



Irish bodyguard was hired to 'heal' RiRi's heartbreak after Chris Brown

THE Irish bodyguard who is suing Rihanna was initially hired by the singer as a 'spiritual healer'.

DUBLINER Geoffrey Keating was recruited by the star to use reiki to 'heal' her after her break-up with singer Chris Brown.

Reiki is a Japanese therapy in which practitioners channel energy through their hands to heal a patient.

Sandra Bullock and Halle Berry are said to be among the Hollywood stars who are fans of the practice.

Mr Keating, 26, lodged a defamation action against the Barbados-born beauty in the Dublin High Court last week,

By Yolanda Zaw

alleging she made 'nauseatingly offensive' false statements about him in an email last year.

The email was sent to him and his partner Dana Kavanagh last July. Mr Keating, from Finglas, also claims Rihanna made similar statements to his sister in a phone conversation the same month.

Although he was later appointed as her bodyguard, sources close to Mr Keating say he began as her spiritual adviser, first making contact over the phone to help her during her break-up with Chris Brown in 2009, the Irish Mail on

Sunday reported. He got in contact with Rihanna after her guitarist Nuno Bettencourt told her about his spiritual abilities.

Mr Keating met and befriended Mr Bettencourt when the rocker played with Extreme.

A friend said: 'Geoff plays guitar himself; he is mad into the band Extreme and he is a well-known healer and medium around Finglas.'

'He started hanging out with Nuno, who was gigging with Rihanna, and he told her all about Geoff's psychic and healing abilities.'

'He got the job because of the reiki and healing.'



Psychic: Geoffrey Keating

Sixth of women are obese in top maternity ward

ONE in six expectant mothers in one of Ireland's largest maternity hospitals is obese, according to a leading obstetrics expert.

Professor Michael Turner said that it is a worrying trend, with one in 50 women having a body mass index that classifies them as morbidly obese.

He said it means there is now more of a need for specialised equipment and facilities such as extra wide wheelchairs, examination couches and beds along with hoists and special delivery beds.

Last year, in Dublin's Coombe Hospital, 150 women were morbidly obese, which was 2 per cent of patients.

And Professor Turner said the figures reflect a nationwide trend of worrying obesity among the country's pregnant women.

'One in six women attending our antenatal clinic are obese and one in 50 are morbidly obese,' he said.

The Professor of Obstetrics and Gynaecology added that this is close to the national rate and it is putting pressure on the health service.

'Obese women are more likely to have labour induced. They

By Lynne Kelleher

are more likely to have a Caesarean section, they are more likely to have hypertension, they are more likely to have infection, venous thromboembolism,' he said.

'Because of all these complications the average length of stay for obese women is longer and they are more likely to need drugs to treat the complications. The health care costs are increased.'

With the majority of Irish hospitals reporting a growing level of obesity, Professor Turner - who spearheads research on maternal obesity in UCD - said obesity has a greater effect on the mother than the baby during the pregnancy and the subsequent birth.

'The impact on the baby is overestimated and the impact on the mother is underestimated. It is the impact on the mother we are more concerned about. Women who are obese are twice as likely to need a Caesarean section. It is technically far more difficult particularly if they are morbidly obese.'

In America, some hospitals have had to put hoists into the labour ward to lift mothers who are morbidly obese women in labour, and that is becoming

a problem in Ireland too, Professor Turner said.

'We are having difficulty finding beds and wheelchairs that are big enough for morbidly obese women. One in six dads are obese as well.'

Recent studies have indicated that the rise in obesity-related diseases are projected to add €35 to €48 billion a year to healthcare costs in the US and over €2 billion a year in the UK.

Professor Turner also said the old adage that you have to eat for two during pregnancy is a myth: '[Women] should eat

'It is technically far more difficult'

for themselves because babies are scavengers and they get all the goodies anyway. It is important that women focus on a nutritious diet and not on a high calorie.'

But he also said obese mothers do not tend to have heavier babies unless their pregnancy is complicated by gestational or pregnancy diabetes.

There is a rise in gestational diabetes in pregnant women but this is also thought to be affected to wider and better quality testing. 'The number being diagnosed [with gesta-

tional diabetes] in the Coombe increased 59 per cent from 2010 to 2011,' he said.

'It has big implications... More women need to have repeat blood tests, scans to check the size of the baby and it may lead to increase in the number of inductions.'

Professor Turner said this it can have lasting effects on a woman's health.

'Women who have gestational diabetes are seven times more likely to get type 2 diabetes over the next ten years compared to a woman who doesn't have gestational diabetes.'

He also pointed out some of the risks to the baby.

'Obese women are about twice as likely to have neural tube defects such as spina bifida and it is recommended they take high dose folic acid for at least three months before they get pregnant to try and prevent this.'

The leading maternity expert said that obese women should be attempting to lose weight before they become pregnant to ensure that they have a healthier pregnancy.

'There is a better chance of them getting pregnant and, secondly, the pregnancy is less likely to be complicated,' Professor Turner said.

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Don't bleat, you're off and we've a sheep festival for ewe

MAY Day holiday revellers are preparing to defy the gloomy weather and brighten up the bank holiday at fun events nationwide.

Two sheep festivals, a Star Wars event and music spectacles are among the attractions expected to pull in the visitors.

Limerick's Riverfest festival, which brought in 50,000 funseekers over the weekend, is today due to feature a continental fair, traditional boat racing and an open air concert with Sharon Shannon.

Star Wars fans can dust off their lightsabers and make their way to the RDS today where replica props, sets and costumes are on show. Phibsborough in Dublin is hosting Phizzfest.

The Woolpalooza Weekend continues at

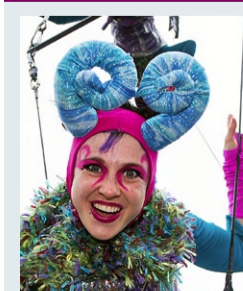
By Eamon Donoghue and Yolanda Zaw

Dundrum's Airfield farm where organisers say there will be 'fun-filled activities for sheep, ram and lamb fans, young and old'. Roscommon Lamb Festival runs from 10am to 3pm.

Kilkenny's Smithwicks roots music festival features Americana, folk, bluegrass and rock music. The Curragh racecourse is hosts a family fun day.

Met Éireann said: 'It will be a day of bright or sunny spells and showers. Some of the showers will be heavy and possibly prolonged in Atlantic coastal counties. Highs of 12C to 16C are expected.'

...BUT YOU'LL NEED YOUR UMBRELLA



All smiles: Riverfest

TODAY:
RAIN every-where at times.
Heavy outbreaks in places and a risk of isolated thunderstorms. Brighter later.
High: 15C, Low: 8C

TOMORROW:
BRIGHT or sunny spells. Heavy shower in Atlantic coastal counties. Fresh southwesterly winds expected.
High: 16C, Low: 8C

WEDNESDAY:
WINDY and bright day with bright spells and showers. Heavy rain during the evening may cross country overnight.
High: 13C, Low: 10C