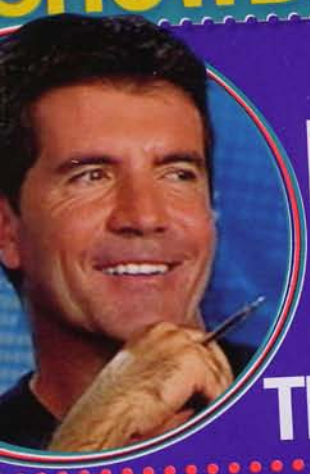


Woman

SHOWBIZ EXTRA



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'I know who'll win The X Factor!'

KERRY KATONA

'Why I am a brilliant mother'



NEW SOAP SLIMMER

Corrie's Molly loses 2½ stone!



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THE WAIST AWAY DIET

Blitz your belly in a week!



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The WAIST

Drop pounds from your middle just in time for t



Kylie nips in

Kylie crowns her comeback with a cinched waist that wowed her fans

This season's trendy way to look glamorous is to have a highly trimmed feminine figure accentuated with tucked-in blouses, nipped-in belts and stylish pencil skirts finished off with tip-toe heels. Yes, it's time to bin those smock tops – the hourglass figure is back. But don't assume the only way you're going to get streamlined is to squeeze yourself into a Victorian corset. Getting a stunning waistline isn't out of reach. Our **woman** Waist Away Diet has been designed to help you shave inches off your waistline by reducing water retention, balancing out gut fermentation and reducing bloating. Get trim, eat three meals a day (plus snacks), and enjoy a healthy way to achieve this autumn's silhouette look...

7-DAY MENU PLAN

	DAY 1	DAY 2
BREAKFAST	Natural probiotic yogurt with fresh pineapple	Swiss-style r... semi-skimm...
LUNCH	Covent Garden Lentil & Bacon Soup	Tideford M... Chicken S...
EVENING MEAL	Baked trout with steamed greens	Fish pie with pea and green beans
SNACK	Two oat cakes + low-fat houmous	Ryvita and turkey slice

6 WAIST WONDERS

- 1 LOW FRUIT MUESLI** Stick to those with just 20-25 per cent dried fruit. A higher dried fruit level means too many calories and more sugar – which can trigger bloating.
- 2 FENNEL TEA** An excellent choice to help reduce water retention.
- 3 PROBIOTICS** These balance out the bacteria in the gut, reducing fermentation and bloating. Available from health food shops.
- 4 SAFFLOWER EXTRACT** This is claimed to help maintain low body fat. More information from www.highernature.co.uk 0800 458 4747
- 5 PILATES CLASS** Go along to a Pilates class once a week – great for tummy flattening.
- 6 TWISTED SIT-UPS** Great to tone the sides of your waist, giving you the hourglass look: aim for 30 a day but start steadily if you're out of shape.

THIS WILL HELP TOO!

Fermentation factors	Drinks	Small is beautiful
If you wake up trim but by the end of the day feel you've ballooned into another dress size, you need to check your 'fermentation factors.' Eating too much sugar and starch is usually the culprit, as these can be easily fermented by gut bacteria, causing bloating. Cut back on pasta, potatoes, bread, sugary snacks and high-sugar fruits like grapes, bananas and melons if you want to stay looking trim right through the day.	Staying hydrated with plenty of water sipped throughout the day, is beneficial for your skin as well as your figure. But don't go gulping down pints of water or you'll feel uncomfortable and bloated. Avoid fizzy drinks too, as these can literally blow up your waistline. Cut back on fruit juices and smoothies as these are high in sugar and also boost the bloating factor.	Lots of women think the quickest way to a flat stomach is to skip meals. This is actually counterproductive, as when you do finally eat a meal, you'll get that bloated feeling. Keep your waistline trim for long periods of time by eating small but frequent meals. This will keep your digestion working properly without overstretching your stomach.





AWAY Diet

season's trend for hourglass fashion!

Kelly clinch

Kelly Brook's b...
puts the finishi...
touch to a waist...
that's perfectly t...

DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Scrambled eggs on rye toast with grilled tomato	Porridge with berries	Swiss-style muesli + semi-skimmed milk	Natural probiotic yogurt with fresh pineapple	Swiss style muesli + semi-skimmed milk
Chunky winter vegetable soup	Covent Garden Pea & Ham Soup	Italian bean soup	Tideford Organic Vegetable Soup	Spicy tomato soup
Turkey and vegetable stir-fry	Grilled salmon, bok choy, spinach & fennel	Baked sweet potato with cottage cheese and watercress salad	Chicken casserole with broccoli and spinach	Griddled tuna, roasted peppers, courgettes, aubergine + red onions
		Two oat cakes + low-fat houmous	Six walnuts	Two rice cakes + smoked salmon
Six almonds	Ryvita & ham			

Shrinking soups

Since starchy carbs and large meals tend to increase your waist size, eating soups at lunchtime is by far the best way to maintain your figure on a daily basis. Soups are easy to digest, they're relatively low in calories while being high in nutrients, boosting your overall health.

Choosing soups high in complex carbs or pulses can help you stay full for longer meaning you'll stick to your diet longer.

Eat your greens

Green vegetables are high in magnesium, which helps to keep water retention to a minimum. By swapping starchy carbs like potatoes, pasta and white rice at your evening meal for lots of green vegetables, you can help reduce any excess body puffiness from water retention, streamlining your figure to perfection. Go for spinach, beans, kale and broccoli – all good for digestion.



Watch the wheat

Eating too much wheat tends to go hand-in-hand with a bulging waistline. Foods containing wheat tend to aggravate the digestive system, triggering inflammation that can counterbalance your hopes for an hourglass figure. Bread and cakes, pasta and pizza are particularly bad for your waistline and are best avoided while you're trying to streamline your figure.

For expert, easy-to-follow advice on diet and exercise, just go to ...

goodtoknow.co.uk/diet