

ADVERTISING FEATURE

BUSINESS PROFILE

Be pro-active and fight back pain

AS A frustrated chronic back pain sufferer for 30 years, Bad Backs founder Felicity Wood identified a gap in the market for back pain remedies and resources.

Nine years ago she started offering a combination of products and specialist information and research from multi-disciplinary health care professionals.

Now anyone with back and joint pain can go to the shop to find comfort and pain relief products, supported by specialised customer service.

The experienced customer service team, many with ongoing back problems themselves, are available to help customers find the right product for their needs in store or through the sales support hotline, on freecall 1800 615 666.

Ms Wood said there was no other store in Australia that offered such a diverse and unique range of products.

The sales director constantly travels to the US, Europe and Asia to secure the latest technology and innovative products that have been successful overseas.

"Our priority is to provide quality products and bring the newest innovations to Australian customers," Ms Wood said.

When the shop has excess stock of certain sizes or other products that need an upgrade



Stuart Heggie sits in an ergonomic office chair, assisted by Michael Scandrett at Bad Backs. F33CK603

or replacement, the items are offered at a discounted price through a website clearance centre.

Bad Backs is at 486 City Rd, South Melbourne. Details: 9699 8851 or badbacks.com.au

Play Reviews

WORTH READING

Eating For Two, by Kathleen Gandy. Published by Penguin RRP: \$35
Reviewer: Kate-Ashley Griffiths



PREGNANT and confused about what to eat? This inspiring cookbook contains more than 100 healthy recipes the whole family will love, using nutrient-rich "superfoods" that are good for expectant mums. It also features 10 quick tips and ways to use pantry staples such as pasta, tuna and beans.

GAME TIME

SingStar Motown
Rated: G
RRP: \$49.95
Reviewer: Belinda Mackowski



SINGSTAR Motown is one PlayStation game your mum won't mind you playing. In fact, she'll probably want to grab a microphone and show you how it's done. The game gives you the chance to belt out tunes such as Diana Ross and The Supremes' *Reflections* and the Jackson 5's *ABC*. It's available for PS2 and PS3, but you get four extra tracks on the PS3 version.

Horoscope

by Shelley von Strunckel

Aries March 20-April 19
When you first started organising plans for the future, you assumed existing arrangements would continue. Now events make it clear they can't. Worse, you're sentimentally attached to some and must disentangle yourself from others. This means creating a new strategy. Obviously, letting go won't be easy. But once you've conducted a serious edit, you'll feel freer than for ages.

Taurus April 20-May 20
The stunning ideas or events triggered by your ruler Venus' recent encounter with Jupiter are thrilling. However, obstacles are slowing progress. Have faith. But acknowledge that making the best of these means resolving conflicts with existing goals. Many go so far back you rarely think of them. Yet they influence your thinking and a few are hindering your progress. They may have to go.

Gemini May 21-June 20
Between argumentative individuals and minor obstacles, you're feeling more aggravated by the day. Grumble if you must, but your irritation is better channelled into discussions with those who'll help you devise clever solutions for these problems. This puts you in contact with people in the positive frame of mind essential if you're to make the best of late February's opportunities.

Cancer June 21-July 21
Sometimes offers fit in perfectly. Exciting as those that appeared recently may be, putting them into place could cause disruption. Once you're reorganising arrangements you spot the problem. It's the outdated arrangements cluttering your diary - and equally distracting feelings. Admitting many must become part of the past won't be easy. But, clearly, it's essential.

Leo July 22-August 22
There's every indication that ventures will achieve wonders. But things aren't moving as swiftly as you'd anticipated. You need to streamline elements of your life, many of which you rarely think about. This could involve anything from your daily routine to dreams you've always hoped to achieve. Act swiftly, ignoring these could undermine the achievement of those plans.

Virgo August 23-September 22
You don't think of yourself as proud. So when you realise it's your ego that's preventing you from acknowledging that once prized plans aren't working, you're somewhat abashed. This is the first step to taking advantage of the events and personal insights that accompany the Virgo Full Moon at the end of the month. The lighter you're travelling, the more swiftly you can respond to opportunities.

Libra September 23-October 22
Although certain situations are deteriorating by the minute you are, as always, trying to be fair. Some issues aren't particularly complicated. A few require clear-minded decisiveness. Still, only once you stop playing the diplomat and discuss problems frankly anything be achieved. Your needs must come first. If anybody's seriously displeased, they'll let you know.

Scorpio October 23-November 21
Under normal circumstances, you've endless patience. Your ability to stick with what you believe in is legendary. But now you're on edge, perhaps because events are leading you into exciting, but unsettling, emotional territory. While this means taking exactly the kind of chances you find challenging, the results more than justify the risk.

Sagittarius November 22-December 20
There's no denying that brilliant aspects involving your ruler Jupiter are improving everybody's mood. But, exciting as the resulting developments are, that doesn't mean things will progress as swiftly as you'd like. Actually, delays are in your best interests because obstacles are forcing you to examine arrangements that could soon turn into problems. Disentangle yourself now.

Capricorn December 21-January 19
After a seriously challenging period, you'd welcome good news. It's now coming your way. But there's a problem - it isn't what you'd expected. This means you might not even recognise it for what it is. So refuse nothing. Explore everything and concentrate on disentangling yourself from increasingly unrewarding arrangements. Admitting this isn't easy. But it's vital.

Aquarius January 20-February 17
Exciting as some of the ideas that accompanied the recent Aquarius New Moon may have been, you're unsure how they'd fit into your life. This requires serious investigation. However, the way this process broadens your horizons is as important as what you decide to do. With the situations evolving every day, what seems impossible at the moment could soon be achieved.

Pisces February 18-March 19
Unlikely as it seems at the moment, you're on the verge of seeing the achievement of long-standing dreams and in line for stunning offers. There will have been hints of some of these. However, your mind will be on crises involving existing arrangements, many of which go back a long way. Rather than go into rescue gear, give serious thought to whether they're worth saving. Many aren't.

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