

CELLULITE BUSTERS THAT REALLY WORK!

SUMMER 2008 £1.75  
R26 2 MAY 08 - 27 JUNE 08

# Woman

## SUMMER DIET SPECIAL

### Easy Bikini Curves Diet

- ✓ Tone your tum
- ✓ Shrink your hips

'Supersize surgery saved my life'

NOW 9st



THEN 23st

### Fern's Mini Portion Plan

'I lost 3st'  
*You can too!*



## Our BEACH BODY SECRETS

Celebs reveal their top shape-up tricks

**WIN!**  
A fabulous holiday wardrobe  
**£950**

CANADA \$5.75 • SPAIN €3.50 • GREECE €3.50





**STOP  
COOKING**  
lose weight!

# The Mo Natur

Raw food is the most natural, alive  
both body and mind the fuel they n

It was Sex and the City's Samantha who introduced raw food to British women when she took the girls to a glamorous Manhattan restaurant and swiftly seduced the waiter.

Endorsed by dewy-skinned celebrities and lifestyle gurus across the US, the raw food diet is finding fans in the UK who claim it's the way forward for weight loss, health and achieving the famed super-glow.

So what do raw foodists eat? The diet includes an abundance of fresh and organic fruit and vegetables. At least 75 per cent of calorie intake is uncooked, unprocessed, natural food. On top of this, the raw food diet includes soaked nuts and seeds, dried fruit and grains for protein.

The diet is essentially vegan

because most animal products need to be cooked to kill bacteria, so instead of burgers, you'll eat nut patties with a lettuce leaf or a sheet of nori seaweed as an alternative to a tortilla wrap!

Raw foodists say heating food above 116°F destroys nutritional content and enzymes. Enthusiasts refer to raw food as living food as enzymes help us digest food and all its goodness fully, without relying on the body to produce its own cocktail of digestive enzymes.

Cooked food not only takes longer to digest, it also allows partially digested fats, proteins and carbohydrates to ferment and clog up our arteries.

The only cooking that is allowed is via a dehydrator, a machine which slowly warms food by blowing hot air through it.

Demi Moore is a raw food fan, while Kim Cattrall helped spread the word to the UK

## What you'll need

- Sharp knife
- Juicer
- Blender for breakfast smoothies
- Food processor for easy chopping and shredding
- Dehydrator for flax crackers and wraps (optional)
- Spiraliser for courgette or cucumber noodles (optional)
- A range of large containers to soak and sprout grains, seeds and beans
- Nut milk maker (optional)

### What do the experts say?

Nutrition consultant Gareth Edwards ([www.food-for-life.co.uk](http://www.food-for-life.co.uk)) reckons introducing raw items into your diet is a smart move as you will be cutting down on processed foods. "I believe that the right raw food is very nutritious," says Gareth. "It would be foolish not to have at least some in your diet although a wholly raw food diet could be restrictive and impractical. The raw food diet has been known to have amazing results in helping people overcome obesity if pursued with education," he adds. "But you can't expect any benefits if you just live on coconut milk and nuts. Just because a diet is raw doesn't mean it's altogether healthy."

Scientist Lisa Miles from the British Nutrition Foundation agrees, "Fruit and vegetables contain lots of essential vitamins and minerals but I would never advocate any diet that excludes any of the major food groups."





# ther e diet

l nutrient-rich diet there is, giving  
to thrive for a fabulous new you

## Go raw – give it a try!

As raw gourmet restaurants like Saf in trendy East London are proving, there is far more to raw food than salad and sunflower seeds, but what's in it for those of us with neither the time nor inclination to take it to culinary extremes? Will we be munching on carrot sticks for the rest of our days? Raw food expert Karen Knowler has come up with a simple weekday diet plan to help get you started. To find out more, visit [www.therawfoodcoach.com](http://www.therawfoodcoach.com)

Ditch your daily latte and opt for healthy herb teas



### BREAKFAST

Fresh fruit – whatever you want and as much as you desire

### LUNCH

Wholemeal sandwich filled with salad OR one cooked item with side salad or steamed vegetables

### DINNER

Your usual dinner

### SNACKS

Fresh fruit, a green smoothie (one large ripe mango, 200g fresh baby spinach leaves and one cup of water), raw or a healthy snack bar (only natural ingredients), nuts and raisins, trail mix

### DRINKS

Green smoothie or water. Replace tea and coffee with herbal teas or a caffeine-free alternatives

## What you CAN eat



Fresh fruit and vegetables



Flax, hemp, sesame and olive oil



Pulses, legumes, grains and sprouted beans



Freshly made fruit and vegetable juices



Dried fruits (figs and dates are a great treat)



Seaweed



Nut butters (like tahini and cashew)



Nuts and seeds

● If you fancy getting creative in the kitchen, log on to [www.amazon.co.uk](http://www.amazon.co.uk) for some amazing raw gourmet (un)cookbooks or surf the net for a raw food workshop near you. Some useful websites to try are: [www.rawreform.co.uk](http://www.rawreform.co.uk); [www.rawfairies.com](http://www.rawfairies.com); [www.detoxyourworld.com](http://www.detoxyourworld.com); [www.fresh-network.com](http://www.fresh-network.com); [www.rawliving.eu](http://www.rawliving.eu)