

Zoe

Winners & Losers
co-star Zoe Tuckwell-Smith talks about her childhood and her love of energy healing

Favourite things

FRAGRANCE: Rose or jasmine essential oil, or Vanessa Megan's Body Spray Walk Gently On The Earth.

SKINCARE: Vanessa Megan's Nature's Elixir Face Oil, Bug Off My Baby Spray and Rose & Chamomile Face Cream.

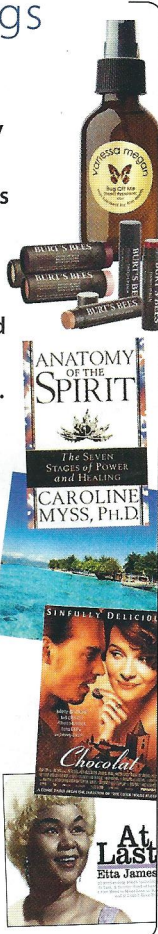
MAKE-UP: Burt's Bees tinted lip balms, Ere Perez mascara, Chantecaille Blush in Delight.

BOOKS: *Frequency* by Penney Peirce, *Anatomy of the Spirit* by Caroline Myss, and *Trees Make the Best Mobiles* by Jessica Teich.

HOLIDAY DESTINATION: Gili Islands, Indonesia.

FILM: *Mary Poppins*, *Chocolat*, *Another Earth*.

MUSIC: "I love jazz, Etta James, Marilyn Monroe, Natalie Cole, Otis Redding, and if I want to jump up and down, Florence and the Machine, Xavier Rudd and Angus and Julia Stone."



Q What's your approach to health?

A I like to keep evolving and trying new things. I suppose it's about listening to your body and being willing to make changes when you need to. Doing something simple in nature like walking barefoot on the grass is a good way to rebalance yourself.

Q What sort of therapies are you interested in?

A I have had a high level of success working with hands-off energy healing practitioners. Finding the right person for you is key. I've been going to Penny Short from True Frequency since I was 18 – she's always been a touchstone. I feel clean and sparkly when I see her and yet nothing has been touched – I have a strong feeling there is more to us than the senses we are currently working with.

Q You're due to have your first baby soon. Has your approach to health changed since you became pregnant?

A Not really. I haven't been a drinker for many years now. I did a meditation course and they recommended you didn't drink alcohol during the course, to have maximum clarity. I came to enjoy that. I noticed that I lost the taste for alcohol over time, and I found the fogginess that came with drinking frustrated me. I learnt to relax and be uninhibited without drinking. I'm not strict though – if we are at a wedding I will have a glass of champagne. But not drinking most of the time makes a huge difference to my health – I don't know how I would go to work with the level of energy I need if I was drinking.

What's your favourite food?

I'm a big advocate of organic food. We are so unaware of the long-term effects of chemicals that are used on conventionally grown food. But I feel if there was something wrong with us we would pay for a cure, so why not start off on the right foot. Plus, the taste is so much better.



ZOE'S SLOW-COOKED CHICKEN STEW

1. Sear chicken pieces, on the bone or fillets, in an ovenproof dish.
2. Add some apple cider vinegar. The vinegar replaces the wine that's usually used, and draws out

the minerals in the chicken.
3. Add any vegetables you have on hand, chopped but with the skins left on.
5. Cover and put in the oven to cook on 130-160°C for a few hours, and then enjoy.



Q What's your happiest recent memory?

Damon (Gameau, Zoe's actor partner) and I had a beautiful trip a few years ago walking around ancient ruins in Peru.

Damon is an amazing man, and we have a lot of fun travelling together. I'm very lucky with my relationship.

Q What's your exercise routine like?

The way I like to think about exercise is: do what you want to do and if in the process it makes you fit, that's good. It's really important to listen to your body rather than force it to do things. Plus, I think we need to consider how exercise

makes us feel. Damon and I go to 5Rhythms & Radiance dance classes. It's absolutely joyful. I enjoy yoga too because I like that integrative kind of stilling of the mind and getting your body to do interesting things.

66 Advice to my younger self

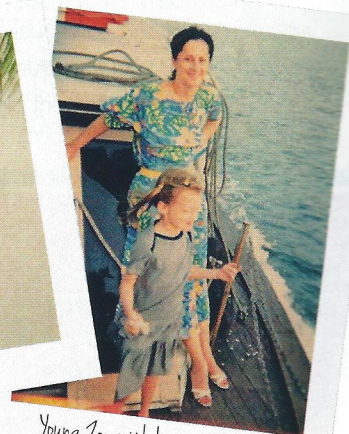
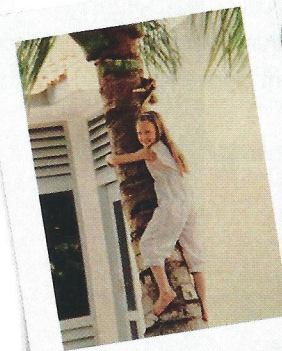
I would say, 'Everything is exactly as it should be. Every stage, whatever happens, leads to growth, and it's happening as it's meant to'. When you are young, you don't always trust that. You're often asking yourself, 'Am I doing the right thing?'

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Q What was your childhood like?

I grew up in Indonesia and at the age of seven I started school in Sydney, then flew back there for holidays. It was a really outdoorsy childhood. My father had a boat and we used to go out fishing around the islands for four days at a time and camp on the beach. It was an amazing way to live as a kid,

very free and in touch with nature. I think it gave me a sense of freedom with no bounds. I loved it. In a way it shaped what I find most restorative now – I feel most rejuvenated when I have been surrounded by nature, whether that's in the ocean or in a park.



Young Zoe with her mum Susie.