

## FATHER KNOWS BEST

ROSS BRUNDRETT HELPS YOU SOLVE SOME IMAGINED, YET TRICKY, FAMILY PROBLEMS  
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**Q** Sometimes I come up with ideas some people might consider a bit left-field, but that doesn't make them wrong, does it? The thing is, because I am in a position of some influence and importance, should I worry about my public image and be careful about what I say? Or should I go ahead and speak my mind, remembering that some people thought Leonardo Da Vinci and Thomas Edison were loopy as well? And besides, why can't women play AFL football? Certainly they could be umpires and they could also be the boss of the AFL. They couldn't do any worse than the people who are there at the minute.

Jeff, of Hawthorn

**A** It's a sad indictment on society when people who think outside the square are too scared to express themselves for fear of ridicule.

Having said that, Jeff, you're no Edison, are you? I mean, female AFL footballers? Really? I know the Hawks suffered from injuries in their back half, but would you really want a woman holding down centre half-back? That's just crazy talk.

As for a female boss of the AFL. Well, yep, that would be fine. Particularly if the alternative would be having you as the AFL boss.

**Q** I'm a bulldog, only 16 months old, which in dog years (I hate that term) means I have the maturity of a nine or 10-year-old human. I've been in the papers lately because I've been associated with the Western Bulldogs for obvious reasons and become a bit of an attraction, that is until I made some unwarranted advances to the Magpie mascot, which might suggest I'm a little more advanced than a 10-year-old. But that's not why I'm seeking advice. I just feel like the world is closing in on me. I'm not sure I want to be a mascot, it's pretty demeaning. The red, white and blue shirt I'm forced to wear is a little snug and I don't even know if I want to barrack for the Bulldogs. For example, I just love the way the Saints go about their business. How do I get ownership of my life back?

Butch, of Footscray

**A** Bravo for making a stand. Clearly it's hard to get ownership of your life when I'm guessing you already have a registered owner. But that doesn't mean you have to just sit like a lap dog. You have great talents. You write a good letter. Your maths seems up to scratch. Keep fighting the good fight. Who knows, one more crack at that Magpie mascot might be your ticket to freedom.

“ WOULD YOU REALLY WANT A WOMAN HOLDING DOWN CENTRE HALF-BACK? THAT'S JUST CRAZY TALK



## PILLOW TALK

LYNDA CARLYLE ANSWERS YOUR SEX, LOVE AND RELATIONSHIPS QUESTIONS  
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**Q** I've always done Brazilian waxes but my current partner has asked me to stop. What the ...?

**A** The waxing craze is so prolific, it can feel as though you must succumb or risk a new partner recoiling in horror when you reveal a natural undergrowth.

Many women don't even see it as a sexual thing; it's just another part of maintenance. We have been conditioned to change our view of what's appropriate coverage.

What started as a high bikini wax when bathers became briefer evolved to "landing strips", then hearts and lightning bolts, to ticklers before the hairless look took over.

It's pruning gone wild. Fans of the Brazilian find the smooth, soft feel

divine, for the feeler and the feel-ee. Some think it's cleaner, though pubic hair is a filter that catches foreign particles and protects the delicate internal area, so this is a myth.

Why is it that some aren't so keen on the bare trend? One reason is that natural shrubbery is now a little unusual. Another is that some people think it's the way a real woman should look. Some people are uncomfortable that a preference for the bald look implies an attraction to pre-pubescent.

A friend loves an untamed thicket. Some like the hedge trimmed, some the look of a manicured turf.

We don't think it's strange that we all have different preferences for men's facial hair. Apply the same principle and find out what appeals to your partner. Don't just blindly follow the crowd.

“ SOME MEN AREN'T KEEN ON THE BARE TREND

## RELATIONSHIPS

# In sickness and in health

A former dancer married the man who took away her pain

**A**NDI Lew and Warren Sipser's relationship didn't get off to a conventional start. Their first "date" ended up being on a chiropractic table. Two years later, Lew, who had suffered debilitating pain, married the man who cured her. The couple are now expecting their first child.

**Andi Lew: chiropractic assistant, author, television presenter:** WE MET at a party. There was total attraction straight away. He took my phone number, saying he'd call the next day.

By 5pm I remember thinking, "Yeah right, he's just like the rest of them". But half an hour later the phone rang. He wasn't like the rest of them at all, he was a man of his word.

We made plans to go out to dinner, but I ended up having to cancel at the last minute. I was feeling terrible. I had sciatica, really debilitating sciatica, which involves the nerve that runs down the leg from the pelvis.

I didn't really know too much about the condition at the time. I used to think it was something you could stretch out and the pain would go away. I just thought, "I'll be right, I'm just having a bad day." I rang Warren to postpone the date. I asked him if we could do it another time because I had this really bad pain in my leg and I didn't think I was going to be in the best of moods.

He blew me away because most guys would have gone "Cool, whenever", but he actually asked me if I was OK and if I'd like him to examine me.

It never occurred to me that someone would care that much to actually want to help me. It was such a relief, I was like, "Yes, please" because it was such a surprise.

So instead of going out for dinner, our first "date" ended up being a professional examination. I'd already had X-rays taken. Warren put me on a chiropractic table and took the pressure off the nerve by gently realigning my pelvis. My whole leg came alive, instantly everything started working better.

He really enjoyed my reaction, because I had such an immediate response. Not everybody gets instant relief to a chiropractic adjustment.

I had no idea that the nerve that goes down my leg also branches off to the digestive system. So my digestive system started working much better and I lost 9kg within three months.

We then went out for dinner, our real first date, a week later, and from there we started dating.

My physical problems had been caused by several things. I used to do stage shows, in which I wore heavy costumes. Then there were the years of wearing high heels, the little whiplashes you have in car accidents and just being sedentary.

I had regular appointments and a year after Warren first treated me I had

another X-ray and it showed a huge change in my spinal structure. So not only symptomatically was I improving, but also structurally.

I still have regular wellness checks, but it's absolutely amazing, I'm 100 per cent cured. There's now no limit to how healthy I can be and the things I can do.

I became really inspired and passionate and decided to work within the chiropractic profession, so I studied for a one-year diploma and became a chiropractic assistant. We then opened a practice together.

I started seeing too many people like myself, who were missing out, and shopping around for the right answer. I'd had my problem for years and I'd tried everything — massage therapists, physios and doctors.

Doctors are looking for something to medicate, whereas Warren looks for dysfunction and he wants to improve how you function without waiting for disease or illness to occur.

It's a different paradigm, and I thought, "Right that's it, we have

“ WE HAVE THE BEST DOCTORS, THE BEST DRUGS ... BUT WE'RE GETTING SICKER AND SICKER

to write a book and tell people".

We wrote *7 Things Your Doctor Forgot To Tell You* together. Warren was the scientist behind it and I was the storyteller.

It's aimed at everyone, and the first thing the doctor forgot to tell you is what health really is. We all think health is merely the absence of symptoms or disease, but if you look at the World Health Organisation's definition, it's a state of optimal function on all levels.

We're in the wellness revolution, and more and more people are realising we have the best doctors, the best drugs, the best surgery, but as a modern world we're getting sicker and sicker. This book has the answers on how to have optimal health.

Warren saved me, because who knows where I'd be if it weren't for him, but I'm sure he knows he's pretty lucky too. We're a good team. We feel like we're on a bit of a crusade, like soul mates. We've come together for a purpose greater than ourselves.

**Warren Sipser, chiropractor, author:** WHEN Andi rang up to postpone the date, I felt really sorry for her. I believed her because when I offered to help she accepted straight away. And the way she described what she had I knew she