

# Health matters

Whether you want to get your goals back on track, or successfully rid your child's hair of lice, **Kelly Baker** has the answers.



## NO LICE? NICE!

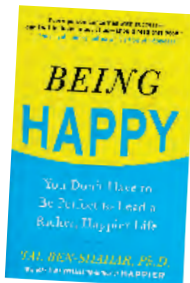
While it may be something of an Aussie kid's rite of passage, head lice is an experience that's best dealt with quickly.

You can use one of the many commercial preparations, or you might like to try this procedure:

- Apply lots of conditioner to hair, especially the roots and scalp.
- Comb the conditioner through the hair using a standard wide-toothed comb. This will remove tangles.
- Comb hair again with a nit comb. Continually wipe the comb on paper towel, catching and killing the lice.
- This technique is effective for catching adult lice, but will not kill the eggs. Accordingly, the entire process will need to be repeated in seven days in case more nits have hatched. Icky, but true. Learn more at [health.nsw.gov.au](http://health.nsw.gov.au)

## Healthy on the inside

What can, or already does, provide a sense of purpose to your life? It's a question you need to answer, says Tal Ben-Shahar, author of *Being Happy* (McGraw-Hill, \$22.95). What daily or weekly activities provide you with meaning? Make a list and then do these activities as often as possible. Why wait? The time for true happiness is now.



Music has the healing ability to put a smile back on your dial.



### Top tip

Being kind and unselfish will get you everything you want in life, says Robin Koval, co-author of *The Power Of Nice* (Allen & Unwin, \$25.95). "Being nice works," says Robin. Why not try it for yourself?

## Hitting the right note

Listening to music is one of life's great pleasures, but it is more than that. Music can help heal.

"Just as low, harsh sounds can cause injury to the eardrums and set the nervous system on edge, music and other sounds, such as the ocean or your own heartbeat, can enhance deep relaxation, supply you with new energy, stimulate creativity and even transport you into other states of consciousness," says Dr John Travis, co-author of *Wellness Workbook* (Random House, \$49.95).

When you're next feeling stressed, sick or in pain (with a backache, arthritis or a nasty cold), try using a little music therapy on yourself. "Plants grow better with certain types of music – why shouldn't the same be true for you," says Dr Travis.

## 10 QUESTIONS TO ASK YOURSELF

Are your New Year's resolutions nothing but a hazy memory? Never fear. The following questions will help get you back on track, says life coach Lindsay Tighe from *Inspirational Coaching*.

- 1 What do I want to have achieved by the end of the year?
- 2 How do I want to be feeling by the end of 2011? What needs to happen to achieve that?
- 3 What is the most important thing for me to learn this year?
- 4 When I look back on the year, what do I want to feel most proud of?
- 5 What is the one thing I can change that will dramatically improve my work/life balance?
- 6 In what way will I step out of my comfort zone this year?
- 7 Who are the most important people to me and how can I let them know?
- 8 What will I do to stretch my mental capacity this year?
- 9 What is a secret dream I want to make happen?
- 10 What will I regret not doing? How can I make it happen? Find out more at [icoachu.com.au](http://icoachu.com.au)

**DID YOU KNOW?** Muscle burns more kilojoules than fat, so the more lean muscular weight you have on your body, the more kilojoules you'll burn, says Dr Debra Luftman, co-author of *The Beauty Prescription* (McGraw-Hill, \$36.95). "In addition, weight-bearing exercise helps you grow new bone mass, preventing osteoporosis, which makes so many older women vulnerable to broken bones," adds Dr Luftman. Aim to lift weights two to three times a week, with each session targeting different muscle groups.

