

GLADIATOR TELLS HIS RABBITS: UNLEASH HELL

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The Daily Telegraph

WE'RE FOR SYDNEY

Mine tax deal puts a freeze on super

DANIEL MEERS

AUSTRALIANS will have their superannuation guarantee contributions frozen for the next seven years as part of a compromise deal to abolish the mining tax.

The compromise is expected to cut contributions to Australian workers by \$128 billion, after a planned increase from 9.5 per cent to 12 per cent by 2019 was delayed until July 2025. The current rate will remain locked until July 2021.

The government made the concession as part of a compromise deal with Clive Palmer to get the abolishment of the mining tax through the Senate.

The shock deal was brokered yesterday morning between Mr Palmer, Treasurer Joe Hockey and Finance Minister Mathias Cormann.

It was signed off by Prime Minister Tony Abbott shortly before 12.30pm and passed in the Senate 36 votes to 33.

The government has now axed both the carbon tax and the mining tax as promised inside their first year in power despite a shambolic Senate.

The mining tax brought in only \$668 million, despite the Labor government predicting it would earn \$3.3 billion.

Australia's Budget will be \$10 billion better off after the abolition of the mining tax, but the compromise deal, which includes keeping the means tested School Kids Bonus until 2016, is \$6.5 billion less than the original proposal.

Prime Minister Tony Abbott declared the delay in increasing superannuation would keep "more money in workers' pockets".

Mr Hockey accepted the government had made a serious concession, but declared they would continue to govern despite the Senate make-up.

"This is not our preferred option," he said.

"But it is the only option that has been on the table.

"If people think that this is going to have a long-term im-

Clover now employs 15 media advisers costing \$1.5m a year

MOORE SPIN

EXCLUSIVE
MILES GODFREY

THEY might be tasked with trying to spruik \$2.5m milk crates and barren cycleways to dubious Sydneysiders but, even so, Lord Mayor Clover Moore's 15-strong, full-time public relations team – costing ratepayers \$1.5 million a year – seems a bit rich.

The PR force, which leaves Tony Abbott and Mike Baird's comparatively humble media teams of just four in the dust, comes close to matching US President Barack Obama's spin unit.

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body+soul DAILY

What's trending on
bodyandsoul.com.au



1. Common mistakes men make when shaving
2. Ten things to ditch from your bachelor pad. Now.
3. The 7 day detox plan
4. Kick start your day with lemon and water
5. Why "holding on" is bad for your health

Papaya and
grapefruit (below)
are great natural
beauty aids.
Pictures:
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Putting a spring in your step



Daniela Ongaro

Spring is here and there it is again — that delicious desire to fling everything open and embrace a fresh, new start. So it's time for a good clean-out to expel the old and make way for the new. We asked three experts in beauty, diet and fashion for their best tips to have you looking and feeling good — inside and out.

Renew your skin

Nature provides all the foods you need in spring to cleanse and detoxify the body, says Carla Oates, The Beauty Chef (beautychef.com) and best selling author of *Feeding Your Skin*.

"Spring harvest offers delicious fruits, an abundance of green vegetables, and herbs that will help push out of the body all the toxins accumulated in the sedentary winter months to give you healthy, radiant skin, hair and nails," she says.

"Best of all you can apply lots of foods topically as simple face masks and body scrubs."

• If you have a lemon tree, you are already on your way to a radiant complexion. Good gut health is the key to glowing skin so kickstart your morning with water and a splash of lemon to effectively clean out the liver. Fermented foods and probiotics are essential.

"If your gut is out of balance with a predominance of bad bacteria then toxins can sneak through the gut wall and into the bloodstream causing havoc to body and skin," she says. • Beauty begins in the belly. Green vegies are essential but try papaya and pineapple in breakfast smoothies as they are rich in enzymes to aid digestion. Juicing is great but try using juicers such as Vitamix which retains all the internal cleansing fibre. Juice without the fibre is a heavy load of fructose on the liver. See separate box for a papaya face mask recipe.

Papaya face mask

A papaya face mask rich in skin-loving vitamins A and C will dissolve dead skin cells accumulated during winter and give you a rosy cheek glow. 2 ½ tbsps papaya juice 2 tsps lime or lemon juice (apple juice for sensitive skin) 1 tsp strong cooled green tea 1½-2 tps citrus pectin Mix liquids together then slowly whisk in the citrus pectin until it forms a gel-like consistency. Apply to a clean face, neck and décolletage and leave for 15 minutes. Rinse well with warm water and wet flannel.

- Clean out the medicine cabinet and relegate heavier skincare creams to the back. Instead, use lighter, more clarifying formulations.
- Dry body brushing with a natural bristle brush will exfoliate dead skin cells, reduce cellulite and help drain the lymphatic system of toxins. Always brush towards the heart. Start from toes up then from shoulders down. At least three times a week will have you glowing in no time.
- Epsom bath salts (rich in detoxifying sulphur and relaxing magnesium) will also help detoxify the skin. If you are pregnant or have any serious condition consult your doctor before trying.



If you haven't worn it let it go when rethinking your spring wardrobe.



Accessories are key. • When shopping stay focused and research the best colour-palette, hem-length and fabrication you need to invest in for the next few years. daniela.ongaro@news.com.au

• Grapefruit helps decongest areas of the thighs and buttocks. For a great body scrub: 20 drops grapefruit essential oil, 1 cup sugar, ½ cup coconut oil. (If pregnant, consult a health practitioner before using essential oils) • For a stimulating scrub add 2 tbsps ground coffee and 2 tbsps cacao to base of oil and sugar.

Review your diet

Spring promotes the urge to eat healthier foods but there are more than a few traps that can trip up the unwary, says Dane Fuller, nutritionist with lifestyle transformation program A Season Of Change.

- Don't forget the liquid calories: Kick-starting your morning with a coffee is fine but many people do not account for the calories. A full fat latte with 1 tsp sugar is 159 calories — or a 44-minute walk. Liquid calories count as much as the ones on your plate. At zero, water is definitely the best choice, but for flavour add a squeeze of your favourite citrus, or slices of cucumber and mint.
- Ditch "low fat" or "fat free" foods: These are often loaded with sugar and chemicals that will do more harm than the full fat more nutritious alternatives that will keep you fuller for longer. For a snack try half a chicken wrap, a banana or a slice of wheat bread and peanut butter.
- Don't overdo "healthy" foods: Eating healthy food doesn't mean it's a free for all. Nuts, humus and protein smoothies are all super healthy, however you still

have to watch how much you eat. Focus on nutritional value as well as portion size.

- Don't rely on willpower alone: If you fail to prepare then prepare to fail. Replace willpower with strategy. Set yourself up for success by clearing out your home and work space of all temptation foods and replacing them with healthier options: oat-based cereal bars (no yoghurt or chocolate); fruit and roasted chick peas.

Rethink the wardrobe

The Sunday Telegraph Fashion Editor Prue Lewington says disconnecting emotionally is the hardest part of cleaning out the closet.

"A third of our wardrobes could be culled each season," she says.

"Women say "oh but" a lot but if a garment hasn't been worn in three years, let it go!"

"Clothes need to look good now — this season — not next year."

- Discard immediately items with lint balls, stains, anything that's lost shape, didn't survive the moths or doesn't fit because you have lost or gained weight.
- Turn your coat hangers towards the wall. As you wear your spring wardrobe, return them on the hanger to face you. By the end of the season any hangers pointing backwards will hold the clothes you are not wearing — so get rid of them.

• Aim for a tightly edited wardrobe where every top can be worn with any skirt, short or trouser.

- Stick to a tight colour-palette.
- Find your "look" by scouring magazines for your favourite looks or celebrity paparazzi shots and hone your wardrobe to fit the style.

Accessories are key. • When shopping stay focused and research the best colour-palette, hem-length and fabrication you need to invest in for the next few years.



GOOD HEALTH

Deborah Knight

WEEKEND TODAY SHOW HOST

Q. What's your health mantra?

A. Everything in moderation except for sleep! I feel great when I do exercise regularly but struggle to find the time.

Q. What's the fitness move/routine that's made a difference to your body?

A. Having kids made the biggest difference to my body. My stomach muscles are destroyed but running around after the little people helps keep me active. Light weights are great too.

Q. What is your go-to health snack?

A. Fruit — namely bananas. It helps that I grew up in Coffs Harbour. Fruit is the best pick-me-up.

Q. What is your favourite body part and why?

A. My upper arms. They really respond well to weights and exercise in terms of toning.

Q. If you could exercise with anyone in the world, who would it be and why?

A. Michelle Bridges. She was an instructor at a Sydney gym I trained at before she was a celebrity fitness guru and her enthusiasm shone through then. I need someone like Michelle to whip me into shape!

Q. If you could only eat one thing for the rest of your life, what would it be?

A. Mangoes. They are fruit from the heavens and thankfully we have a tree in our backyard that delivers for free! And chocolate brownies!

Gemma's tips

Editor, body + soul
BUY BETTER BREAD

The next time you are picking up a loaf of bread, reach for the darkest one. You want your bread to be dark, grainy and heavy — that's how you know it's good for you. If it feels like a brick, it's a winner. Check out the bread in health food stores. You could build muscles lifting those guys!