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\* The \*\* Hollywood \*\* Special \*\*







Rebecca Adlington

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# London Mum 22 LL

Alice in Wonderland Special Charles

# Welcome to the London Mums magazine Hollywood Special.

Who better than Johnny Depp could represent

Hollywood! Recently I had the pleasure of meeting him while he was in London promoting Disney's new film Alice Through The Looking Glass where he reprises his role as the Mad Hatter. I was

star-struck and impressed by his young look at 52. At the global press conference, I had to fight to get my question in because Johnny is the ultimate VIP and one of the most iconic artists of our generation. But I was lucky enough and enjoyed his gaze even for just five minutes while he talked to me. His intense deep look is one of a kind! Find out more about him in my interview.

HELLO000

Dear London Mums

In tune with our Hollywood theme, you will enjoy my ten minutes' chat with Jon Favreau, another super talented actor, director and producer behind films such as Iron Man, The Avenaers, Chef and Friends. I met him while he was recently in London promoting his latest directorial masterpiece, Disney's new CGI animated film *The Jungle Book*. My interview sheds light into the work behind the scenes of a movie that will become as iconic as the original animated version.

The Hollywood fun doesn't stop there - our resident film critic Freda Cooper checks out this Summer's A-Listers on the big screen.

The London Mums' shopping pages are filled with lots of inspiration for children's books, Alice in Wonderland inspired products, Baby essentials and special offers on shows and attractions.

UK's most trusted GP Dr Anshumen Bhagat tackles mums' problems with perimenopause in our popular Ask the Doctor's section.

Last but not least, you can find out why Olympic champion Rebecca Adlington prefers being a mum than a competing athlete in our exclusive interview.

Summer is set to get hotter thanks to exciting sporting events, Rio Olympics, Euro Football Cup, the Wimbledon Tennis Championships as well as scorching events in the capital including concerts in Hyde Park, street parties to celebrate the Queen's 90th Birthday, and new West End shows like Harry Potter and the Cursed Child and Aladdin for which we have secured up to 60% OFF tickets via our dedicated site londonmumsmagazine.entstix.com Register now at www.londonmumsmagazine.com and

www.youtube.com/londonmums for the latest London events, films, vlogs, movie stars' interviews and books' releases.

I hope you will love reading our Hollywood Special as much as we have enjoyed making it!

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Monice

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Exclusivel Go to page 6 to nd out why the Mad Hatter has

become mad

Editor in chief Monica Costa. Founder of London Mums & mum of nine-year-old Diego. Let me know what you think of this issue at monica@londonmums.org.uk or via Twitter at @londonmums



Johnny Depp

Exclusive behind the scenes of Disney's Alice Through the Looking Glass with Mad Hatter in person

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for Kids

Sequel to Alice in Wonderland, Alice Through the Looking Glass has reunited Tim Burton's loyal crew including director James Bobin, and lead actors Johnny Depp, Mia Wasikowska and Helena Bonham Carter along with new recruit Sacha Baron Cohen for an adventurous time travel fantasy.

I was lucky enough to be invited to the global press conference in London and more importantly to be picked to chat with Johnny Depp in person (if only for a short time) about his quirky and sweet Mad Hatter.

Johnny Depp is no stranger to controversy. At 52 years of age he still looks quite young (he always has since 21 Jump Street where they made a film out of his young look) and has a very intense way of looking at you. He's still so attractive because he is confident and does not care what people think of him (so much so that he does not even use social media). Johnny Depp is not afraid to play weird characters such as the Mad Hatter, Willy Wonka, Captain Jack Sparrow and Edward Scissorhands to name a few. His carelessness gets him sometimes into trouble (remember the dog smuggling issues with the Australian authorities) but more often his pranks are forgiven even when he mocks politicians. His recent 'brat' impersonation of Donald Trump in the Funny or Die spoof will be memorable. No matter what role he plays, he fully embodies it. That is exactly why the world loves Johnny Depp so much and why he is considered one of the most iconic actors of his generation.

Meeting him at the press conference was quite an exciting experience. Being in the same room with such a Hollywood Royalty was an adrenalin fueled experience. You cannot avoid feeling completely starstruck. Here is what he had to say about reprising his role as the Mad Hatter and his first love.

Johnny, did you enjoy bringing the wonderful Mad Hatter back to life, but also exploring different characteristics that we didn't see in the previous film?

JD: It was great to come back and explore the story of Alice and the Hatter. This story shows a very different side of the Hatter, beyond the multi-personality. It shows a Hatter that goes near to his lowest point.

#### Johnny, considering this is the second time you played the Mad Hatter, what stayed with you?

D: Being back filming with the Hatter was a real treat, because you always feel there's something more you could do with that character. I should have put that there and so on. But coming back, I had the opportunity to do that and give a more interesting Hatter performance.

You've now started giving concerts with your band Hollywood Vampires. When you are on the stage what happens to who you are? Is it the real Johnny Depp or is it a character?

JD: Music was my first love at the age of 12 and I haven't stopped playing since. It's still my first love. But there was a certain point when I reached that area of what they call a career, people start to know who you are from one particular field and, having been a musician all my life, I knew that it was over. That dream that I had since I was 12 was done, over with. I was fine, I played on people's or friends' records and kept a low profile. We had Alice Cooper in Dark Shadows and he asked me to jam with him, which was a real honour. We played a few songs and then he asked me to write some songs with him so I wrote about five or six. I came to LA and then suddenly, after thinking I was writing songs for Alice Cooper, suddenly it turned into this Hollywood Vampires thing. In a weird way, that dream that I had left behind became a reality, in a sense, where I didn't have to do that ridiculous shit where I had to be the frontman. I'm not built for lead singer syndrome. I just get to play the guitar, stand in the dark, and it's great. It's like movies have become my day job.

Johnny, we get to see the Hatter as a sweet little boy with a creative flair, then we're left wanting to know more about him. What can you tell us about how he got mad? Is there ever going to be a prequel or stand-alone Mad Hatter film?

JD: Harvey Weinstein went mad once, Disney made him mad a couple of times. The thing with hatters back in the 19th century was that if they were doing a beaver pelt top hat, the glue they used would be rife with mercury. Hatters going a bit sideways was then a thing. And I figured it was the mercury. But yes, hatters going mad is a true story.

#### The tea party where Time (Sacha Baron Cohen) attends is such a great scene. Was that fully scripted or how was it done?

JD: Some of it. Sacha and I enjoyed talking a lot. If you ever dive into the depths of the DVD extras, you'll find moments of us just making the noise "mhm" at each other for about five minutes. It was probably 30 minutes of James letting Sacha and I just go. When you're 15 minutes into this improv and you don't see any way it would stop, peripherally, I just saw crew members walking off to lunch, thinking we probably have to end this soon, but we didn't, it was fun.

# LONDON MUMS' TEATIME CHAT WITH JOHNNY DERP

EXCLUSIVE BEHIND THE SCENES OF DISNEY'S ALICE THROUGH THE LOOKING GLASS WITH MAD HATTER IN PERSON BY MONICA COSTA Johnny, you've touched a little bit on how you explore different sides of the Mad Hatter character. How was it playing a slightly less mad version this time? There's a scene where Alice says that she makes no sense compared to you. Was the preparation for the character different from the previous one? Also, do you think in the five or six years since the last film, that time been on your side?

time. In the first film, the Mad Hatter is the Mad Hatter – there's a good deal of license you can take and interesting places you can travel in the context of the character. But when you're dealing with the Mad Hatter that has gone noticeably further down the road of insanity, it's like that problem when you have a mental dilemma and you don't know about it: it's great, but when you do know you're crazy, it'll eat you alive. I think this Hatter has so many things he has to question and he has to travel in so many different spots. So basically it's taking the Mad Hatter and making him infinitely madder, confused, lost, paranoid or even violent, which was a great challenge. When we talked about it initially, it was the idea of "what is madness to a mad person?". It

JD: It was really interesting playing the Hatter this

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Johnny, part of the movie is about family and getting family together. If you had the chance to give your six-year-old self advice and maybe change your future, what would you say?

JD: First thing I would say is: search for simplicity. Stay away from everything that makes people stare at you in a restaurant or makes them follow you in cars and motorcycles back to your hotel. Try to avoid people who write incredibly, though sometimes entertaining, but incredibly ludicrous fiction about you and your family. Those would be a couple of things I would say. But I would probably also say that if anybody gives you any shit, just beat the f\*\*\* out of them.

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Read my review of *Alice Through the Looking Glass* on the London Mums Magazine website **londonmumsmagazine.com** and watch my interview with Johnny Depp on YouTube along with kids' first reactions to the film www.youtube.com/user/londonmums/

lohnny Depp photobombing n my selfie Johnny as Pirate Jack Sparrow in Pirates of the Caribbean



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# JON FAVREAU IS THE NEW KING OF THE JUNGLE

# EUROPEAN PREMIERE

London Mums editor Monica Costa talks to Jon Favreau about his latest movie *The Jungle Book* based on Rudyard Kipling's timeless stories, and inspired by Disney's classic animated film, with an approach all its own

Q: Can you tell us an anecdote about your interactions on set with Neel (newcomer Neel Sethi who plays Mowgli) to make him believe to be in the Jungle with the animals? The Bear Necessities scene is incredibly funny – what tricks did you use to keep him engaged for 9 months and allowing him to be so engaging for the audience?

JF: Neel was a very interesting kid and had a lot of charisma and confidence. When I hired him he had never really acted before but he was fun to watch on camera and he reminded me of Mowgli from the animated film. But we did have to keep him engaged because he was a 10-year old kid at the time. He's the only actor in the movie that's not digital so a lot relied on him. Sometimes we would have other actors working

with him whom we would paint out and replace with the CGI animals later. Sometimes we would have puppets designed by the Jim Henson company (the Muppets' creators). So he was always dealing with something real to look at, either a person or a puppet. It seemed to brighten him up in his performance. When we were filming the Bear Necessities' song, we had a floating Baloo (voiced by Bill Murray) type of raft but where the head would have been, that's where I would stick my head so when he was looking at Baloo. I was splashing him and squirt water on him while we were singing together. I just wanted it to be the highest point in the film and for Neel to have a ball. The best way to do it is to have a good time. The camera picks it up.

Q:Your Jungle Book is an absolute genius piece of modern filmmaking. But it was risky of you to re-make such a beloved iconic film. What was the motivation behind your decision?

JF: The things the people loved about the movie were things that we could preserve. But

the older film from 1967 left a lot of room for us to expand upon it without changing what it was. Beyond that it was really about exploring these characters further showing them in a more photo-realistic way. And if we included the right songs and the right moments and cast the characters in a way that was consistent with what people feel about the old characters, I thought we would be in pretty good shape especially if we added some really good special effects.

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Q: Mowgli has three father figures in the movie. As a father yourself, which character do you feel closer to? If you hadn't been behind the camera a lot masterminding and directing the film, which one of the main characters would you have chosen to play?

JF: It depends because when it's me and mum, I am probably more like Bagheera (voiced by Ben Kingsley) who is a little bit tougher and more about the rules but in general I am more like Baloo because we laugh a lot together and we have fun. I don't really try to change who my kids are as people. The only time when I am tough with them is if I feel that they put themselves in danger. And it's very much like Bagheera, who is very tough because the jungle is a dangerous world in this movie and Mowgli needs to get out of there before fearsome tiger Shere Khan (voiced by Idris Elba) finds him. But I like how Baloo in the film encourages him to be himself and isn't trying to change him. Baloo teaches him in the song Bear Necessities to appreciate the things they have and enjoy the simple things in life. I got to play the part of Baloo when we were figuring the story out and my son got to be Mowgli and then later we were replaced by the actors. It was fun but Bill Murray is better than me. It's a hard role to play.





Q: Why is The Jungle Book so current and universally appealing 50 years after Disney's animation and 100 years after Kipling published his stories? What is the Jon Favreau's personal stamp on this movie?

JF: It's the tone and the way the humour is used. Hopefully the way we balanced the emotion, the scary and fun parts. 50 years later the themes have changed and our relationship with nature has changed. I like the fact that Mowgli feels responsible to nature whereas in the older versions of Jungle Book Mowgli was trying to



conquer nature. Here the theme for our kids' generation is nature is something that's delicate and as humans we need to protect it.

O: I couldn't conclude this interview without asking you a guestion on your work in Friends. Would you like to be involved in the making of the Friends film maybe as the director?

JF (giggling): Friends was only 6 episodes for me and was fun to do. I am proud of that and especially here in the UK people recognise me for playing Pete's character. But it's the work that I have done after Friends as a writer and director that I feel more connected to because I have spent years on working.

Watch the extended interview with Jon Favreau on YouTube on the London Mums dedicated Channel.

www.youtube.com/londonmums

Images credits James Gillham / StinaMedia for Walt Disney Studios and Ian Gavan/Getty Images for Walt Disney Studios



# A Summer of A-Listers

By Freda Cooper

After a spring packed with superheroes, blockbusters and animation, comes a summer with more variety than you might expect. There's plenty of family films for the holiday, but there's comedy, fantasy, thrillers and even a western. And they all have one thing in common – a Hollywood A-lister at the top of the cast list.

London Mums' resident film critic checks out the top names on the big screen.

#### 



Matt Damon is an A-list regular, thanks to roles including The Talented Mr Ripley (1999), The Oceans series and, more recently, The Martian (2015). This summer sees his fourth outing as the titular Jason Bourne (released 29 July). Not the most exciting of titles. true, but based on the previous films in the series, this promises to be action packed, tense and just a little bit dark. And his co-star, Alicia Vikander, is something of an A-lister herself.



Ellen DeGeneres spends most of her time on TV, but is still one of the biggest names in Hollywood. Her last appearance in a feature film was in 2003 in Disney's Finding Nemo and she returns to cinemas on 29 July in its sequel, Finding Dory, when she again provides the voice

forgetful blue tang, Dory, With an all-star cast that includes Diane Keaton, Idris Elba and Dominic West, the film's been a long time coming, but looks like being more than worth the wait.

Chris Pratt has had a meteoric rise. After Parks And Recreation on TV, he was catapulted onto the A list by the unexpected popularity of Guardians Of The Galaxy (2014) and hasn't looked back since. September sees him taking to the saddle in the re-make of the classic western, The Magnificent Seven, alongside another A-lister, Denzel Washington. Fans of the previous version from 1960 may be wondering why a re-boot is necessary. We'll have to wait until 23 September to find out.

With a line-up like that – and much more – over the summer months, we'll be spoilt for choice. One thing it certainly doesn't lack is star power!

# 

Melissa McCarthy is one of the highest earning actresses in Hollywood. Her breakout role in Bridesmaids (2011) earned her an Oscar nomination and she's been a mainstay of big screen comedy ever since. Currently in cinemas in The Boss, she's next seen in the all-female re-boot of Ghostbusters (released 15 July). While the film's first trailer was voted the most unpopular ever on YouTube, a second one has been better received. You can make up your own mind soon!



Robert Redford is one of Hollywood's leading lights. with a movie career as an actor and director that goes right back to the mid-1960s. He's also a major player in Disney's other big summer offering and latest live action re-make, Pete's Dragon (released 12 August). The original was released in 1977 and. with Disney on a roll when it comes to re-booting its animated catalogue - think Cinderella and Maleficent this story of a little boy and his dragon Elliott should be heading in the same direction. But Disney is keeping very quiet about who will be voicing Elliott.

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Fest magazine



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Editor Monica Costa caught up with double Olympic champion and new mum Rebecca Adlington during the European Aquatics Championships to talk about the joys of motherhood and her involvement in Rio 2016.

# **Q:** Can you tell London Mums an exclusive anecdote about your London 2012 Olympics when you won two Olympic medals?

**RA:** For the London Olympics I had 4 suitcases full of kit, so I tweeted a picture of my bags with all my belongings out everywhere. I wrote a caption about being at the Athlete Village in the Olympic Park and the next day a newspaper printed my picture and wrote "Adlington Trashes Olympic Room". I couldn't believe it!

## Q: In the lead up to the Rio Olympics a lot of pressure is put on athletes to bring back a medal. What is your recipe for success in sport?

**RA:** Just hard work. I worked so hard and let the swimming speak for itself. Any time that I felt doubt or pressure, I just remembered all the work I had done in the pool and used that as confidence. The athletes just need to remember what they're doing and focus on that, and look back on the good sessions that they had and perfect what they did in training. I had a great relationship with my coach because we kept the communication open and really worked as a team.

# Q: You retired a few years ago from competitive sport. What will you be doing during Rio 2016?

**RA:** I will be flying to Rio to work for the BBC as a swimming pundit. I absolutely love doing live TV and I am there to give my expertise and background of the sport. I am not there to judge but simply to help people understand how the athletes may be feeling after their races and why they may be feeling like that.

## Q: Last June you gave birth to your first child Summer. What are your views on body image and the pressure mums are facing to get back into shape straight after pregnancy?

**RA:** Summer is my first child, so I didn't feel the rush to get back into shape. I'm still not back to what I was before I gave birth, and that's fine. When you have a baby your priorities change.

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As much as I love working out and going to the gym, I don't work out every single day, I work out three times a week and that's it, because the rest of the time I want to be with my daughter. I think it just happens over time; when she'll start nursery I will have a bit more time to get back into shape. My body is not a priority when I can just take my daughter swimming or take her to a class. My focus is on my child and being the best mum that I can be, rather than worrying about getting my body back. I didn't start losing weight until about 4 months after I gave birth. I put on 4 stone during pregnancy so I just took my time with it. I still have some weight to shift. That will happen when it happens, and I would need to stop loving food so much in order to do that!

# **Q**: How has your view on life changed since having a daughter?

RA: Life is completely different! I am now much more of a worrier. I never thought I was a maternal person but now I am always worrying about Summer. Becoming a mother makes you a lot less selfish. I have my 'mum-head' on and I'm always wondering if she's OK. I would say that I am really 'mumsy' now. I don't worry about petty stuff in my life anymore. Whenever I'm feeling a bit stressed, she'll just smile at me and my heart melts, and that makes me forget about the stressful things.

## Q: What are your biggest challenges as a mum in the public eye? How do you balance your work life and your family life?

**RA:** One of the biggest challenges is balancing work and motherhood. I definitely feel guilty being a working mum. A lot of new-mums will take 6 months maternity but I only took

2 months. I love my work and I want to give Summer the realisation that you've got to work to be successful. Both my parents worked when I was growing up and I don't want Summer to think that everything is handed to you on a silver plate. I never felt I missed out because my parents worked.



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## Q: You are a self-professed "foodie". What is your diet during an average working week?

RA: Before I retired from swimming, food was my fuel. I ate really well but huge portions of everything every single day. My mum and sister would cook things like lasagne for me and I didn't eat bad food, as I needed to fuel my body with goodness. Since retiring, I've had to adapt to not eating large portions, which was tough at first, but now I eat normal portions and good food.

#### Q: What is your parenting style?

RA: I am definitely bad cop; I'm a bit stricter than Harry. I'm the one who has to say "no" to Summer more. I make sure that she has everything she needs. I'm more practical – if Harry asks 'why is she crying' then I go through the list of possibilities with him. Whereas he just loves playing with her and having fun.

#### Q: Where do you like to take your daughter in London?

RA: We live in Manchester so we don't go too frequently but Harry is from London so, when we can we love going to the parks and the Queen Elizabeth Olympic Park is great fun with so much to do.

#### Q: Who is the person who has inspired you the most throughout your life and why?

RA: My selfless mum. She is a superwoman and my hero. She has done everything for me and has given up her whole life just so I can live my dream. Whilst doing all that, she was looking after the house and my two sisters too. She gave my sisters the same care and attention as she gave me; I don't know how she did it.

Q: Do you have a famous celebrity crush? RA: Chris Hemsworth, who plays Thor. He's just beautiful.

Q: Where do you like to go on holiday with your young family?

RA: I love holidays! Any of the Greek islands -I love the food and the people. I also adore Italy. Anywhere that's hot and has great food, I'm there!

Q: What is your guilty pleasure?

RA: Rubbish TV... after a long day, I love just watching something trashy like Keeping Up With The Kardashians.

## Q: What would you recommend to parents wanting to get their children into competitive sport?

RA: I recommend that they do their research. I'm from Mansfield and there isn't a lot going on there. We've never been around anyone who comes from sport so my parents had to research everything from where to take me for training to what to feed me etc. Knowledge really helps and not being too pushy. My parents never pushed me, it all came from me. I've seen pushy parents and I just feel so sorry for the children as they clearly don't want to be there. It never ends well being a pushy parent. When I was 12, my parents just handed me to my coach and let him take the reins and trusted him to know what he was doing.

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It has a peppy design so it's a board kids can call their own, but underneath it's got all the quality signifiers you'd expect of a Red Paddle Co board: it's made using the same TecAir process as the rest of their range; passes through the same quality control checks; and comes in the same innovative backpack.

In other words, it offers the authentic Red Paddle Co experience, just packaged for the next generation of paddlers.



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# **Baby Essentials**

London Mums' handpicked gorgeous accessories for little angels from Little Warblers, created by mumpreneur Christy, busy mum of two active boys, and passionate about providing stylish and comfortable products sourced from New Zealand and Australia that parents can feel proud to use



**Trolley Liner** RRP£34.99

> **Pram Blanket RRP£29.9**





& Harness Covers **RRP£39.99** 

**Change Table Mat Cover RRP£27.99** 



www.littlewarblers.co.uk

# *Ready for bed...* sleepyhead

## Walk the walk

As children grow and start to take their first steps, they need all the help they can get. At Slumbersac we understand the importance of toddlers learning to walk and explore the world around them for the first time! Slumbersac with feet have been exclusively designed as the perfect solution for active toddlers and young children, offering practicality and convenience to encourage a peaceful night's sleep.

## Safety First

With safety in mind, these practical bags are designed to prevent little ones from tripping over, especially when they are first learning to walk, with new innovative styling that allows young children to pull their feet inside the sleeping bag when going to sleep and once awake they can pop their little feet through the cuff openings to move about freely again.

## Size it up

Slumbersac has a wide range of designs, featuring beautiful embroidery, appliqués and prints, available in four sizes from 12 months to 4 years. The tog size determines the thickness of the sleeping bag, depending on the season and room temperature. All Slumbersac sleeping bags are made with exceptional quality 100% cotton and are machine washable and tumble dryer safe.

Save 15% when ordering your Slumbersac sleeping bag with feet online. plus Enter code LM15 at checkout. FREE

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The creator behind the new doctor-ondemand app GPDQ, Dr Anshumen Bhagat, is a London-based GP with 15 years' experience straddling the NHS and private healthcare sectors.

#### **QUESTION:**

I am 45 years old and I have started having irregular periods, hot flushes, sweaty night time and mood swings. I took blood tests and all looks fine. Does it mean I am already on pre-menopause? I am not ready for it as I still feel too young for it and I don't know what to do... (Cecilia from Chelsea)

#### **ANSWER:**

Most women notice the symptoms of perimenopause between the ages of 45 and 55, with age 51 being the average age for a woman to have her final menstrual period. The symptoms can begin from 2 to 10 years before actual menopause. You're officially in the menopause phase once you haven't had a period for a year, which then goes on to the postmenopausal stage. Your symptoms may continue for a while once you're postmenopausal, but they typically become weaker and less frequent over time. Some women can experience menopause early (before the age of 45), either as a result of a surgical intervention or damage to the ovaries. Menopause that occurs at 40 or younger is considered premature menopause.

Perimenopause is a completely natural process for women, so there is no need to worry if you are experiencing the signs in your 40s. Common physical and mental symptoms include:

- Period changes (shorter, longer, heavy or light bleeding. You may even miss a few periods)
- Mood changes (depression, anxiety, irritability, mood swings)
- Vaginal dryness due to decreased production of estrogen
- 28 Summer/Autumn 2016 Iondonmumsmagazine.com



THE DOCTOR Dr Anshumen Bhagat

- An increase in fat around the waist
- Sexual intercourse may be painful due to vaginal dryness
- Less sex drive. Hormonal fluctuations can cause loss of interest in sex

If your symptoms are annoying but don't stop you from getting through your daily routine, you may not need treatment. On the other hand, if they are making you uncomfortable, your doctor can provide treatment that may help you feel better, including medication and/or lifestyle changes.

Your doctor may recommend the following medication to relieve the perimenopausal symptoms:

 hormone therapy (estrogen or a combination of estrogen with progestin, the synthetic form of the hormone progesterone)

2) an antidepressant to help stabilize your mood.

Many women choose the 'natural' route for perimenopausal symptom relief or simply decide to try it first to see if they can get relief without medication (and avoid the risk of side-effects). But whether you use medication or not, you can still benefit from making the following lifestyle changes:

- Eat a healthy and balanced diet that includes a variety of fruit, vegetables, and whole grains
- Get at least 1,000 to 1,200 mg of calcium per day
- Exercise regularly
- Keep a food diary to find out if what you eat is making your symptoms worse or better
- Try out herbal remedies that some people find very useful e.g. Red Clover

# Baby comes to bootcamp in Tuscany (but with delicious food, Italian songs, and support for local charity!).

Imagine enjoying fun fitness classes out in the fresh air, with gorgeuos views of the Tuscan hills and Lake Montedoglio.

Imagine enjoying delicious, healthy Italian food and tasting excellent Italian wines, yet still loosing weight.

Imagine taking your kids with you but still relaxing with a massage and swim because an on-site babysitter looks after them and entertains them.

Imagine no further. Mum And Baby Experience is a fitness break with a difference. You can take your children with you on these bootcamp style breaks and do as little or as much as you want. The combination of breathtaking Tuscan countryside views with healthy living is the perfect combination.

Accommodation is in the stunning Villa Radicata, a comfortable renovated farmhouse with fenced pool and large garden full of fruit and chestnut trees The area is Caprese Michelangelo, Tuscany, birthplace of Michelangelo.

A well rounded, nutritionally balanced diet with wholesome organic food is prepared for you by our

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\*10 % of all bookings goes to the adoption charity, adoption through comedy www.crowdfunder.co.uk/through-comedyfind-adoption-and-foster-families Flights to Perugia for included airport transfer although pick up can also be arranged from Florence or Bologna. Breaks are suitable from babies to 10 years old.

chef and eaten outside under the pergola. We source food locally, (for example eggs are from our neighbour's

> chickens), not just because it is more tasty but because it also lowers our carbon footprint.

Classes are a fun combination of zumba, cardio, aquarobics, pilates and walks. Children also do zumba along with Italian and cooking lessons, arts and crafts.

A trip to the medieval town of Anghiari, visit to the local market and shoe outlet and massage gives you a chance to relax after all the exercise!

> **10% OF** All BOOKINGS goes to the adoption charity\*



#### Mad Hatter Costume For Kids RRP £30.95

This costume brings the Mad Hatter's muchness to any fancy dress occasion! The jacket has frilled lace cuff detailing, colourful ribbons hanging from the pockets and a detachable bow at the neckline.

#### Alice Soft Toy Do RRP £16.95

Inspired by the classic Disney film, this doll wears her signature pretty satin blue dress with a white trim, and a white apron with a big bow on the back!

Alice In Wonderland





Mad Hatter Doll, Alice Through The Looking Glass RP 225,95 This Mad Hatter doll captures all the quirkiness of Alice Through The Looking Slass. Designed to reflect the tea-loving nat maker's on-screen appearance, he has curly orange hair and one of his rany hats.

All products are available from DisneyStore.co.uk



Disney classic stretches around this lovely mug to serve hot drinks with a helping of Alice In Wonderland magic.



Alice In Wonderland Costume For Kid RRP £30.9 This classic Alice in Wonderland costum is perfect for a party, with a beautiful sati skirt and net underlay, puffed sleeves an gemstone button detailing



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