



Rachel Tomkinson and her two-year-old daughter Jenna.

First book for Rachel

First time author and personal trainer Rachel Tomkinson is excited about the launch of her book *Jenna's Journey*.

She said the book of her daughter's eczema and the family's journey toward improving her skin condition and general health just evolved.

"I started off just writing a few pages for some clients and it escalated to 88 pages."

Searching for a cure for her daughter led Rachel to changing the family's diet to a more traditional one which included more animal fats and unprocessed foods.

"It is another side to the story which is not often shown."

She believes everyone should look at their food first if they are having health problems as it

doesn't cost anything.

The former nurse, and fitness instructor said she was imparting information based on her personal experience and felt critics could learn from it.

"They should look at both sides before they judge."

She conceded it might not work for everyone but for her daughter and some of her clients it had.

"I love what I am doing and have a passion to inform the nation, and why not the world."

Rachel is currently working on a second book on weight issues.

If you would like to win a copy of *Jenna's Journey* email hcheditor@timaruherald.co.nz



Elderly care facility manager Vanessa Shearer has lost weight and feels healthy which she attributes to eating more fat.

Turnaround in health

Vanessa Shearer spent almost a decade close to a toilet suffering from the unpleasant and often embarrassing effects of crohn's disease, but now she is well.

She said what was particularly frustrating was she followed a healthy lifestyle.

"I ate low fat food avoiding processed foods, had plenty of fruit and veges, wholegrains and a little dairy products."

But the degenerative irritable bowel disease would not let up despite medication.

"Food would go straight through often followed by severe cramps."

The elderly care facility manager also had endometriosis which caused menstruation problems.

Vanessa said she is now free of these symptoms and she attributes this to advice from Timaru fitness guru Rachel Tomkinson.

Rachel's programme veers away from authoritative dietary research results and includes plenty of saturated fats.

"I did everything right, but now I am doing everything wrong and I'm healthy," Vanessa said.

"I now cook in dripping, use butter, have cream with my porridge and eat meat with the fat on."

She said she finds it amusing that dripping seems to be always next to the pet food.

Vanessa claims the extra fat in her diet seems to have stabilised her mood swings.

The "convert" said she thought she used to have a sweet tooth and indulged in chocolate but now claims it was a fat tooth and doesn't have the desire for it any more.

She is also eating organic vegetables. But she is not imposing all of the new regime on her daughter and allows her to have chippies as a treat.

"I've lost 10kg gradually in the past year and feel healthy."

She said her doctor was pleased her health had improved though she wondered if her new found constitution would upset his budget.

"I used to be at the doctor practically every month."

By Esther Ashby-Coventry
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Movember in Oamaru

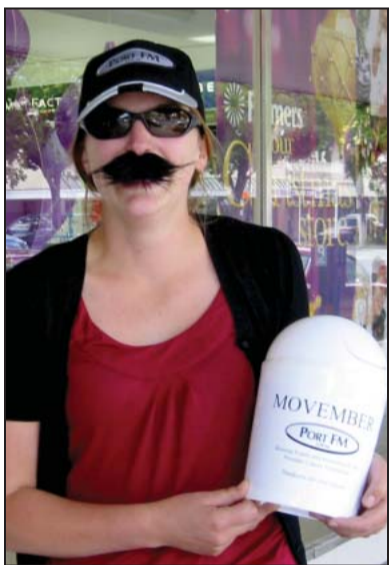
A lot of people, male mostly, but also the odd female have been seen in Oamaru during November sporting moustaches, beards and goaties.

Alice Hore was caught sporting a false while raising money last week for the Movember charity.

"It has really been amazing, the generosity of people. I guess its because male health is quite a big issue," she said.

Movember is a moustache growing charity event held during November each year.

At the start of the month men register with a clean shaven face. The Movember participants, from that point on known as Mo Bros, then have the remainder of the month to grow and groom their moustaches. Along the way the idea is to raise awareness about male health issues, in particular prostate cancer.



Alice Hore masquerading as the character Borat on Oamaru's Main Street

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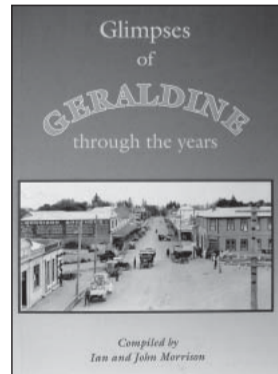
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