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**Men's
Grooming**

Spring Bling

Peter Andre
Lemar

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Beauty and the beach

Continuing this issue, our fabulous three month countdown to being a beautiful beach bod this summer. This month we kick off with a quick quiz, give you some top tips for banishing body bloating, and some easy exercises for a streamlined stomach



Big and bloated, or toned and trim?

Do our quick quiz to find out which one you're going to be this summer

Do you

- Wolf your food down without really chewing?
- Go for sweet treats over savoury ones?
- Eat dark green leafy veg less than four times a week?
- Indulge in alcohol daily?
- Smoke?
- Eat live yogurt less than five times a week?
- Sit slumped in front of the TV whilst eating?
- Eat bread or wheat every day?
- Devour your dinner late at night?
- Munch on nuts and seeds less than four times a week?
- Never eat soya products?
- Take recreational drugs?
- Add salt to your food or cooking?
- Eat when stressed or on the move?
- Take NSAID pain killers like ibuprofen regularly?
- Gobble up the same foods day after day?
- Crave sugary and yeasty foods?

Score 2 points for each 'yes'

- 0-6 Fantastic. No bloating for you this summer. You can look forwards to being slim, slender and being the beauty on the beach
- 8-22 A precarious position. Don't let it slip or you could be a shade wobbly by beach time. See our tips to make sure you keep motivated and on the right track.
- 22-34 Oh dear. You need to do something and quick as you're running out of time! See our top tips for banishing bloating and get cracking straight away.

Top Ten Tips for banishing bloating

Simple and effective ways to banish bloating and get a streamlined stomach

Swollen bellies, tree trunk ankles, fat fingers and puffed up faces are definitely not a look you want to be showing off this summer! Bloating and puffiness can be caused by a number of reasons, from poor diet to female hormone imbalance, or from just being too loaded up with toxins. This month we focus on giving you a few health ways in which to start reducing unnecessary puffiness.

1 Fine body toning with fennel

Nature's solution for general water retention is the aromatic herb fennel. Fennel is a diuretic and has been used by herbalists for centuries to reduce bloating and puffiness. Swap your normal teas and coffees for fennel tea and start adding grated fresh fennel bulb to salads or soups.

2 Sugar - fermentation

Eating too much sugar encourages the growth of some 'not so good' intestinal bacteria, yeasts and parasites. A high sugar diet leads to excess fermentation of bad bacteria creating wind and bloating. Cut back on sugary snacks and dried fruit.

3 Restoring bowel balance with pre-biotics

To help restore good intestinal bacteria, reduce fermentation and speed up the reduction of stomach bloating, supplement your diet with a pre-biotic. These are capsules of Fructo-oligosaccharides or FOS - a soluble fibre which literally feeds the good bacteria, restoring intestinal balance by out-competing bad bacteria, parasites and yeasts.

4 Food combining for flat tummy

Made fashionable by Leslie Kenton in the 70's, food combining is a unique style of eating which is well known for dissipating post meal time bloating. It's a simple principle of avoiding mixing protein and carbohydrates in the same meal. Give it a try over the next few months - don't

mix protein (yoghurt, eggs, meat and fish) with fruit, rice, bread or grains.

5 Bread

Bloating and water retention are both common symptoms of food intolerance reactions. A great way to see bloating and puffiness quickly fade away is to totally avoid eating bread, which contains two common triggers - yeast and wheat. Good alternatives are rice cakes, oat cakes and Ryvita.

6 Magnesium rich foods

General water retention, puffiness and swelling are all linked to a magnesium deficiency. Over the next few months make sure you are getting adequate magnesium intake by eating plenty of green leafy vegetables, nuts and seeds.

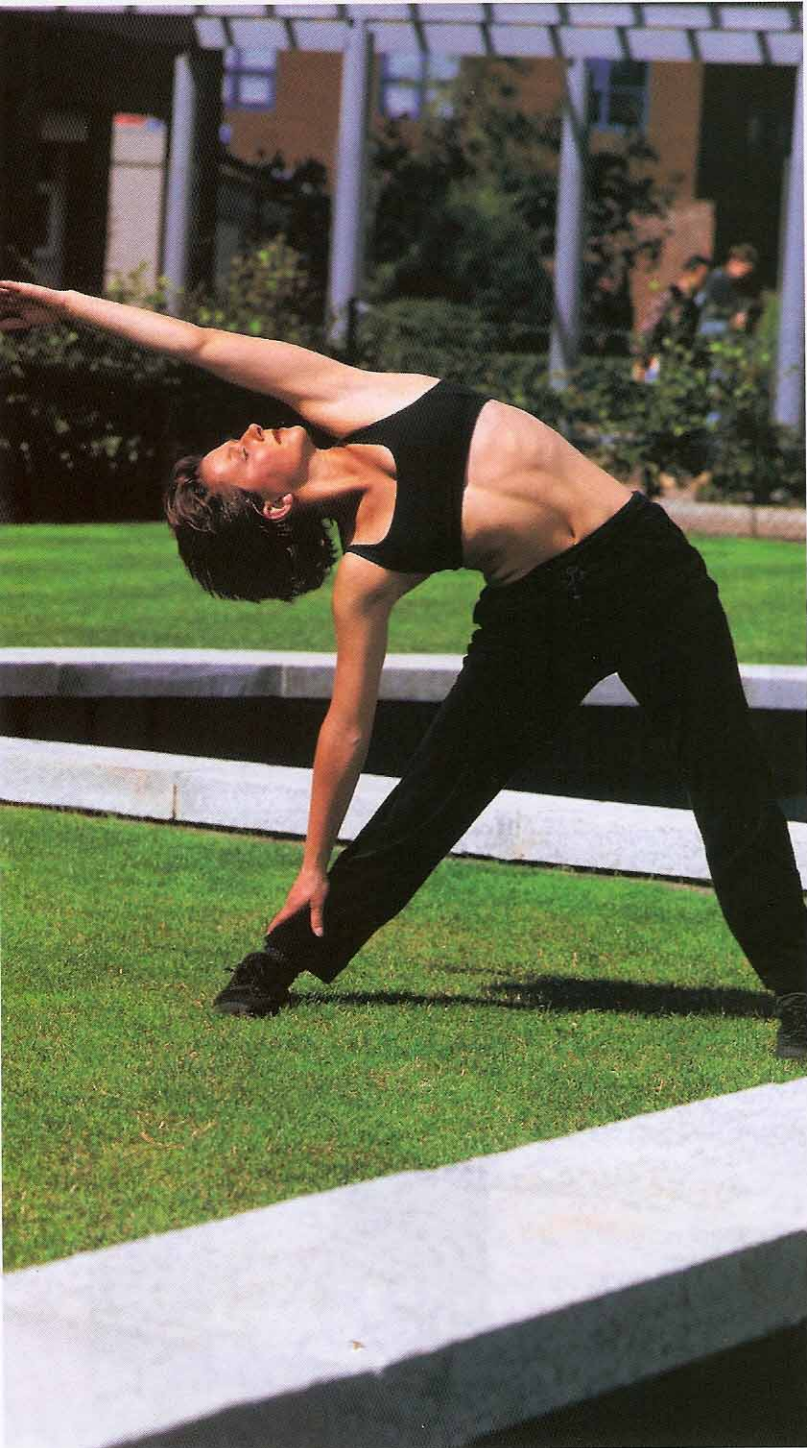
7 Phyto-oestrogens

If you feel totally puffed up and bloated a week or a few days before your period then this is a sign of oestrogen imbalance. Easy to fix either by including more phyto-oestrogen foods in your diet or by taking a phyto-oestrogen supplement. Flax seeds, celery, raspberry leaf tea, soy yoghurt, soy sauce and tempeh are all rich in these lovely plant oestrogens designed to give you a smooth ride through any pre-menstrual phase.

8 Keep regular! Fibre

A great way to avoid stomach bloating is to make sure that you stay regular and that means one or two bowel movements a day. Anything less is an indication of constipation and can be counter balanced by eating more soluble fibre. Make sure you get your





'five-a-day' fruit and vegetables, and start your day with porridge with a teaspoon of oat bran.

9 Toxic liver
As soon as cells and tissues and blood become over-burdened with toxins you start to retain water in an attempt to keep these toxins diluted. High intake of alcohol, smoking, social drugs, convenience foods can all lead to a tired and overworked liver. Take Milk Thistle

tincture after any night out to keep your liver in tip top shape preventing toxic overload and water retention.

10 Cut back on salt
Salt is high in sodium which when eaten in excess disrupts the delicate electrolyte balance of the blood causing water retention and high blood pressure. To reduce general puffiness cut back on salt, instead use fresh herbs and spices to add more flavour to your food.

Streamlined stomach or wobbly belly?

The truth about perfect abs

Choose either the ab do-it, the ab rock-it, the ab roller or the ab dolly and you may think you are well on the way to washboard abs, but in reality there is more to a flat stomach than a few crunches or sit ups. Many people don't realise that the most perfectly toned set of abs can be hiding behind a wall of fat. So to begin with you need to do some cardiovascular and fat burning exercise a few times a week – this is just as important as specific stomach exercises. Yoga and pilates target these deeper core muscles so a couple of sessions a week is going result in the most profound benefit.

Allie from Yoga Haven, the top hot yoga studio in Brighton and Hove, is our expert of the month and she recommends the following for some truly astounding abs



Abdominals A

Lie on the floor, spine straight. Lift your legs, bending the knees to make a 90 degree angle, calf muscles parallel to the floor, feet together. Interlace your hands behind your head at the base of the skull, open your elbows wide. Inhale, press down through your stomach and lift your upper body off the floor. Feel your lower back touching the floor, take five deep breaths and release.



Abdominals B

Lie on the floor, spine straight. Bring your arms behind your

head, palms of your hands to opposite shoulder blades so your wrists cross. Keep your legs pressed firmly together, point your toes down. Inhale and lift your upper body of the floor until the tips of your shoulder blades come up. Keep breathing ensuring your lower back stays on the floor for five deep breaths.



Abdominals C

Lie on the floor, spine straight. Arms by your sides, palms face down underneath your hips, elbows stay out to the sides. Bend your knees and bring your legs up 45 degrees off the floor. Keep your lower back on the floor, inhale and lift your upper body off the floor. If you want to go deeper straighten your legs but make sure your lower back doesn't arch upwards.

Cheats' Guide

Don't want to spend time making changes to your diet and lifestyle? Well don't worry, get yourself to LA Fitness and book yourself in for a 'Hypoxi' session and apparently you will drop a dress size in one session! Robbie Williams has two machines – one in each of his homes in London and LA so he can instantly look toned for any concert or social function. Call 01273 688830 for more info.

Right: Hypoxi machine.
Below: Robbie Williams.

