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The 10 Day Detox

Susan Perry Bsc Hons Dip ION, Nutrition Consultant at Smart Nutrition, offers the perfect preparation to looking and feeling fantastic this summer

The thought of summer days looking fantastic basking on Brighton beach is a welcomed springtime daydream. It could however be a nightmare if the winter hibernation has left you with a few added pounds and thighs dimpled with cellulite, fear not - a Spring Detox is what you need.

Detox Myths

Don't be mistaken, a detox is not about surviving on air and water alone nor is it a repetitive diet of vegetable broth. Believe it or not a good detox can be achieved by simply eating a variety of wholesome, natural, healthy foods. How you will feel during your detox is a reflection of how toxic or healthy you are. Odds are in your favour to feel fantastic if you are already relatively healthy. If however you are a Brightonian who enjoys a few too many drinks, cuts through hangovers with strong filter coffee, smokes and regularly feasts on chocolate treats and puddings then chances are you may experience a few detox symptoms. Headaches, joint pains, skin blemishes and low mood may occur. But don't let the risk of a few short lived symptoms, put you off as the long-term benefits are endless.

A good detox should leave you feeling refreshed and energised with restored mental clarity and focus. Bloating, low energy and fuzzy head will be banished. Plus you should have lost some weight and have glowing skin. Perfect preparation for beach life!

Tired or Toxic

Where do toxins come from? There are the obvious sources - alcohol, nicotine, caffeine along with processed foods which are jam packed with synthetic food additives. Fried foods contain 'trans' fats which are carcinogenic. Non-organic fruits and vegetables are loaded with pesticide residues. Household cleaning products along with skin and beauty products are another source of harmful toxins. Even your body produces a whole heap of toxic metabolic waste products. Common signs of toxic overload include feeling tired or sluggish, headaches, low energy, excess catarrh, acne, skin rashes,

Foods to avoid:

Caffeine - tea, coffee, chocolate, colas, energy drinks
Wheat - bread, bagels, croissants, pastry, cereals, pasta, pizzas, noodles, couscous
Dairy - milk, cheese, yoghurt, butter
Sugar - chocolate, sweets, cakes, biscuits, puddings, ice-cream, fruit juice, dried fruit, honey
Alcohol - wine, beer spirits, cocktails and champagne
Starchy carbohydrates - white rice, potatoes, rice noodles
Red meat - beef, lamb pork
Fried foods - chips, crisps, battered food
Artificial additives and preservatives - this rules out most packaged and processed foods

Healthy Foods to eat

Wholegrains - Brown rice, red rice, buckwheat noodles, oats, millet flakes
Pulses - lentils, chick peas, pinto beans etc
Protein - Eggs, fish, chicken, nuts, seeds, tofu, tempe, quorn, quinoa
All Vegetables - especially celery, beetroot, broccoli, peppers and cabbage
All Fruits - especially blueberries, mango, pineapples, apples, pears, blackcurrants and raspberries
Herbs and spices - ginger, garlic, parsley, fennel, coriander, turmeric, chillies, fenugreek
Drinks - herbal teas, water, dandelion coffee, fresh vegetable juices

joint pains, inability to concentrate, fuzzy head and depression.

Healthy Liver, Healthy life

So how does your body cope? All these toxins are passed to your liver for processing, packaging and disposal. However if your liver becomes overloaded, toxins are free to travel around your body harming cells and tissues on their way. As the number of damaged cells and tissues increases you accelerate towards low immunity, ageing and degenerative disease. Completing a yearly spring clean gives your body a chance to download backlogged toxins and recharge liver cells, keeping you looking and feeling younger for longer.

10 Day Detox

A good spring detox lasts for at least 10 days. During this time carbohydrates should come from fruits, vegetables, pulses and wholegrains. Protein choices include eggs, fish, tofu and quorn and good fats are from oily fish, nuts and seeds.

Days 1-3 consist of the above foods cooked by steaming or as soups and stews.

Days 4-7 consist of steamed vegetables, white fish and raw vegetable salads plus fruit whilst being low in wholegrains. The more raw vegetables and fruit you consume in days 4-7 the more effective your detox will be. Days 8-10 are the same style as Days 1-3. See the suggested menu ideas for inspiration.

Including plenty of fresh herbs and spices helps to boost detoxification and makes meals more interesting. This type of detox delivers increased fibre from pulses, lentils and wholegrains, powerful antioxidants and enzymes from colourful raw fruits and vegetables and liver cleansers from celery, broccoli, fenugreek, garlic, turmeric, ginger and fennel. All these foods are important for detoxification. Be sure to drink at least 2 litres of water a day.

Detox Boosters

Skin brushing every morning for 5-10 minutes helps to stimulate lymphatic flow and detoxification. Yoga is highly recommended during your detox. Try Hot Yoga at Yoga Haven to really help get toxins moving. Baths containing Dead Sea Salts helps to maintain alkaline balance, reducing detox symptoms. Supplements such as Milk Thistle, Probiotics and Spirulina all greatly enhance liver and kidney function, purge toxins from the blood and promote health and vitality. ProGreens is a delicious daily shake which greatly enhances detoxification and helps to clear cellulite.

For more information contact
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Detox Menu Ideas

Day 1-3

Breakfast
Oat & millet flake porridge with chopped pear
Lunch
Fresh parsley, vegetable & fish soup
Evening Meal
Vegetable and chick pea curry with turmeric and almond brown rice
Snacks
Fresh fruit

Days 4-7

Breakfast
Fresh fruit salad with natural bio soya yoghurt
Lunch
Grated beetroot & carrot, fresh coriander and sesame seed salad
Evening Meals
Grilled fish with Rocket, watercress, alfalfa, avocado and pumpkin seed salad
Snack
Fresh fruit
Nuts and seeds

Day 8-10

Breakfast
Poached egg, fresh spinach & grilled tomato
Lunch
Carrot, quinoa, ginger and coriander soup
Evening Meal
Garlic Prawns with steamed broccoli, mange tout, green beans and sweet potatoes.
Snacks
Fresh fruit