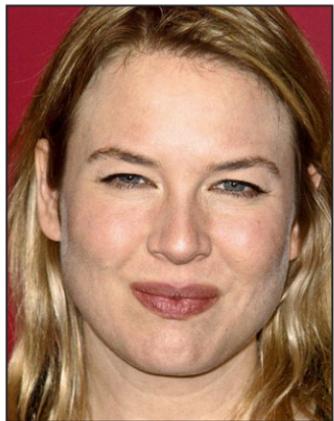


# Make-up free, and Renee's still not looking like herself



New look: At the Elle awards



Old look: As she was in 2004

HAIR swept up in a messy bun, Renee Zellweger's fresh-faced appearance dispels any notion that her recent change of look has merely been the result of make-up.

Spotted for the first time since her headline-grabbing transformation, the actress appeared somewhat tired and anxious as she ran errands over the weekend in Mississippi.

Miss Zellweger, who is there

## 'Glad folks think I look different'

to start filming her latest movie, *Same Kind Of Different As Me*, became irritated when asked by photographers about the speculation that she may have had cosmetic procedures on her face.

Climbing into her car, the 45-year-old Bridget Jones star replied: 'Oh my God you're going to ask me that question! Can you excuse me please? I have better things to do and I'm sure you do too.'

She then politely declined to

## Mail Foreign Service

answer any further questions from the photographers present.

She told them: 'I'd just like to have my day to myself if you don't mind.'

And then she prepared to drive off.

It has been one week since Miss Zellweger appeared at the Elle Awards and drew comments about her changed appearance. The actress, once known for her rounded cheeks and pout, dismissed gossip about her as 'silly'.

She added: 'I'm glad folks think I look different! I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows. My friends say that I look peaceful. I am healthy.'

Miss Zellweger added: 'For a long time I wasn't doing such a good job with that. I took on a schedule that is not realistically sustainable and didn't allow for taking care of myself. I kept running until I was depleted and made bad choices. I finally chose different things.'



Pictures: SPLASH NEWS

Fresh-faced: Miss Zellweger puts her appearance down to living more healthily

# Calls for new watchdog to stop human trafficking

By Eamon Donoghue

IRELAND'S failure to appoint an anti-trafficking watchdog means it is more vulnerable to organised crime gangs running human trafficking rings, according to the Immigrant Council of Ireland.

The council says the appointment of a rapporteur is required under our international commitments and would bring Ireland into line with other European countries.

It made the call as part of a new action plan by Justice Minister Frances Fitzgerald.

The council yesterday published a submission to the minister, seeking the establishment of the post to oversee, review and report on the effectiveness of anti-trafficking laws, targeting sexual exploitation of migrant women, forced labour and forced child begging.

Denise Charlton, chief executive of the ICI said their submission is timely given that Minister

## 'Get to grips with this crime'

Fitzgerald is preparing the second National Action Plan on Human Trafficking.

Ms Charlton said: 'Human trafficking is the most lucrative crime of our time - we need independent expertise to review our systems and ensure the rights of the victims are placed first and foremost followed by our ability to put those responsible behind bars.'

'We believe the establishment of an independent rapporteur as part of that plan would not only represent a very positive step to get to grips with this crime, but would bring Ireland into line with other European countries.'

The submission makes a number of recommendations including the establishment of the position of Independent Anti-Trafficking Rapporteur in law.

Ms Charlton added that within their submission, 'We highlight the very positive experiences in Finland and the Netherlands where independent rapporteurs operate separately from their respective justice departments - and have led to a more robust response to human trafficking.'

# Tea and orange juice 'can cut ovarian cancer risk by a third'

DRINKING tea and orange juice could cut a woman's risk of ovarian cancer by up to a third, claim researchers.

A 30-year study suggests higher intakes of tea, citrus fruits and juices could protect against the disease known as the 'silent killer' because women are often diagnosed too late for a cure.

The protection is thought to come from food containing flavonoids and flavanones - certain classes of antioxidant compounds linked with health benefits.

A team from the University of East Anglia in England studied the dietary habits of 171,940 women aged between 25 and 55 for more than

By Jenny Hope

three decades. Ovarian cancer is the fourth most common cancer in women and each year over 300 women are diagnosed with it in Ireland.

Professor Aedin Cassidy, from UEA's Norwich Medical School, who led the study, said: 'We found that women who consume foods high in two sub-groups of powerful substances called flavonoids had a significantly lower risk of developing epithelial ovarian cancer.'

'The main sources of these compounds include tea and citrus fruits and juices, which are readily incorporated into the diet, suggesting that simple changes in food intake could have an impact on reducing

ovarian cancer risk. In particular, just a couple of cups of black tea every day was associated with a 31 per cent reduction in risk.'

She said flavonoids are thought to provide some protection through several mechanisms, including improved blood vessel function and an anti-inflammatory effect. The reduction was up to 31 per cent for tea drinkers and 21 per cent for those consuming high levels of citrus fruit.

The findings published in the American Journal of Clinical Nutrition suggested protection against serious tumours. Overall, flavonoids found in tea are thought to control inflammation, reduce excess blood clotting, promote blood vessel function and limit furring up of the arteries.

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## Yoga 'helps cancer patients'

YOGA and meditation can ease the symptoms of breast cancer, says a top-level investigation.

The first guidelines on complementary therapies gave the relaxation techniques an 'A' rating for managing anxiety and other mood disorders associated with the disease.

Acupuncture received a 'B' rating for controlling the nausea and vomiting that is a common side-effect of chemotherapy.

For the first time, the US-based

Society for Integrative Oncology has produced science-based guidance to inform doctors and patients about the safety and effectiveness of complementary therapies for breast cancer.

Carolyn Rogers, Clinical Nurse Specialist at Breast Cancer Care, said: 'These guidelines will help people to make an informed decision based on evidence about the safety and effectiveness of therapies such as meditation, yoga and acupuncture.'