



THE ONE QUESTION

WE ROUNDED UP 21
EXPERTS WITH SUPER-
INTERESTING JOBS AND
ASKED THEM: "WHAT DO PEOPLE
ALWAYS ASK YOU?"

BY KIRSTY CARPENTER

Is laser therapy sore? And what if I don't like it?



DR MAUREEN ALLEM,
OWNER OF SKIN
RENEWAL CLINICS

Laser hair-removal treatments require an average of eight to 10 treatments, about a month apart, so you can be virtually "hair-free" in a year and may require a maintenance session once a year thereafter. It's typically experienced as "hot" or "prickly", but compare that to the pain of shaving rash, ingrown hairs or having wax ripped off your skin and it's worth the result. Some clients are concerned that trends may change. If anything, consumers keep trying to get less and less hairy. It's unlikely that there will come a time when having long, uncomfortable armpits or bikini lines will become fashionable again.

Why did you choose to be an entomologist?



JULIE COETZEE,
ASSOCIATE
PROFESSOR,
RHODES UNIVERSITY
DEPARTMENT
OF BOTANY

There are more insects than any other group of organisms in the world. However, there are about seven mammalogists for every species of mammal, but only one entomologist for every 425 described species of insect. While insects conjure negative emotions in a lot of people, there are numerous beneficial ones that provide essential ecological and economical services to society and the environment. I work on insects that control invasive alien plants, providing a sustainable, environmentally friendly solution to the problems these plants pose. I love insects' diversity in both form and behaviour and the fact that anywhere you go, there will always be an interesting insect to watch, from natural areas to dirty kitchens!

Why didn't my IVF treatment work?



**DR SALEEMA
NOSARKA, FERTILITY
SPECIALIST**

There are so many factors that affect IVF

outcome. Not every good-looking embryo is equal to a live baby – the success rate remains at 30 to 40 percent. Implantation is always the limiting step and, although we can examine the uterine cavity, we can't ensure implantation. After the age of 40, egg quality is not good, so success rates are low. Even if you do conceive, there is an increased risk of chromosomal foetal abnormalities. Sperm quality also plays a role in IVF outcome. Sometimes, we just don't have an explanation why the treatment didn't work – and this is hard for patients to accept.

What's your style of cuisine?



CHANTEL DARTNALL,
AWARD-WINNING
CHEF AT RESTAURANT
MOSAIC AT THE ORIENT
Botanical Cuisine,

using only the best seasonal produce that's available and taking my cue from nature. I like nothing better than presenting the art of nature on diners' plates. I believe it's vital to serve visually appealing dishes that tell a story and start stimulating the diners' senses from the moment the food arrives at the table.

How do I incorporate traditional African foods into my eating plan?



MPHO TSHUKUDU,
DIETITICIAN AND
SPOKESPERSON FOR
THE ASSOCIATION
FOR DIETETICS IN
SOUTH AFRICA (ADSA)

Traditional African foods are healthy depending on how they're prepared – they're mostly slow-cooked and low in fat. The grains are whole, ensuring that they retain all essential nutrients. Grains and root vegetables are low-GI and high in fibre. Fresh morogo leaves are higher in protein, vitamins and antioxidants than spinach. Fresh fruit is also high in antioxidants and can be added to smoothies and salads, while meat is cooked without additional fat. For variations, flavour the foods with spices and herbs to improve the taste.



WILL YOU TAKE CONTROL OF ME?



DR CECILE GERICKE,
CLINICAL HYPNOTHERAPIST

No! Clinical hypnotherapy is a strict medical process where the client is in control. It's an increased sense of concentration of the mind and relaxation of the body. The subconscious is completely aware and won't allow you to get into trouble as it's standing guard to protect you. We use hypnotherapy by deep breathing; clients can do it themselves or we can guide them. While the body is in deep relaxation and the mind is alert, we work within that. The stronger you are, the easier it is to be hypnotised by a professional. It's a far cry from the fun of staged, non-medical hypnosis. By reaching the root of what happened long ago, we reintegrate the parts with a different description. Many people think of hypnotherapy only as regression, but there are about 12 states, including progression.

Is painful sex normal?



**DR ELMARIE MULDER
CRAIG, PRESIDENT
OF THE SA SEXUAL
HEALTH ASSOCIATION
AND SEXOLOGIST**

Nearly 75 percent of women experience this at some time during their lives. For some, the pain is only a temporary problem; for others, it's long-term. You may be tempted to dismiss sexual pain as "all in your head", but don't make that mistake. Sexual pain is real, no matter what its cause. It can have much greater consequences: fear of sex, lowered sex drive and overall loss of intimacy. Contact a registered sexologist asap.