



**hear&there**



**with Roland Rocchiccioli**

# Worth the weight

**I** remember when 36-24-36 was considered the perfect figure for a woman. My sister Nita had such a shape, and at 5 feet 4 inches tall she would have been a size 10-12, which was considered "just right".

Twiggy came along in 1968 and all that changed. Girls wanted to be stick thin and flat chested; the flatter they were, the better they looked in the clothes. Sadly, all that led to eating disorders – not that I recall any of my friends suffering from such a condition. Perhaps they were different times.

Dr Cecilia Bergh from Sweden's Karolinska Institute, the largest in Europe, is in Melbourne for the 13th anniversary of the Mandometer clinics.

"I remember it exactly," Dr Bergh says. "It was October 27, 1993. A colleague in the Karolinska emergency department rang and

asked if I could help with a patient who was suffering from a very serious eating disorder. She weighed 27 kilograms. I worked with the patient for nine months and she was our first success. Today she is a judge and lawyer."

From that chance encounter has come a program, Mandometer, which has saved lives. To date they have treated 140 patients in Stockholm.

The Brighton Mandometer Clinic opened in March this year, and the success rate for patients has prompted the clinic's Swedish founders to choose Melbourne from their clinics worldwide as the place to expand.

The Mandometer program teaches patients how to eat normally. It is different from other treatments, as it dispels the popular theory that correlates eating disorders with mental illness. Instead, Mandometer treats the disordered eating as the cause of the illness.



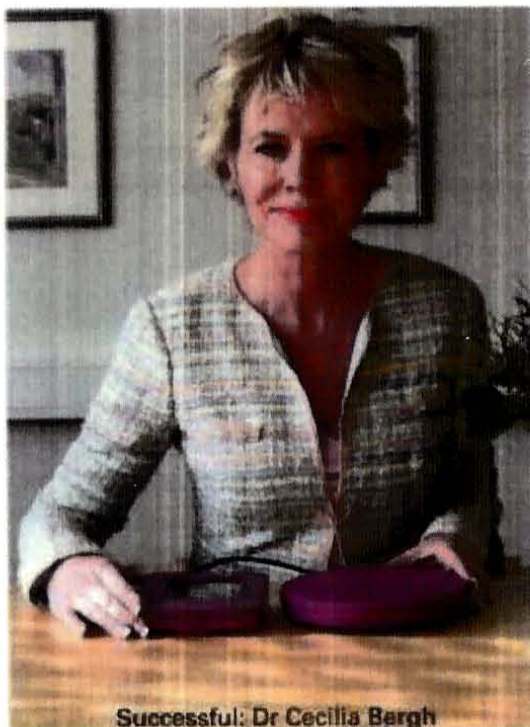
One in every 100 adolescent girls in Australia will develop anorexia nervosa, while two in every 100 will develop bulimia.

Doctor Bergh is in Australia until November 15. The Mandometer Clinic is at 412 Bay Street, Brighton. Tel: 9596 5718.

## Big bikkies

Milly Parker is celebrating her fourth year of Happy Yappers, a dog biscuit company that she founded and operates from her home. Her online shopping website started on November 1, and Milly is still reeling from her Harrod's commission.

She was asked to make a wedding cake for two shih-tzus being married in Harrod's, London. The wedding cake was to be part of a package that cost 2500 pounds, or 3500 pounds if you wanted the horse-drawn carriage.



Successful: Dr Cecilia Bergh



Doggy style: cake for canines

"Our products are hand-made with the best-quality human-grade ingredients," Milly says. "We don't use artificial colours, flavours or preservatives."

"For flavour we use chef-made stocks from real meat and vegies. We only use free-range eggs from happy hens, and we don't add tonnes of salt or sugar."

Happy Yappers is a business that is proudly Victorian. Ruby and Charlotte, two golden cocker spaniels, are general manger and CEO; Milly is their PA.

You can also buy Happy Yappers at Henry Bucks, David Jones and Freedom Furniture. For more information, visit: [www.happyyappers.com.au](http://www.happyyappers.com.au).



## **Ticket to Reidie**

Di Reidie from the Brighton Historical society is doing more than her share to collect and save the history of the area. The museum is on the first floor of the Old Brighton Town Hall, and it will be open on Saturday, December 2.

The committee of the BHS is supporting the campaign to save the hand-operated railway gates at the end of New Street. Details. tel: 9553 8650.

## **MARS attacks**

I knew Andy Dinan in another life – she was child actor Andrea Butcher. These days she owns and operates [MARS] Melbourne Art Rooms, at 418 Bay Street, Port Melbourne.

The exhibitions change regularly, and Andy finds the most interesting artists. The latest are Kevin Maritz and Louiseann Zahra. Visit: [www.marseallery.com.au](http://www.marseallery.com.au). **mwb**

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Please do not send unsolicited photos.**