



BUBHUB

Set up by husband and wife team Brad and Hilary Lauder, www.bubhub.com.au is Australia's most widely used pregnancy and parenting resource. It's the only parenting website to be endorsed by the Australian College of Midwives, the Australian Lactation Consultants Association Ltd and Playgroup Australia. It contains:

- ▶▶ Product reviews by parents.
- ▶▶ An online auction for finding or selling items.
- ▶▶ Family travel – a great resource for planning a family holiday.
- ▶▶ Cyber Swim – an online swim school run by top coach Laurie Lawrence.



HELPING YOURSELF

There's a lot you can do to regain some control of your life:

- ▶▶ Pace yourself. Rest when you need to, even if it means cancelling prior arrangements.
- ▶▶ Choose your friends carefully. Avoid negative people or those who like to point out "there's always someone worse off".
- ▶▶ Don't feel guilty about your illness.
- ▶▶ Use creativity, distraction and meditation to help you cope with bad days. Focus on the fact that a better day is coming.
- ▶▶ Emotional pain is just as valid as physical pain. Help is available, so seek therapy or counselling.

HOW TO HANDLE INFIDELITY

▶▶ How do you get your relationship back on track if your partner's been unfaithful? "First of all, you both need to decide if you want to continue as a couple," says Dr Rosie. "If you do, the affair or extra-marital sex has got to stop." Here are some other ways to survive infidelity:

Deal with it It's a matter of managing the crazy cocktail of feelings that engulfs you. Common emotions include shock, denial, betrayal, disappointment, anger and a loss of self-esteem.

Realise it's not your fault Although there may be things you could have done better, you didn't force your partner to go outside your relationship.

Assign blame The cheater has to own up to what they've done and take responsibility.

Be honest Total honesty is crucial. You need to talk frankly and openly about your relationship, and what went wrong.

Professional help It takes about two to four years to work through the fallout from cheating. Counselling can help.

PAIN MANAGEMENT

- ▶ Choose a doctor who listens to our concerns, answers questions clearly and acts in your interests.
- ▶ Give them your medical history written in chronological point form, and a list of your current symptoms or concerns.
- ▶ Take a friend with you who can ask questions and take notes on your behalf if you're too unwell to do it yourself.
- ▶ If you feel your doctor isn't taking your pain seriously, ask for a second opinion or further tests.
- ▶ Keep ahead of your pain – take medication at the regular time, regardless of symptoms.
- ▶ Complementary therapies that have been shown to help include acupuncture, yoga, music therapy, Pilates, chiropractic and osteopathy.

BY LYN REES

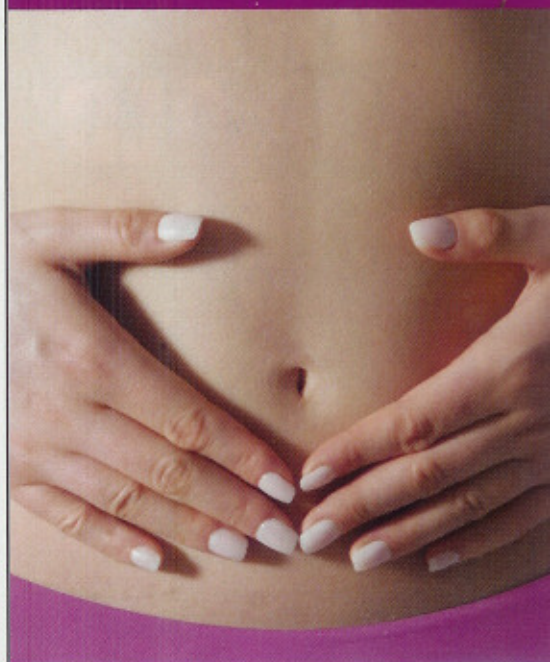


SAFE SURFING

The Internet is a great place to find new health info, hook up with support groups and learn more about your medication. Here are tips for finding reliable health sites:

- ▶▶ The author of the site should give their credentials and include a contact number or email address.
- ▶▶ The information should be up-to-date, well-researched and presented in a clear manner.
- ▶▶ Beware of sites offering miracle cures for serious illnesses and conditions.
- ▶▶ Try the reliable local sites www.betterhealth.vic.gov.au, www.healthinsite.gov.au or www.mydr.com.au

PAIN CRAMPING YOUR STYLE?



Cramps and spasms caused by premenstrual tension (PMT) can severely disrupt some women's lives.

NATRALIA CRAMPEZE PMT CRAMPS

helps to combat the symptoms of menstrual cramps and pain with natural ingredients, such as cramp bark and calcium. It helps to relieve pains associated with uterine menstrual cramps and muscular cramps.



Also available in the range: Natralia Crampeze Night Cramps, Natralia Crampeze Stomach Cramps, Natralia Crampeze Pain Relief Gel. Available from selected Supermarkets, Pharmacies and Health Food Stores Nationwide. For more information contact Brands Worldwide on 1300 5555 97 or visit www.brandsworldwide.com.au

Always read the label and use only as directed. If symptoms persist consult your healthcare professional.

PICTURES: GETTY IMAGES, PHOTOLIBRARY.COM