

marie claire
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difference

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MAKING A DIFFERENCE

**TRANSFORMING YOUR LIFE IS A DAUNTING PROSPECT, BUT OUR
"DARE TO MAKE A DIFFERENCE" WINNERS ARE PROOF THAT TAKING
A LEAP OF FAITH CAN MAKE A DRAMATIC DIFFERENCE**

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In the spirit of inspiring life transformations, Clinique Dramatically Different Moisturizing Lotion+ and *marie claire* put the call out to find four readers who have, in their own individual ways, taken the plunge and made brave changes in their lives.

CATALYST FOR CHANGE

Each of the four winners profiled here led the way in their particular category: Physical, Emotional, Spiritual and Intellectual. To help them go even further in their personal transformations, the winners each received a grant and were guests of honour at a celebratory lunch in Sydney hosted by *marie claire* publisher/editor Jackie Frank. They also received a fantastic Clinique gift pack featuring, of course, new Dramatically Different Moisturizing Lotion+. We can't wait for you to meet them – we're sure you'll find their stories as inspiring as we did!



MIRANDA CASHIN

**WINNER:
PHYSICAL
CATEGORY**

I was born with a birth defect and when I was 14 months old, my right leg was amputated. As soon as I started to pull myself up, doctors gave me my first prosthetic leg, which attached via suction. At school, kids would imitate my limp and would kick my prosthesis, but I got on with life – on school camps I rockclimbed and abseiled. I also



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Miranda

swam competitively, but always against able-bodied swimmers.

“When I was a teenager, I became quite self-conscious. I always wore a cover on my prosthetic and didn't wear short things. I became anorexic, then for many years was bulimic and became overweight. Looking back, my eating disorder probably stemmed from being uncomfortable about the leg.

“Last year I said, ‘Enough is enough, I'm going to eat like a grown-up. I want to go to the gym to help my body rather than punish it.’ I started working out – I wanted to celebrate my body and what it could do, and I began feeling fit and strong. I also started to feel a lot more confident and better about myself.

“With my prosthesis, I was able to do step and pump classes, but it rubbed, which was really painful, and I would spend the rest of the day hobbling.

“I had lost a bit of weight and I was having some padding added to my leg. While I waited [at the surgery], I picked up a magazine and out fell a flyer about this new procedure called osseointegration.

It involves having a metal implant inserted into the femur, which the rest of the leg attaches to. I went home and Googled it. This revolutionary operation would allow me to walk freely using my own muscles. I cried as I watched a man describe how it had changed his life.

“I made an appointment with surgeon Dr Al Muderis as soon as I could. I had to wait two months for the implant to be custom-made and I thought, ‘I have to give myself the best possible shot at this.’ I stepped up my training, but it was never about losing weight. I wanted to be fit and healthy for the surgery and the recovery.

“I couldn't sleep the night before I put my new leg on. Those first steps, it was such an incredible feeling! I walked laps and laps and my physiotherapist Chris had to tell me to sit down and rest. I then spent five weeks in rehab, doing physio three times a day for an hour and a half each time. It was tough, but seeing those tiny gains in my strength and mobility each day was so exciting.

“It has been an amazing journey – so many things have happened because of

it, including going to the US to speak at an amputee conference.

“I had a cover made for this leg, but I decided, ‘This is who I am and I'm happy with it,’ so I don't wear it much. I still don't want to be ‘Miranda the disabled girl’, but I have really accepted that it's a part of me and something to be proud of. I'm happy in myself now.”