

SLIM AT HOME

NO GYMS, NO MEETINGS, NO PROBLEM!

WIN
CHAMPNEYS
MINI-BREAK
WORTH £1000

+ HEALTH
ARE CARBS
MAKING YOU FAT?

+ EMOTIONS
BREAK YOUR BAD
DIET HABITS

+ SURGERY
COPING WITH
SAGGY SKIN

LOSE A STONE

3 fuss-free plans
1 great result!

FREE INSIDE
37 light & easy
recipe ideas

Curb your
hunger and
start losing
lbs – today!

**NO MORE
DIETING**

Change the way
you think about food

Tone your tummy
in just 10 mins **p80**

REAL-LIFE SPECIAL

**'We've lost
over 234lbs'**

"How I lost 2st"

TRY CAROL SMILLIE'S EASY WEIGHT-LOSS SECRETS



SERVE UP A WHOLE MEAL

It's common knowledge that, when it comes to our health, wholegrain foods are often best. But why is it that so few of us are actually following this good advice? Recent reports have highlighted that 90% of us don't eat the recommended 48g portion a day, with one in three consuming none at all!

Upping your intake of this food group is easy. Try starting the day with porridge or a bowl of Nestlé's Shredded Wheat, which contains 100 percent wholegrain, and have a wholemeal sandwich for your lunch. Serve up two tbsp brown rice with a vegetable curry for dinner and you'll have met your target – perhaps in more ways than one. Indeed, not only do wholegrains work wonders for your digestive system and help maintain a healthy heart, but they also keep you feeling full for longer, meaning you're less likely to snack between meals. Better still, research suggests that people who consume their daily quota tend to have a lower BMI than those of us who don't – so make the switch today and, chances are, those excess pounds will drop off in no time!

For more information on the benefits of wholegrain and to request your free recipe booklet, visit hgca.com



Fill up on wholegrains to lose weight

“British women spend on average 31 years of their lives trying to lose weight – all the more reason to start eating healthily today!”

3 ways to... prevent mid-meal munchies

We've all been caught off guard by a sudden snack attack at some stage or another. Stay prepared – try keeping one of the following to hand...

1 If you're on the go and feel peckish, why not chomp on a piece of Miradent Xylitol Chewing Gum (£1.95, zassco.co.uk)? This sugar-free variety contains a natural sugar substitute to satisfy your tastebuds and comes in a selection of yummy flavours too!

2 Try curbing your appetite with the help of Diet Aid toothpaste (£5.99, dietaid.com). Containing the appetite suppressant chromium, it could help you consume up to 500 calories fewer a day!

3 Another great way to combat unnecessary snacking is to make sure you stay hydrated. Bio-Synergy's Skinny Water (£11.88 for 12 bottles, skinnywater.co.uk) does just that, and it also includes chromium and L-carnitine to help banish sugar cravings and increase your metabolism!

*British Heart Foundation



20% online discount!

If you're one of the 72 percent* of Brits wanting to lose weight, but need a little extra guidance to stay on track, why not try an online weight management service, such as Slimming Doctor? From just £19.99 a month you will be assigned your own dietician, who will not only create a plan for you to follow, but who will also be on call to answer any questions.

To register, visit slimmingdoctor.co.uk and enter the code SLIM11 in the payment area to claim your special 20 percent off discount.



“Around the time of my period I can't stay away from anything sweet and often indulge in naughty chocolate binges. What can I do to prevent my cravings and stop them damaging my diet?”



EMMA WELLS, A NUTRITIONAL THERAPIST, SAYS:

“The change in hormone levels around your period affects the amount of serotonin present in the brain. Indulging in chocolate can make you feel worse as it leads to a blood sugar imbalance. When PMS cravings strike, try eating wholegrains and pulses instead. These will help to increase serotonin levels without causing any disruption to your blood sugar.

Secondly, a study in *The Journal of Women's Health* found that 200mg a day of magnesium reduced PMS fluid retention, breast tenderness and bloating by 40 percent. As many women are lacking in this mineral, upping your intake is a good idea. Beans, nuts, spinach and tofu are all excellent low-fat sources.”

For more health advice visit smartrnutrition.co.uk