

Send us your questions, stating your name, age and which expert your question is for, to:



WRITE Look, Blue Fin Building, 110 Southwark Street, London SE1 0SU



TEXT Text life, followed by a space and your comments to 86611. Texts cost 25p, plus network charges*



Email looklifec@ipcmedia.com

The Life Consultancy

Cash crisis, man moans or body bothers?
Look's experts have your problems covered...

Travel

Travel expert **JASMINE HARMAN** tells you where to go in the world and how to get there for the best possible price



Driving across America can be spectacular



New York is a great starting point

Q I want to drive from the east coast to the west coast of America, what's the best route? *JO, 26, BATH*

A The distance from New York to LA is 2,800 miles, a 43-hour drive if you travel non-stop, but to make the most of your trip you need three weeks. From New York you can drive down the coast to Washington DC to explore the

amazing museums, then hit the theme parks in Florida. Heading across the centre, make sure you stop in Memphis to visit Elvis's homeland, and New Orleans for the jazz clubs. Before you reach LA, take time to visit the Grand Canyon, followed by Las Vegas.

Cosmetic Surgery

Top plastic surgeon **ADRIAN RICHARDS** has nip/tuck know-how to get your body beautiful



Q Is there anything I can do about dark circles under my eyes? *MARIA, 31, DEAL*

A Start by getting enough sleep and drinking plenty of water. There is also a very good product called Cenror XO (www.aestheticare.co.uk), which uses vitamin K and light-reflecting minerals to reduce the appearance of circles.



Avoid dark circles like SJP with a Cenror XO

Health

Feel tons better thanks to **DR KATE NICHOLSON**, a GP and expert in women's health issues



Q I've been diagnosed with polycystic ovaries. Will this affect my fertility? *RUTH, 27, BOLTON*

A Polycystic ovary syndrome (PCOS) affects the ovaries – eggs are released less often. Your fertility depends on how severe your symptoms

are and some women with PCOS will find it harder to get pregnant. But this type of reduced fertility can be treated with medication to stimulate the release of eggs

Emma Bunton beat PCOS to have baby Beau

