

February 2005

# brightonlife

## & hove

YOUR CITY, YOUR LIFE

£2 WHERE SOLD



**Leo Sayer**

Back on a roll

**Chocolates! Roses!**

Exclusive gift ideas  
for Valentine's Day

**London Fashion Week**

Where to get the look  
in Brighton & Hove

**Dress it Up**

Sexy furniture

**Dicing with Dinner**

Recipe from  
the Rendezvous

# LOVE AND MARRIAGE

15 page wedding guide

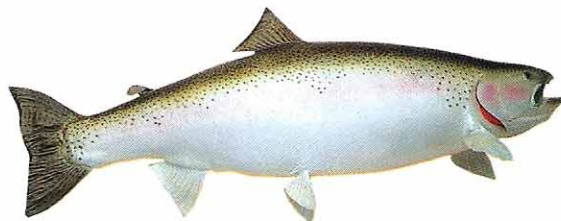


ARCHANT LIFE



# Beat bad eating habits

Don't continue piling on the pounds after the Xmas excesses



## Stop the binge train dead in its tracks

Emma Wells from Smart Nutrition helps to get you back on the rails with some healthy eating tips guaranteed to pep you up and get you ready to roll.

## Clear out the clutter

Don't stop at your wardrobe, clear out your food cupboards and fridge of all unhealthy foods. This also means the leftover cake, pudding and those chocolate Xmas tree decorations you have hidden away for a sneaky snack.

## Dump the junk

Stock up on staples like fresh fruit and vegetables, low fat yoghurts and good lean pieces of meat, poultry and fish. Having a fridge full of healthy foods means you are less likely to call for a take away.

## Support digestion

Instead of cheesy creamy sauces swap for 'miso' which gives added flavour. Add at the end of cooking being careful not to boil the miso otherwise all of the healthy enzymes and bacteria beneficial for digestion it contains are killed.

## Focus on portion size

Festive over indulgence can carry on well into the new year. Researches have found that the more food you are presented with, the more you will eat. Use a smaller plate and chew, chew, chew; guaranteed to make you feel fuller and more satisfied with less.

## Ease off the alcohol

Limit yourself to 1 or 2 glasses a week max or take a break altogether. Instead for a zingy pick me up, opt for fizzy mineral water with small chopped cubes of fresh ginger or good handful of crushed fresh mint and frozen fruit juice ice cubes.



Researches have found that the more food you are presented with the more you will eat.

## Steam away

Place your brown rice in the bottom compartment and get this boiling while you chop your brightly coloured vegetables. Add this to the top compartment with some pieces of tofu or place a piece of fish or chicken smeared with garlic and sprinkled with lime juice under the grill. A marvellously healthy meal in less than 20 minutes with the added bonus - minimum washing up.

## Beat sugar cravings

The mineral chromium is known to help with weight loss and reducing sugar

cravings. White flour products e.g. cake, bread and pasta deplete chromium levels and antacids interfere with its absorption. A supplement of 2- 400mg per day for 6 weeks of Chromium picolinate should reduce cravings and help to get you off the chocolate.

## Don't go hungry

This may lead to pigging out. Instead stick to 3 meals a day with healthy snacks in between. Wholegrain crackers topped with cottage cheese and fruit are a good option. This contains filling fibre, protein for growth and repair and the fruit sugar should satisfy your sweet tooth.

## Use your xmas cash stash wisely

Grab yourself a great gadget - a juicer. Packed full of enzymes, vitamins, minerals and energy juices also produce a more alkaline environment in your body. The excesses of Xmas; sugar, alcohol, meat and cream all add up to acidity which means insomnia, water retention and unsparkly eyes. Try a stylish L'Equip 110/5 Mini pulp ejector juicer for £99.00 - This produces a high volume of juice and is easy to clean so you won't be put off from using it.

Emma Wells can be contacted for consultations at Smart Nutrition  
Tel: 01273 775480 email - emma@smartnutrition.co.uk

