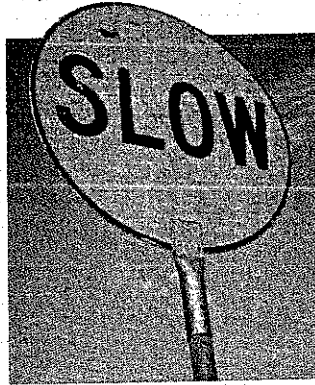


Your health

Tell us your medical story and **WIN \$250**

reduce your risk of diabetes by...

Drinking coffee Coffee drinkers have a lower risk of developing type 2 diabetes than people who don't drink it.
Cook with cinnamon It may improve your blood glucose and cholesterol levels.
Chomping on carrots A source of fibre, they can lower cholesterol levels.
Drink milk Low-fat dairy products will reduce your risk.
Going for a walk A daily 35-minute walk can reduce your risk by 80 per cent.



SLOW DOWN

We all know stress is bad for us but research is proving just how dangerous it can be. A long-term study from Denmark showed women in high-pressure jobs who felt their stress levels were high were 35 per cent more likely to suffer heart disease. So if your job is sending your stress levels through the roof, it's time to find activities to help calm you down.

{ 2 MILLION }



The number of dust mites a double mattress can hold. So change your sheets and flip your mattress regularly!

MEDI FILE

How I solved my stutter

Cindy was terrified her secret would be revealed

Looking at my boss, my heart was hammering. 'I'd love to take up the position,' I smiled. I had just been offered a big promotion at work, and although I knew I was supposed to be over the moon, I was already in a panic. You see the new job involved extra responsibilities and one of those was having to give regular presentations. I had been a stutterer since the age of five and it was something I was ashamed of. Thankfully, I had learnt to hide my stuttering by replacing words in mid sentence so a stutter couldn't come on.

As a result no-one at my current job knew about my stuttering. But now I'd been given a promotion it wouldn't last long. In high-pressure situations my replacement technique would fall to pieces.

You need to get this under control or it will hold you back forever, I told myself that night.

Years before I'd worked with a speech pathologist for six months without results.

But I'd also heard of something called the McGuire Programme and that was what I decided to sign up to now.

Walking into the four-day course, I was terrified. But when I learnt all the coaches were former

stutterers, I soon relaxed. They all spoke perfectly.

Our first day began with everyone learning a critical breathing technique to use when we spoke. It took a bit of practice, but once I got the hang of it, it really helped.

Over the next few days we also dealt with how to get over the psychological side of stuttering.

By our final day I was asked to give a speech to over a hundred people in Bourke Street Mall in Melbourne. I'm proud to say it went smoothly.

First thing Monday morning I went into work and asked to speak to the whole office. 'You may not know this, but I am a recovering stutterer,' I told everyone. By the time I had finished there wasn't a dry eye in the room.

I've now completed my exams to become a coach at the McGuire Programme.

Four simple days have changed my life forever and now I want to help other stutterers to feel free just like I do. ■

Cindy Melksham, 28, Fernree Gully, Vic



Me (right) with my sister Chelsea