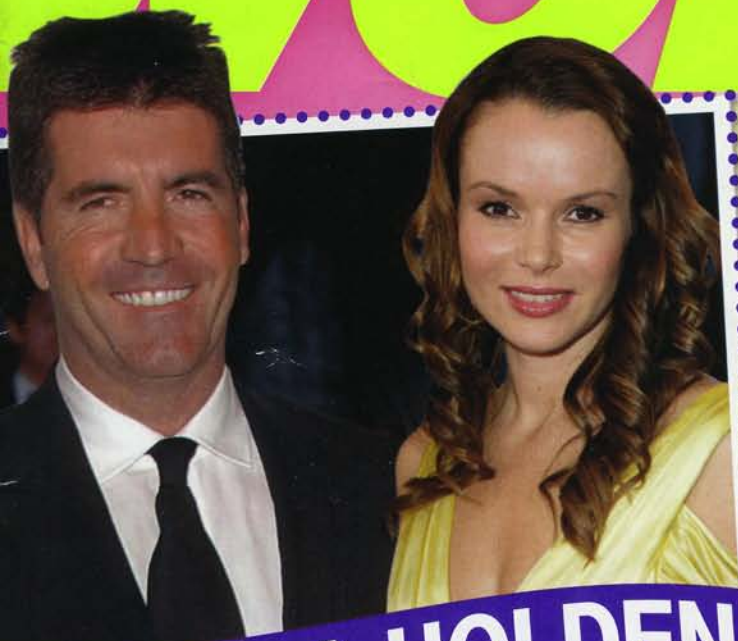


WOMEN

FREE Revlon Mascara worth £9.99 Conditions apply

WE'VE GOT IT JUNE 11 2008



AMANDA HOLDEN

'I'm thrilled to be Simon's new woman!'

'Tied to a chair for 8 weeks by my twisted boyfriend'



Fern's secret

Why she and Phil can't wait to get back to nature



EXCLUSIVE

Bloat busting

Bikini Panic Diet

(You'll lose 7lb FAST)



EASTENDERS AMANDA

'MAY'S EVIL PLAN

FOR DAWN'S BABY'

Amazing picture

'I went topless for Gok after my cancer'



Bikini panic? No problem!

Stressed about hitting the beach? Try our holiday countdown diet for results in two weeks

Summer's a funny time. We're loving the sun, but our body hang-ups increase as we peel off the layers. If you've got beach body panic, take a look at our 14-day Bikini Detox Diet. Each day, you can eat as much as you like of one bikini superfood, and the daily toning exercises will get you totally bikini-fit. Here's how it works...

1 Detox

If you're too toxic, you'll be carrying extra weight as fluid. Holding on to water is your body's way of trying to dilute toxins. You can lose inches from your waist, bum and thighs by reducing your toxic load and boosting your body's natural ways of detoxification. For the next 14 days, avoid the obvious culprits – alcohol, sugar, processed foods, ready-meals and coffee. Instead, you'll be eating specific proteins such as chicken, yogurt and oily fish, and antioxidant-packed fruits that boost liver function, plus detoxing green veg and natural diuretics like fennel and aubergine. As you lighten your toxic load, you'll naturally lose weight through losing water. **Daily detox booster:** Milk Thistle



2 Boost your metabolism

To trim down, you have to burn calories efficiently, so you need to get your cells fired up. Iodine and selenium-rich foods like seaweed, spinach and haddock (iodine) and brazil nuts, oats and sunflower seeds (selenium) all boost metabolism, and the Bikini Detox Diet is rich in these two minerals. You'll also be eating more B-vitamins and complex carbs, so you'll burn calories quicker. **Daily metabolism booster:** hot water with fresh root ginger



3 Flatten your tummy

Do you gain inches around the waist in your premenstrual week? The Bikini Diet includes foods rich in phyto-oestrogens,

like flax seeds and tofu, and zinc (pumpkin seeds, salmon, yogurt and chickpeas), which help to damp down hormonal imbalances. Bloating is also a sign of digestive upsets. Cut out starchy and sugary foods, bread, pasta and cheese. **Daily flat tum booster:** Probiotic supplement

4 Smooth those thighs

The lumpy look is caused by fluid and fats trapped between skin cells. Get your lymphatic system working to drain your cells by exercise, and skin-brush daily. Eat omega-3 rich foods like oily fish and seeds, and enzyme-rich fruits like pineapple. Avoid salt, alcohol and caffeine. **Daily thigh booster:** Use a body brush



Turn the page for your diet plan.

Your 14-day Bikini

	Day 1 Bikini Detox Superfood Blueberries	Day 2 Bikini Detox Superfood Celery	Day 3 Bikini Detox Superfood Kiwi	Day 4 Bikini Detox Superfood Asparagus
Breakfast	<p>Natural yogurt with 1tbsp millet and fresh blueberries</p> 	<p>Oat porridge with fresh papaya</p> 	<p>Swiss style muesli with fresh kiwi</p> 	<p>Grilled haddock with steamed asparagus</p> 
Lunch	<p>Warm salad of roasted peppers, aubergine, artichoke hearts. Blueberries to follow</p> 	<p>Griddled fresh tuna with three-bean salad, finely chopped celery</p> 	<p>Grilled salmon with watercress, rocket and kiwi salad</p> 	<p>Chicken, chickpea, corn and asparagus stir-fry</p> 
Dinner	<p>Green leaf salad with grilled fresh mackerel. Blueberries to follow</p> 	<p>Celery soup</p> 	<p>Stir-fry turkey with leeks, green beans and cabbage</p> 	<p>Asparagus soup</p> 
Snacks	<p>Fresh blueberries</p> 	<p>Celery sticks</p> 	<p>Fresh kiwi fruit</p> 	<p>6 walnuts</p> 
Exercise	<p>30 bum-firming squats</p> 	<p>30 tummy-flattening stomach crunches</p> 	<p>30 thigh-tightening lunges</p> 	<p>30 bum-firming squats</p> 

Detox Plan

Follow the plan for seven days, doing your daily tone-up exercise too. Every day you can eat as much as you like of your daily bikini detox superfood, adding in drinks from the list below. For the second week, add variety from the superfood swap list.

Day 5 Bikini Detox Superfood Pineapple



Smoothie with milk, yogurt and fresh **pineapple**



Baked sweet potato filled with cottage cheese with chopped **pineapple**



Sardines on rye toast. Sliced **pineapple** to follow



Fresh **pineapple**



30 tummy-flattening stomach crunches



Day 6 Bikini Detox Superfood Miso



Rye toast with **miso** spread



Tofu and vegetable stir fry with **miso** seasoning



Miso and vegetable soup



Sushi



30 thigh-tightening lunges



Day 7 Bikini Detox Superfood Mushrooms



Rye toast with scrambled eggs and **mushrooms**



Brown rice **mushroom** and parsley risotto



Mushroom soup



Handful of pumpkin and sunflower seeds



30-minute fast power walk



Detox details

Bikini Detox Diet Drinks:

- On waking, 1pt hot water with 3 slices fresh root ginger.
- Mid-morning, fennel tea.
- Lunch, peppermint tea.
- Mid-afternoon, Detox tea.
- Before bed, ½pt hot water and root ginger.
- During the day, sip up to 8 small gasses of still water.



Detox Tea: hot water and fresh root ginger

Super soups

Making your own evening soup is a quick, healthy option. Simply chop and gently fry an onion and two cloves of garlic, add a couple of peeled and chopped carrots, potatoes, parsnips and one of your Detox Diet superfoods.

These are: either a head of celery or a bulb of fennel, 10 asparagus stalks or a head of broccoli, tablespoon of miso paste or 2 sheets of seaweed, a punnet of mushrooms or a bag of spinach.

Cover with water, add a bay leaf, pinch of mixed herbs and black pepper, simmer for 20 minutes, then serve or blend until smooth and serve. If you don't have time to cook, opt for fresh supermarket brand soups or New Covent Garden.

WORDS SUSIE PERRY PHOTOGRAPHS ABPL, ALAMY, ALL EXERCISE, FOOD & DRINK PHOTOS, JUMP, REX, STOCKFOOD

Week 2 food swap

Day 8: Blueberries for **raspberries**

Day 9: Celery for **fennel**

Day 10: Kiwi for **pomegranate**

Day 11: Asparagus for **broccoli**

Day 12: Pineapple for **mango**

Day 13: Miso for **seaweed**

Day 14: Mushrooms for **spinach**

