reminder – on the fridge door! Encouragement is an excellent weight-loss tool – harness it this month with *Weight Watchers* magazine.

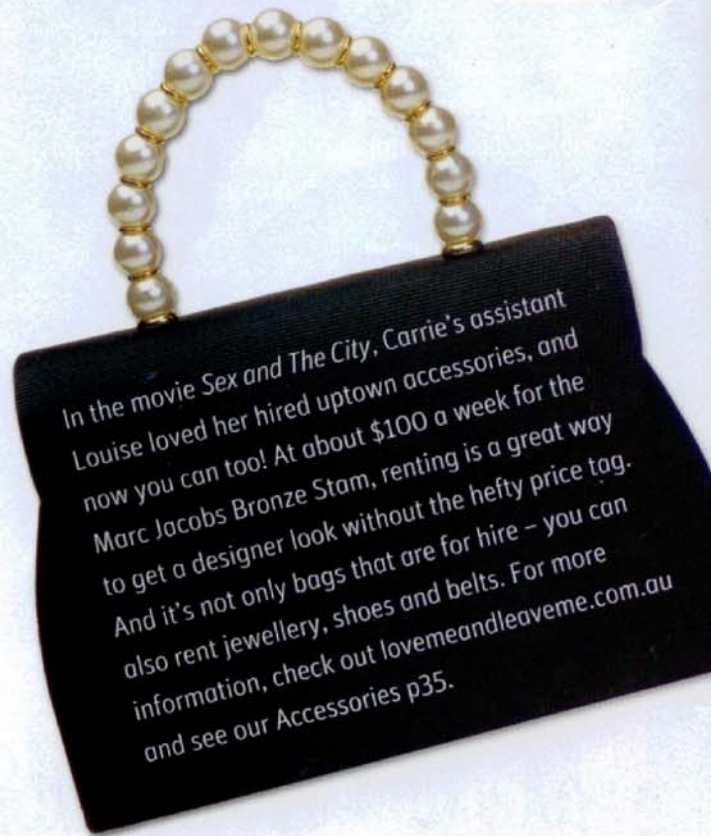


## find it hard to say NO?

Women find it harder to suppress their hunger than men when faced with their favourite food, a new study suggests. Trying to figure out why some people overeat and gain weight while others don't, US researchers performed brain scans on 13 women and 10 men to see how their brains responded to the sight of their favourite foods. Participants were quizzed about their favourite foods and taught cognitive inhibition – a technique to suppress thoughts of hunger and eating. They then had to fast overnight. Presented with their favourite food the next day, their brain activity was measured. While both men and women said the inhibition technique decreased their hunger, the brain scans showed the men's brain activity actually decreased, while the part of women's brains that responds to food remained active.

## go for green

Be a light traveller. What you pack in your luggage has a direct impact on the environment. The more bags you take and the more you put in them, the more you pay and the more jet fuel will be used. Research your destination and its climate to avoid taking unnecessary items. For more tips, read *True Green Life*, ABC Books, RRP \$29.95.



In the movie *Sex and The City*, Carrie's assistant Louise loved her hired uptown accessories, and now you can too! At about \$100 a week for the Marc Jacobs Bronze Stam, renting is a great way to get a designer look without the hefty price tag. And it's not only bags that are for hire – you can also rent jewellery, shoes and belts. For more information, check out [lovemeandleaveme.com.au](http://lovemeandleaveme.com.au) and see our Accessories p35.