



*One Body....One Skin...One Life
Promoting the healthiest lifestyle for the body you live in...*

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Treat this as an energiser and remember this is a cleanse rather than a DIET. It's about getting life giving fresh foods into your body.

The key is a good juicer or blender for smoothies. What I have found works is the following;

Juice at least 500mls first thing in the morning, I do these two juices below which I love and you can experiment with. They set me up for the day. When or if I do want something else I will maybe have a banana or apple in the morning. Also remember the "Beauty Breakfast" on your aftercare sheet.

Drink as much water as you can throughout the day - flush everything out. I am talking a minimum 2 litres here, not just a few glasses. The whole point is to super hydrate your body and energise. If you get headaches or tiredness, sit up take some huge belly breathes and drink a full glass of water. A big tuperware box with nuts in, brazil, walnut, loads of almonds, sultana etc is a perfect graze box to nibble on through the day if you want. Chopped carrots and other veggies too are a great snack food.

Always put the softer fruits first like peaches and plums and take the stones out. Grapes and apples I just bung the whole lot in then the harder fruits so as to clean through the juicer. Bananas only through the blender. Generally these machines come with ideas of juices to make, but I like to drop it all in together. When I was training for the marathon it was fantastic because I would leave all the fruit and veg in the fridge so its all chilled and it was the best thing to have when getting back from an early morning run.

Smoothies:

A great base is bananas, apples, and pineapple. Avocado provides the creamy texture without the need for yoghurt or ice cream. Peanut butter gives smoothies a great energy boost or a spoonful of honey if you feel you need it. I also pop in extra oils and anything else I can lay my hands on. Be creative be adventurous and explore. It's a great way also to get chunks of raw vegetables into smoothies, the bananas, and apples mask the flavour and you can introduce children to eating allsorts.

EASY START:

Carrots

Orange

Apples

Small square of root ginger gives it a spicy kick!

FRUITY FOUNTAIN:

Orange

Grapes

Strawberries

Pears

Peaches

Plums

Fresh Pomegranates are one of the super fruits and according to research by the Heart Foundation if taken every day for 2 weeks this can reduce cholesterol by a third, check out the research.

Nothing with a face for at least 10 days. This means 'meats' and before you ask, this includes crabs and prawns!! No coffee, tea, sugar, salt, you know all the things to avoid coke etc, and no dairy products. Eat a few hours before you go to bed. Drink water before your meals rather than during or after. Get some exercise even if it's just walking round the block.

It really becomes easy when you get into it. Then its lots of SALADS, with ADVOCADO, CHICK PEAS, olive oil and lemon dressing, (no vinegar) I actually love avocado sandwiches with salad, although try to keep the bread to a minimum. Drizzle olive oil and some lemon on salads, cut out the vinegar.

Look for the nutritious foods. It has nothing to do with calories; it's about the way you combine. Get rid of the scales if necessary and go by the feel of your clothing.

Baked beans are a great source if running or doing exercise the next day as you need something to give you fuel.

Jacket potatoes with salad. Quiona and other grains are another good source of food. Once you have done the 10 days then you can introduce a little fish and chicken, remembering to keep the proteins and starches separate. This all comes about from understanding the pH of your blood, and the amount of oxygen flowing round your body and how mostly we eat and clog up the machinery, a bit like putting sand in your petrol tank.

High acidity levels are associated with all disease. A healthy immune system functions in an alkaline environment. Its a case of increasing the oxygen producing foods and nutrients. "The pH Miracle" by Dr Robert Young makes interesting reading.

Remember think soups too, a great way to feed the cells and you can make them as thin or thick as you fancy. See how many veggies you can get into one soup. Portuguese vegetable soups are delicious.

The main thing is when you put anything in your mouth to ask yourself, are you clogging or cleansing.... and the key to a healthy body is a healthy lifestyle. Mostly society is digging its graves with its teeth. Child obesity is at an all time high...you can alter that by being the example and being part of the solution rather than part of the problem. Think.... Start something different rather than I have to stop doing something.

Get moving! Brisk walking rather than strolling, or some energy lifting rebounding !!
Give your body a gift; give your whole life a lift !

Stay healthy
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