Knowing all the perks and pitfalls of your coffee fix

IN TODAY'S article I'm going to discuss the advantages and disadvantages of... coffee. Many people love a cup of coffee – and I'm one of them.

The problem is there are far too many people completely addicted, relying on at least three cups to get them through the day. This can have a detrimental effect on fat loss, sleep and health.

First, let's look at the advantages and disadvantages of coffee and, as you'll see, there are quite a few of both!

Advantages:

- **No calories**
- **Elevates adrenaline and cortisol to enhance fat burning during exercise**
- **Loaded with antioxidants**
- **Aids liver phase I detoxification**
- **May lower the risk of diabetes**
- **Reduces depression**
- **Increases performance**

Disadvantages:

- **Adds sources of extra calories from sweeteners and cream**
- **One of the most heavily sprayed pesticide foods**
- **Can lead to blood sugar fluctuations followed by hunger and cravings**
- **Can deplete the body of minerals**
- **Is a source of exogenous estrogens and can increase the risk of fibrocystic breasts**
- **Habit forming**
- **Can interfere with sleep**
- **Can cause anxiety**

People react differently to caffeine and it depends into which category they fall – fast metabolizers or slow metabolizers.

People who are fast metabolizers will do well with caffeine whereas slow metabolizers are more likely to experience shakes, anxiety and buzzing sensations.

If you can handle it, black coffee pre-workout (minus food/additions) can boost the intensity and calorie-burn of the workout. Just watch out for signs of low blood sugar levels such as lightheadedness, dizziness, jitters and headaches. So, drinking a black, ideally organic, coffee before training can have fantastic results for some people. You'll know how you feel when you try it.

The times to avoid caffeine are straight after training because, at this time, your cortisol levels are very high. This isn't a bad thing but you do want to avoid elevating them further and coffee will.

If your cortisol levels are high, this is the stress hormone and you will find it difficult to shift body fat. And, too much caffeine will keep your cortisol elevated throughout the day.

One or two, ideally organic, coffees a day without all the milk, sugar or cream added to them will not have a negative effect on most people.

But remember, it is best to avoid drinking coffee after 2pm, otherwise it can affect your sleep.

If you are looking to lose body fat I suggest you cut out coffee altogether for at least 14 days so you become less dependant on it. You will also cleanse your system and then, if you still fancy a coffee, go for organic either before exercise or just in the morning.

IF YOU CAN HANDLE IT, BLACK COFFEE PRE-WORKOUT CAN BOOST ITS INTENSITY AND CALORIE-BURN

KEEPINGFIT

With **Lisa Cuerden**

You can contact **Lisa Cuerden** at lisa@lisacuerden.com or via her website at lisacuerden.com

Get a FACELIFT in your lunch break

Affordable cosmetic surgery is all the rage. **JAINE BLACKMAN** finds out more at a county medispa

FILM stars and the rich have always been partial to a bit of cosmetic enhancement whether it's Botox, fillers or skin peels.

But now – due to more acceptance of enhancements and falling prices of treatments – it's becoming more common among the general public.

"It's growing so fast it's frightening," says Dr Ravi Jandhyala who set up Enhance, a medispa offering everything from blow-drys to facelifts, in Banbury 18 months ago.

As well as surgical options, the clinic offers a host of other medical aesthetic treatments.

"They are a lower cost than surgical procedures and require less downtime. Most treatments take up to an hour out of the average client's day and can be fitted in around other diary commitments easily," he says.

His clients, mainly women aged 35 to 55, turn to him for a variety of reasons.

"They vary from professional women to ladies who lunch and those who have a younger partner. And about one in seven people wanting botulinum toxin are men.

The common denominator seems to be having disposable income to spend on looking good and making the most of your assets.

Celebrities too have an influence on what people are looking for.

"Invariably famous people do influence, to one degree or another, which treatments become popularised," says Dr Jandhyala. "Cheryl Cole, at one time, was a celebrity that women in their 30s wanted to emulate, she was especially attractive for her lips and white teeth."

But while a lot can be done, there are limits.

"Don't think you're going to walk out looking like Linda Evangelista," warns Dr Jandhyala, who goes on to say most people are realistic about what can be achieved.

He has devised the Treat-To-Goal (TTG) approach using photographs to illustrate start points and treatment goals to better inform clients what to expect and provide a means of measuring the success. This provides a greater degree of clarity than simply saying 'Your wrinkles will get better'," he says.

But even if you don't end up looking like a supermodel, he is convinced those who enhance their looks are happier afterwards – and not just with their appearance.

The doctor, who qualified from Imperial College School of Medicine in 1999 and was awarded membership of the Royal College of Surgeons of Glasgow in 2004, recently published a paper claiming the latest in botulinum toxin type A technology – to reduce frown lines, crow's feet and wrinkles – has a significantly positive effect on many other areas of the patient's life.

His research, involving 53 women with an average age of 39.5 years, showed those whose appearance had been enhanced by the treatment reported that the quality of their life had been enriched in primary areas.

"Family, work, finance, relationships and health were the five most frequently cited areas of life deemed most important to individuals at the start of the process. Others listed included appearance, social life, friends, marriage, pets and religion," says Dr Jandhyala.

"Patients identified the five areas of greatest importance to them, weighted the areas as to their relative importance and also rated them on a visual scale before treatment.

"They went through this exercise again 28 days later. It was interesting that while they focused on the same fields they felt important before treatment, a number introduced new areas in which positive change was noticed.

"For some, priorities had altered and other areas of personal importance had markedly improved.

"Overall quality of life scores had advanced in addition to the more obvious increase in satisfaction with their appearance."

Quality of life is important to him, he's married to aesthetic nurse Sonia – the couple met when they were both working at Chelsea and Westminster Hospital – and they have three children, Luca, six, Sophia, five, and Theo, three.

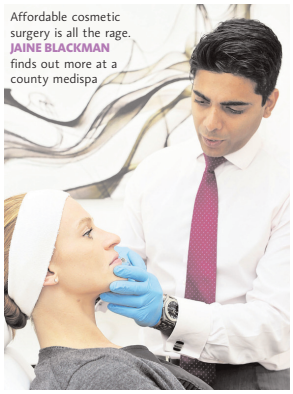
Dr Jandhyala put his ambitions to own his own business on hold to concentrate on his family when Luca was born with Apert Syndrome (which stops bones growing properly) and Sturge-Weber Syndrome (characterised by port wine stains to the face).

When he and Sonia, originally from Cirencester, decided the time was right to move from London they found the former doctors' surgery in Horse Fair on the internet and "fell in love with it".

Sonia Jandhyala with a patient

Pictures: Mark Hemsworth

Dr Ravi Jandhyala talks through the options available with the help of photographs



Dr Ravi Jandhyala injects a patient with filler

'Don't think you're going to walk out looking like Linda Evangelista'

Tried & tested

WALKING into a clinic specialising in a wide range of aesthetics procedures, cosmetic treatments and specialist cosmetic dentistry can be a little daunting.

But while the staff look just as polished as you'd expect in an establishment which also features a hair studio, health spa, make-up and beauty centre, they offer a warm and friendly welcome.

I was there to try Proshock Ice, a new way to "melt away" fat and cellulite, a non-invasive, painless treatment with instant results.

The clinic believes it is the first in the country to offer the treatment.

The science behind it was explained to me but put simply - apparently, all your fat cells are frozen and then shattered by ultra-sound.

First a device to freeze the cells was put on my stomach and sides numerous times for a minute at a time. Then another machine was passed over which lived up to its description of being like elastic being flicked gently on the skin.

It was quick, easy... and I lost nearly an inch around my stomach.

Being a cynical journalist, I'd measured myself before going and after leaving and was delighted to find my scepticism unfounded. The inch came off and stayed off.

Result!

JAINE BLACKMAN

Proshock Ice costs £2,000 for up to six treatments.

enhancebanbury.com

···LIFE MARRIED TO A COSMETIC SURGEON···

WHEN I tell people what my husband does, the reaction is always: 'what do you have done?' or 'how wonderful to have all of those treatments at your fingertips'," says Sonia Jandhyala, who is an aesthetic nurse at Enhance.

"I always tell them I have tried all our treatments, because I feel that to perform a treatment on somebody, it is important to know how it feels, and the only way of knowing is to try it.

"I work with our philosophy, which is to look as natural as possible.

"Having had three children in quick succession, with all the associated stresses and strains, I have Botox regularly. It just gives me that freshness in my face that all those sleepless nights have taken away.

"I have also had laser hair removal, which is great, provided I have the time to fit in my own treatments. My most favourite treatment at the moment though has to be ProShock Ice. I have been using it on my stomach to help regain my post babies body, alongside pilates and a healthy diet.

"I think it is fair to say that being married to a cosmetic surgeon has its perks, provided, that is, I can pin him down!"

Luca now attends Frank Wise School in Banbury and Enhance recently raised £2,000 for the school with a fashion show.

Another keen area of interest (and worry) for Dr Jandhyala is the lack of regulation around medical cosmetic treatments. He has set up the United Kingdom Society for the Study of Aesthetic Medicine (UKSSAM) with the aim of promoting best practice in the use of toxin, dermal filler and laser treatments. In the meantime he warns those considering a quick wrinkle fix: "The most important thing is to go to a reputable clinic/practitioner and avoiding 'botox parties' and being injected anywhere other than a clinic.

"Talking to existing clients of a practitioner is invaluable and gives a good first hand indication their actual results instead of those from a magazine or website."

You don't have to be mad to watch them but it helps

In Front of THE BOX

With **Liz Nicholls**

SHOW me someone who is sane. I don't think I know anyone who doesn't have some mental tick, phobia, neurosis or coping mechanism which is a little, well, mad.

And isn't that what makes people interesting?

On-telly medical mishaps and dramas are everywhere – from the guess-the-ailment fun of daytime bilge such as *Doctors* or glorious blahfest *One Born Every Minute*. But disorders of the mind? That's seldom telly fodder – unless you count the early rounds of *X Factor*.

Until this week. Yes, the crazy serendipity of television schedules has given us *Bedlam* (C4), *OCD Ward* (ITV) and *OCD Cleaners* (C4). You wait years for a show documenting obsessive compulsive disorder, then three come along at once.

This is good news. Rather than putting people in the 'nutjob' box or typecasting them as ludicrous Rainman caricatures, here are people just like you, battling their demons.

Take Simon Dormley, anxiety specialist at Bethlem Royal Hospital in south London, formerly an asylum called Bedlam which allowed 17th century visitors in to gawp at the inmates. Simon is the don of mental illness and mood disorders: treating them, that is. "Sometimes, waiting for children at a zebra crossing in the morning, I'm tempted to put my foot down and mow them down," he admits.

Remember: he's one of the 'sane' ones. He doesn't mow children down, by the way; he's trying to dispel the stigma of irrational thought.

***Bedlam* allows us into the world of those whose mania has taken them hostage. We see Helen, a librarian plagued by thoughts of harming strangers, mercifully putting them into bins, fragile student James who has been forced to spend the best chunk of his youth not bumming around in pubs but obsessed with crapping himself to the extent that he is housebound. Every person who took part in *Bedlam* accepted the camera crew into their terrible world of traps and triggers with a welcoming, open attitude that is humbling.**

ITV's *OCD Ward* was illuminating, too, although difficult viewing. While OCD afflicts a million people in the UK, only the severest cases end up at London's Springfield University Hospital. And us, now, too. As ever, it's Joe Public who turns this programme from awful montage of misery into something a bit more noble – and funny. For example Enis is the kind of bloke you'd happily have a pint with, but is convinced he is contaminated by germs and forced to scrub himself until he bleeds. Peering into a bag stuffed with scouring sponges, he says "I used to use, y'know, those sea sponges, very soft, to get clean. Then, one day they weren't enough. I needed more, and moved on to these. It's a bit like drugs – this is pills. I suppose the heroin stage is bleach and that." He looks off, intensely into the middle distance, willing himself to find a route out of this torture and get on with his life.

DISORDERS OF THE MIND ARE SELDOM TELLY FODDER – UNLESS YOU COUNT THE EARLY ROUNDS OF *X FACTOR*

You wish him all the best, but you're also mystified by the treatment prescribed by the docs – namely rubbing public toilet seats and flush handles on to his forehead and mouth. A disgusting aversion therapy, but no quick fix, of course, because life just ain't that kind.

While both these programmes about madness were laudable, the bargain bucket *OCD Cleaners* was not. No doctors or sensitive treatment here: instead, those tormented by fears of dirt and mess were paired up with the clinically depressed who had been unable to tackle the housework for years. Unsurprisingly, both have meltdowns and sobbing fits. Channel 4 doesn't have the courtesy to supply doctors and cognitive behavioural therapy to its patients on show. And for that, television producers need their heads examined.