

The complex world of natural essential oils
 ESSENTIAL oils are complex compounds. Most contain around 100 substances but rose oil has more than 3,000. Many natural chemicals work in synergy together, making them difficult to synthesise in a laboratory.



Orange blossom the calming, sexy scent
 THE essential oil neroli was first extracted from orange blossom and is used for its calming properties. It also enjoyed a reputation as an aphrodisiac and is a traditional element of eau de cologne.

Chris has transformed Six months on and winners are healthier and slimmer

WHAT A difference regular work-outs and healthy eating has made to Golcar couple Janine and Jonathan Chambers.

Back in January, Janine was more than two stones heavier than she is today and two dress sizes larger.

Jonathan was taking pain killers and muscle relaxant drugs to combat a chronic back condition and also suffered from irritable bowel syndrome. He's now free from IBS symptoms, has been able to stop taking all medication for pain and describes the changes in his health as "almost miraculous".

The 36-year-olds – who have two children, aged 13 and eight – felt sluggish and in need of an overhaul. When they saw our competition, offering the services of personal trainer Chris Shaw, they decided the time was right to make a change.

Janine said: "If we hadn't won this competition we'd still be over-weight and still be eating over-processed foods – and too much of them.

The Examiner offered them the chance to train twice a week with Chris, who is a freelance personal trainer.

He also taught them how to eat more healthily, supplying recipes from his website. Janine and Jonathan say they have totally changed their eating habits.

"We don't want to eat half as much as we did and where we might have had pie, mash and vegetables we now have chicken salad", said Janine, a customer advisor at Huddersfield Job Centre.

Jonathan added: "We used to spend a lot on processed food but now we have no biscuit tin and our freezer is full of ice and frozen vegetables."

A combination of regular resistance training with weights, circuit training and swimming has helped the couple to become fitter and trimmer. Jonathan has also taken up running, an activity that would have been impossible six months ago.

Because of a serious back injury when he was younger, Jonathan was taking a high dose of morphine-based painkillers and has pins and plates in his spine. He has also been diagnosed with osteopenia, a type of

Winning a personal trainer for six months in an Examiner competition has been a life-changing experience, say Janine and Jonathan Chambers. We've followed their progress since January and caught up with them for their final training session and weigh-in.



■ **HOME FROM HOME:** Jonathan and Janine Chambers at Woodland Glade Sports Centre, Bradley

brittle bone condition, but believes that his exercise regime may have improved his bone mass.

"I'm going to ask for another bone scan," he said.

Chris had to devise a programme of low-impact exercise to strengthen Jonathan's core muscles.

Chris said: "As we have progressed Jonathan's core muscles have got stronger and are able to absorb the impact from running but it's not something that I would have recommended at the beginning."

A former body builder, Jonathan was also keen to build

up muscle mass and while he lost more than a stone in weight fairly quickly he has actually increased the size of his chest, forearms and legs and reduced his waist by an amazing seven inches.

Jonathan, who is a car valuer, said: "I'm also walking straighter because I was carrying weight at the front of me that was pulling me down."

He believes his former problem with irritable bowel syndrome was caused entirely by his diet which was top-heavy with bread – up to a whole loaf a day – and processed food.

Janine, now a stender size 12, is thrilled with her new, healthy



■ **BEFORE:** Jonathan Chambers six months ago before beginning his exercise and diet plan

look. "I feel so much more positive, confident and happier," she said.

Although Janine has lost more weight than Jonathan, Chris says that the true weight loss (loss of fat) is masked by the gain in lean muscle tissue.

He explained: "This is important because using weights to build up muscle mass increases your metabolic rate and improves fat burning potential."

Chris believes it should be the aim of personal trainers to become redundant after an initial period of directional and motivational training.

He said: "After six to eight months of training, varying the programme and eating properly, it's possible to acquire new habits and change forever."

"After that I usually see people once a month or so just to monitor their progress although some people carry on with personal training for the motivation."

Janine and Jonathan have now joined a gym and take their son Daniel swimming once a week. They also have a daughter, Lauren.



■ **CHAMPION EFFORT:** Personal trainer Chris Ball (centre) with Jonathan and Janine Chambers at the end of their training course at Bradley Sports Centre

Top tips from Chris

- For rapid weight loss take up running. It burns 900 calories an hour. Next best is rowing and after that using a cross trainer. "If you want a quick fix solution and don't have much time then running is the answer," said Chris.
- Only eat sweet foods or snack foods after a meal. That way you will be feeling full and will eat less of the bad foods. Try to avoid snacking when hungry because you will fill up on fatty, salty, sugary, high calorie foods. Have regular, proper meals.
- Choose low-fat yoghurts, rice or fruit as a low-calorie snack. "Don't become over obsessive," says Chris. "You need some sugars in your diet for energy."
- Don't eat carbohydrates after 6pm. Fill up on energy-rich foods such as rice and pasta at lunchtime, not in the evening.
- Vary your exercise routines. Our bodies become accustomed to exercise quite quickly and need a challenge.
- For more tips and advice check out Chris Ball's website www.chrisballpt.co.uk

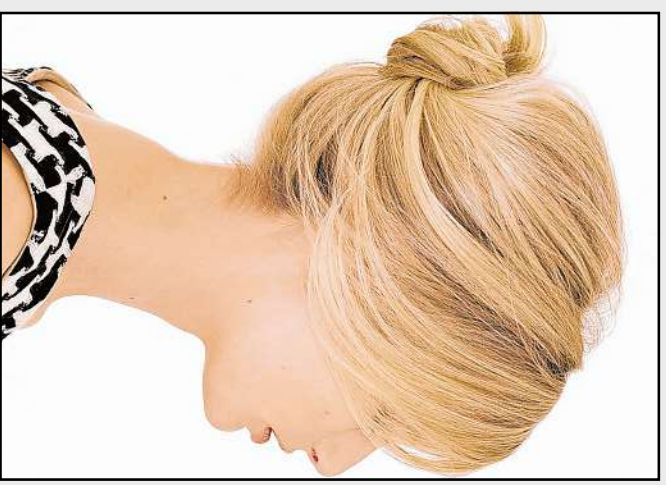
VITAL STATISTICS:

Before: Janine weighed 13st 8lbs and had an upper arm measurement of 32.6 cms; chest 102cms; waist 94 cms and upper leg 66.5cms.

After: Janine now weighs 11st 6lbs; has an upper arm measurement of 27.7cms; chest 90cms; waist 82cms and upper leg 51.5cms

Before: Jonathan weighed 12st and had an upper arm measurement of 35cms (which reduced to 32 after a few weeks); chest of 105cms; waist 100cms and upper leg 54 cms.

After: Jonathan is now 10st 9lbs; has an upper arm measurement of 35cms; chest of 110; waist of 81.9; and upper leg of 56.5.



■ **ROMANTIC:** Wear hair up for a soft, urban feel

Tress up for summer

QUIT worrying about your bum, tummy and thighs this summer. The body part you really need to prepare for exposure is your neck.

Hennines aren't the only thing rising with the temperature gauge – hair is going higher too with tied-back locks beating the high-maintenance blow dry hands down.

It's a summer trend Guido, Redken creative consultant, dubs "urban romance."

"This isn't romantic hair in the usual sense, not down and free-flowing – it's more for the city woman," he explains. "Shapes have an edge and it's worn up in a ponytail or knot."

The average woman changes her hairstyle twice every year between the ages of 15 and 65 – a total of 100 looks, according to a new survey by hairdresser Andrew Collinge.

But there's no need to run home from the salon in tears after a crazy cut or colour. With a few grips and tucks you can create a dramatic new look in minutes.

At the scorching Cannes Film Festival 'up hair' was the red carpet highlight with Kristen Dunst's wavy side chignon, Kate Beckinsale's glam beehive and Diane Kruger's pinned back curls.

Harnessing the natural powers

AROMATIC oils such as thyme, lemon, clove and chamomile are naturally antiseptic and were used to sterilise instruments and fumigate hospital wards before the manufacture of artificial disinfectants.

Scent in bloom

ANOTHER Hollywood star is juggling film scripts with fragrance deals. Orlando Bloom has followed in Sienna Miller's footsteps and signed up to collaborate with BOSS Orange. The British actor will front the first male signature scent under the brand due for release in 2011. Orlando says: "BOSS Orange is a brand I immediately identified with because it has a laid back, spontaneous quality I relate to."