

# ARENA

A full-page photograph of Kelly Brook posing for the cover of Arena magazine. She is nude, wearing only black thigh bands and a black strapless bra. She is lying on her back, propped up on her elbows, with her legs raised and bent. Her hair is dark and curly, and she is looking directly at the camera with a slight smile.

Style for men

November 2005  
£3.50

**Naked at last!**

# Kelly Brook

**She said no to Playboy  
She said yes to us**

Photographed exclusively by David Bailey

**Rebuild yourself!**

**Our guide to your total  
physical reinvention**

**Keira  
Knightley**

**Arena's dream  
girl teaches us  
how to lapdance**

**Dude  
feels like  
a lady!**

**What it's really  
like to sleep with  
a transsexual**

By Steve Beale,  
p166

**Arena investigation**

**Weird  
science!**

**Inside the church  
of Scientology**

By Chris Bell

**Surviving 16 days'  
solitary in a  
Pakistani jail**

By David Flamholz

**Plus!**

**Tara Reid**

**Sheepskin coats**

**Spooks' Miranda Raison**

**Kevin McKidd**

**Gold-plated golf clubs**

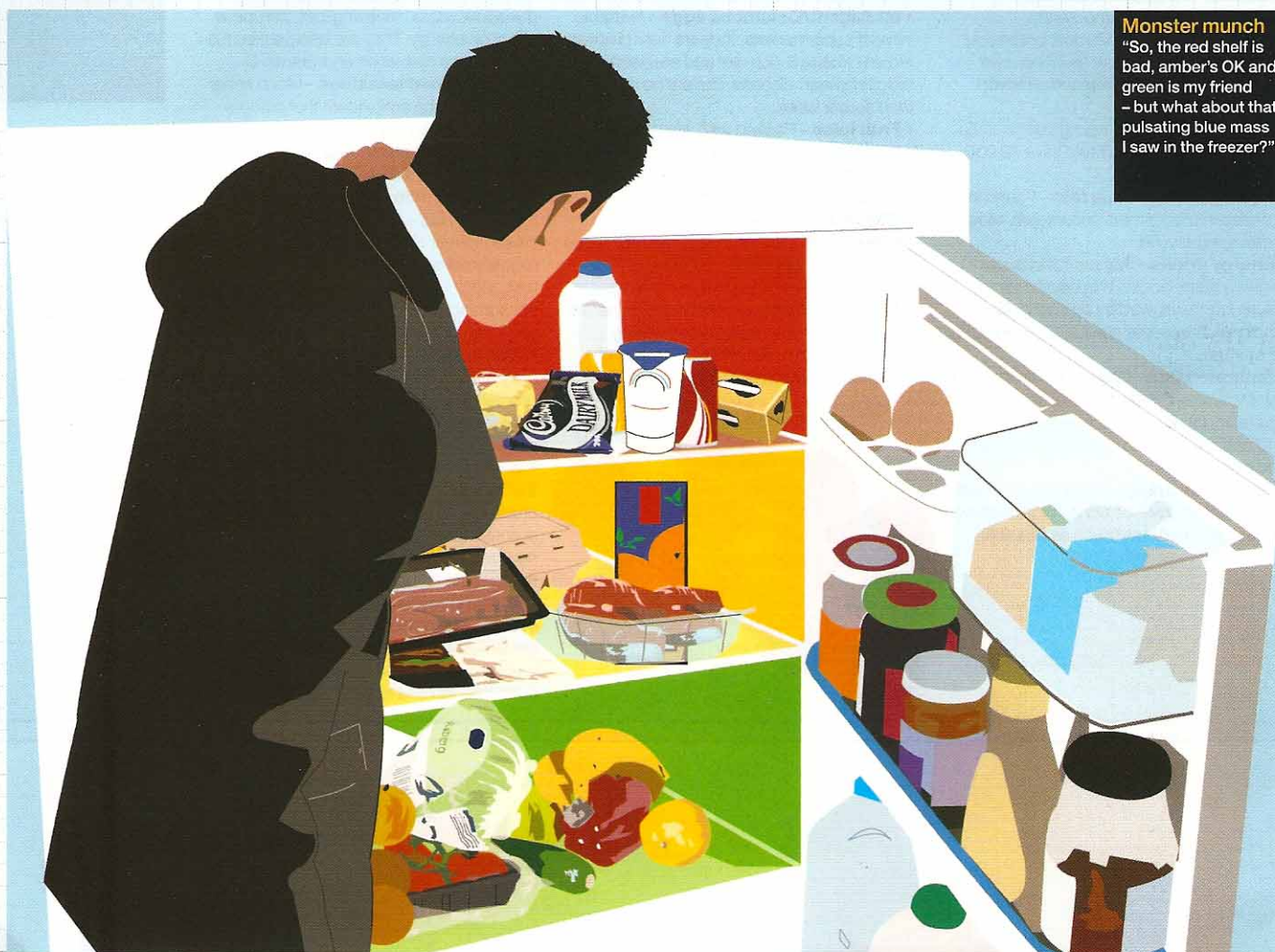
**+ How to dress your  
missus like a horse**





## Chips and beer: bad. Just beer: less bad?

**Monster munch**  
 "So, the red shelf is bad, amber's OK and green is my friend – but what about that pulsating blue mass I saw in the freezer?"



**FACT!**  
Organic food tends to contain more nutrients and less pesticide, as well as hormone and antibiotic residue known for boosting penis size in young boys and fertility in men

After a session your liver is under enormous strain, which you can ease by taking some *Phyllanthus Complex* and milk thistle. Also, eat more liver-supportive foods: colourful vegetables, beetroot, artichokes, broccoli, brown rice, eggs and rocket. ▶



### Red foods

#### Limit as much as possible

- **Caffeine** – Traces in coffee, tea, chocolate, energy drinks and some painkillers; can cause impotence.
- **Refined foods** – White rice, bread and pasta are nutrient-empty as 77 per cent of some minerals and fibre are removed in processing.
- **Salt** – Reducing the average daily intake of nine grams to three would save 70,000 lives annually in the UK.
- **Hydrogenated/trans fats** – Found in processed foods, meat substitutes, ready meals and biscuits.
- **Energy drinks** – Packed full of sugar to give a quick boost. This causes an insulin surge followed by an energy drop which leads to sugar cravings. Insulin equals fat storage.
- **Saturated fats** – Can lead to an increased risk of cardiovascular disease, so reduce your dairy intake – cheese, milk, cream and butter – plus fatty cuts of lamb, beef and pork.
- **Chips and crisps** – These starchy foods when heated produce acrylamide, a known carcinogen. Avoid as much as possible.

### Amber foods

#### Great in moderation

- **Lean meat** – No more than three times per week, they're a good source of zinc and iron.
- **Intelligent/Columbus eggs** – Available in most supermarkets, they are from chickens fed an Omega 3-rich diet and are helpful for reducing heart disease. But eat no more than six per week.
- **Fruit juice** – Packed with vitamins and natural sugar, so dilute with water to reduce the rush and avoid those with added sugar – go 100 per cent pure, where possible.
- **Oily fish** – Salmon, mackerel, sardines and fresh tuna are high in fats that help focus and concentration. Limit to three portions a week, as they can be high in mercury.
- **Nuts and seeds** – Packed full of minerals and good fats. Eat five portions weekly.
- **Lean poultry** – An excellent source of protein. Five times a week for these too.



### Green foods

#### Eat as much as you like

- **Sweet potatoes** – Better than your regular King Edwards, these have a lower glycaemic index, meaning less disruptive effect on energy. They are also packed full of protective carotenes and vitamin C.
- **Vine-ripened tomatoes** – Much richer in lycopene, the antioxidant that colours them red, which helps to reduce the risk of prostate cancer and heart disease.
- **Beetroot** – Great for the liver, enabling the proper formation of sex hormones.
- **Blueberries** – 100 grams of these chaps score highest of all fruit and veg on the oxygen radical absorbance capacity (ORAC) test, with 2,400 points. You need to be consuming around 5,000 ORAC units each day to fulfil your antioxidant status.
- **Watercress** – Rich in potassium and magnesium, so great for cardiovascular problems, and can help ward off the odd 'erectile dysfunction' associated with circulatory difficulties.
- **Broccoli** – Cruciferous veg – those in the 'mustard' family: broccoli, cauliflower, brussell sprouts and cabbage – contain sulforaphane, a compound shown to neutralise cancer-causing chemicals responsible for damaging cells.
- **Brown rice, pasta and wholegrain bread** – Make your sperm stronger as they are all rich in fertility-boosting zinc. Enzymes on the sperms' head need zinc in order to push through and fertilise the egg.

### Food for thought

Some tomatoes off the vine, a few tubs of antioxidant vitamins and suddenly you'll be bounding to work. Honest...



250bhp Aero V6 Turbo

OFFICIAL FUEL CONSUMPTION FIGURES FOR SAAB 9-3 SPORTWAGON RANGE IN MPG (LITRES/100KM): URBAN 16.4 (17.2) – 39.2 (7.3), EXTRA URBAN



### Antioxidants

- Free radicals can damage the DNA of cells and are produced from smoke, sunlight, pollution, exercise and, disappointingly, eating fried or barbecued food. Weirdly, the more endurance exercise you do, the more free radicals you produce – something about 'increased oxygen utilisation' (see, you knew going for a run was a bad idea) – so to protect yourself take an antioxidant alongside your multi-vit. BioCare's Cellguard Forte is a good choice.
- Essential fats help protect the heart, improve mood, focus and intelligence, and help your metabolism work efficiently. A popular option is Nutri Eskimo-3, as a government study showed it had the lowest mercury PCB levels of all the oils tested (as well as the stupidest name in the health shop). Take three during the morning.

Both supplements are available online at [positivehealthshop.co.uk](http://positivehealthshop.co.uk), or call 01275-846490. Get 20 per cent off the RRP with this Arena special offer (quote ARE/001).



### Minerals

- **Calcium** – Promotes strong bones and good teeth.
- **Magnesium** – Both calcium and magnesium help relaxation, so if you're stressed take 400mg of each at night to help you sleep.
- **Zinc** – Aids reproductive health.
- **Selenium** – Beneficial antioxidant.
- **Chromium** – Balances blood sugar and reduces cravings.
- **Iron** – Boosts strength and energy.

**FACT!**  
Only 4 per cent of men say they eat the nine servings of fruits and vegetables a day recommended as part of an active lifestyle

### Vitamins

In general, our food has up to 75 per cent less nutrients in it today than it did 50 years ago. And with pollution levels still on the rise – Britain now produces 161 million tonnes of carbon dioxide a year, for example, up 4.7 per cent on 1997 figures – our bodies are having to work ever harder to keep us healthy and sprightly. So a little assistance in pill form is to be recommended – though don't skip, as cheaper vitamins contain lower levels of nutrients, often in a less-easily absorbable form.

### Things you need

- **Vitamin A** – For reproductive and skin health plus immune function.
- **Vitamin D** – Promotes strong bones, immune system and steady moods.
- **Vitamin E** – Cardioprotective, antioxidant and good for skin health.
- **Vitamin K** – Promotes strong bones and blood clotting when injured.
- **Vitamin C** – Needed for immune function.
- **B vitamins** – Boost energy, nerve function, mood and cell replication, and are therefore important for manufacturing quality sperm (which can't be bad). You should be looking for a pill that contains around 50mg of B vitamins, to be taken at breakfast. Arena recommends Solgar's VM75 One A Day (voted best multi-vitamin by US consumer magazine *Proof!*), which is available from most good health-food stores in the UK. **A**

# shifts.

1273 cubic litres



A large boot shouldn't stop you from getting your kicks. And the all-new 9-3 Aero V6 SportWagon generates 350Nm of torque, so there is no more powerful V6 petrol engine in its class. Turbocharged power that's controlled by ReAxs all-wheel steering allied to a responsive and agile chassis. All in all it's a very moving experience. For more information call 0845 300 9395.

Visit [saaboffers.co.uk](http://saaboffers.co.uk)

## The all-new Saab 93 SportWagon.

Saab **93**



move your mind™

l) – 62.8 (4.5), COMBINED 25.7 (11.0) – 51.4 (5.5), CO<sub>2</sub> EMISSIONS 149 – 264 G/KM. Model illustrated Saab 9-3 Aero V6 SportWagon – on-the-road price £28,295.