



Be gone, fat and cellulite

EU HOOI KHAW tries on a bodysuit, made from a special fabric interwoven with zinc, copper and silicon fibres, that promises to slim and smoothen.

YEARs ago, a fitness expert I was interviewing grabbed my tummy, measured the roll of fat with a pair of calipers and promptly declared I was obese. I stared at him in disbelief; I weighed just 52kg then.

Through the years I learnt that stubborn fat on the tummy never goes away; it just accumulates, especially if you love to eat. Unless you embark on a constant exercise regime, you will have to live with it.

So when I was asked to try out a bodysuit from Italy that would help "get rid of cellulite and body fat", I had little (or a lot... if we are talking of body fat) to lose.

The Texenergy bodysuit, as it is called, looks more like a pair of bicycle shorts that goes beyond the waist and reaches the knees. The part above the waist gives lumbar support, which is good if you have backache.

The bodysuit is made of a

fabric that has strands of copper, zinc and silicon, interwoven with soft micro-fibre. The combination of the fibres creates a tiny electrical current that stimulates micro-circulation in the veins, helping to eliminate localised fat in adipose tissue.

For six weeks now, I've worn the bodysuit for at least eight hours every day, mainly to bed after a bath. The result? What used to be a fistful of fat around my tummy is now half a fistful. My pants also seem to have become a little looser around the waist and at the top of my thighs. And the dry skin on my tummy has smoothened out.

I also realised I need not go to the loo so often in the middle of the night (unless I have had a cup of tea or coffee). All because of micro-circulation round the lower body, I later found out.

The skin around my thighs had become smoother, I realised a week after wearing the suit.

I should persist with the suit for at least eight weeks, according to a study conducted by Italian allergologist and dermatologist Dr Marisa Mosca, and pharmacologist Dr Claudia Rona.

The pair carried out a

study on 21 women aged between 21 and 65 on whose thighs cellulite had developed from stage 1 to 4.

Cellulite, that orange peel or mattress-like skin usually on the back of your thighs and sometimes on the arms, is caused by a change in the microcirculatory and lymphatic systems which become less effective.

All this is worsened by the accumulation of toxins and compounds that have not been metabolised, such as sugar, lipids and proteins that get stored in fat cells as triglycerides.

The study by Dr Mosca and Dr Rona explored the benefits of metallotherapy for the treatment of cellulite, in the copper, zinc and silicon fibres of the Texenergy fabric used in the bodysuit.

Metallotherapy is an ancient therapy whereby metals are placed on various parts of the body for healing.

Copper and zinc provoke biostimulation to restore microcirculation and help remove accumulated liquids and fat. Copper is a good conductor of heat, and stimulates a micro-current in the fabric. Silicon (from silica) protects the skin by keeping it naturally healthy.

The 21 women in the study were healthy, had

no hypersensitivity to the garment and did not change their eating or usual physical activities. They wore the garment for eight hours every day, for eight weeks.

During the study, non-invasive methods were used to check the skin's thickness, elasticity and stretchability, and the microcirculation and skin temperature were measured.

Within four weeks of wearing the bodysuit, the study showed, there were positive changes, with a quick slimming effect apparent. The women under study did not have any complaints, noting there was comfort even on very hot days.

I'm still wearing the bodysuit to bed but you could wear it just for a few hours during the day. A friend wants to wear hers during mahjong sessions; it's also decent enough (with a T-shirt on) to exercise in. Imagine the double action of circulation with that on.

According to G.B. Tosini, the sales director of Gafitex Trading, which markets the bodysuit in the US, Europe, Japan and Russia, it is also good for women with water retention during menstruation.

There is also a bodysuit



for men that could help them trim their tummy and get rid of cellulite as well.

The Texenergy bodysuit and other products are available at Panmedic Sdn Bhd, 66 Jalan Mega Mendung, Bandar Park, off Old Klang Road, 58200 Kuala Lumpur. Tel: 03-79810970, fax 03-79819359, email texenergy@panmedic.com.

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A therapy for pain

THE Texenergy bodysuit was first tested in hospitals in Italy for pain therapy more than 20 years ago, "initially for pain in the hips and back", said G.B. Tosini, sales director of Gafitex, manufacturer of the bodysuit and other products using the same fabric.

"Then it was discovered it was also good for getting rid of cellulite."

Tosini was in Kuala Lumpur recently together with Dr Etienne Fruh who presented a paper on Texenergy as a new technology for alternative therapy that is drug-free, at the 4th Malaysian Conference and Exhibition on Anti-Ageing and Aesthetic Medicine.

Besides the bodysuit, other products in the Texenergy range include foot savers, shoulder covers, lumbar belts, gloves, ankle guards, knee guards, socks, wrist bands and elbow bands.

The foot savers are good for sweaty and smelly feet: wearing them for at least eight hours a day will help remove dead and hard skin and prevent cracks, Gafitex says. I tested these and while having a foot massage a week later, my reflexologist remarked on how smooth the skin of my feet had become. Even the existing cracks had smoothed out. I should try them on my hands next!

The gloves are for those with sweaty palms, arthritis and contact dermatitis. The long socks are especially good for circulation and those who always suffer from cold feet. You could wear them on a long plane journey; diabetics whose circulation to the feet is particularly bad, would benefit as well.

The shoulder cover helps those with shoulder pain, and since it covers the upper arms, helps remove fat and cellulite from there.

Said Tosini, "That's very popular with Japanese women who seem to have cellulite more on their arms than on their legs."

There is also a versatile Texenergy strap that you can wind round your neck (for neck pain), or round your head for headaches!

Gathering Moss

The world of celebrity model Kate Moss expanded into a new line of clothes last week. **ERIC WILSON** was there.



Customers at Barneys clothing store in New York after the opening of the new Kate Moss boutique on May 9. The much-anticipated Kate Moss TopShop line debuted there. A portrait of Moss on the right.

KATE Moss pondered the question for a moment. Her shoulders heaved forward to hold up a wisp of fabric in a print of white barbed wire that could qualify as a dress only on her.

She gestured beyond the colossal security guards in three-piece suits, the scruffy entourage, the DJ girls with the cropped platinum hair wearing her little dresses, the waiters clearing the detritus of broken Champagne glasses left in their wake and the sea of gawking news-media types whirling in the background with notepads in hand.

Then she said what she wanted: "The world of Kate."

Moss touched the shoulder of Philip Green, the British retail king who introduced the first collection of Kate Moss frocks at his Topshop chain in London last week and escorted her to the seventh floor of Barneys New York for its American release.

You'd have thought by the turnout that Queen Elizabeth had popped in for a white sale.

"I never told you that, did I?" Moss said, clearly to the delight of Green.

"The world of Kate!" The British Press has not been entirely kind to Moss during her 19-year career.

Setting aside for a moment the September 2005 news-media storm over images published in

the Daily Mirror that indicated she had used cocaine, Moss' debut as a designer was clobbered by the London papers. A sample headline from the Daily Mail last Wednesday: "Hysteria and the Great Kate Moss Con."

But her fast transformation from working-class model to burgeoning brand name may be the most telling example of the current power of notoriety to sell clothes.

Even Moss, who has cultivated an unparalleled mystique as a model who rarely reveals what is happening behind her beautiful facade, was visibly overwhelmed by the turnout of more than 1,000 customers for the Topshop introduction in London.

"I was a nervous wreck," she said at Barneys. "I've always had a lot of attention to the way I dress."

I don't take that as a personal thing, like, 'Oooh, they like me.' They want a dress. Girls like clothes."

On Wednesday morning, surprisingly, there were fewer than 100 women waiting outside Barneys on Madison Avenue when it opened at 10 am.

At the front of the line, sisters Brittney and Danielle Hershkowitz, 18 and 16 respectively, had been there for four hours.

"I think anything she wears,

people want," said Brittney Hershkowitz, standing before a window display that included a tiered black chiffon dress like the one Moss wore to the Costume Institute gala on Monday (US\$575/RM1,955).

"She is very desirable, even after her drug scandal. I just don't understand that."

She's supposed to be a role model for young children, so I'm shocked that so many people still stand behind her."

Still, Brittney Hershkowitz said she loved the model's style and was intrigued by the paradox of her increasing success in the wake of the scandal.

"Personally, I forgave her," she said, "but I thought I was the exception." So did many other women at Barneys, scooping up US\$20 henley tanks and floral chiffon baby-doll tops for US\$120.

"That's her own problem," said Jane Ko, 31, a jewellery designer in Manhattan.

"It's more about her style for me. She has a magic touch. No matter what she wears, it's fabulous."

Her problems may have humanised her in the minds of a public insatiable for celebrity gossip and yet sympathetic to the scrutiny under which celebrities must live.

Rising above the controversy has become part of her appeal,

or perhaps an element of the Kate Moss brand.

When Simon Doonan, the Barneys creative director, created an unintended stir by playfully describing Moss' democratic appeal in the New York Post as "a working-class slag from a crap town, like me," a British T-shirt company was selling "working-class slag" T-shirts for £14 (RM90) at duplikate.net within the week.

"People want a piece of anything that has Kate Moss' name on it," said Mickey Boardman, a columnist for Paper magazine, who was at the Barneys event, having his picture taken against a wall covered with cardboard cut-out images of Moss' face.

"She really is a rock star. She makes me want to take drugs and smoke, and I hate smoking. She just looks glamorous all the time."

Later that night at the Waverly Inn, Moss gave a hint that she is well aware of the power of her image. As she swept past the table of a mischievous diner who had been to her party, he held up one of the Kate Moss masks to his face.

"Oh no!" she screamed, leaning in to reference a film that questions the power of identity and fame. "Being John Malkovich! Being John Malkovich!" — NYT.