



The Party Survival Guide

My Top Ten Tips



It's coming up to that time of year when all our waistlines seem to expand by a few inches, there will be many of us who are thinking about getting ready for the festive season and losing a few pounds before the staff do!

Perhaps trying to get into that little black dress you brought months ago in the sale for half the price which wasn't your size but you thought;

"it's a bargain, why not? I will diet to get into it!"

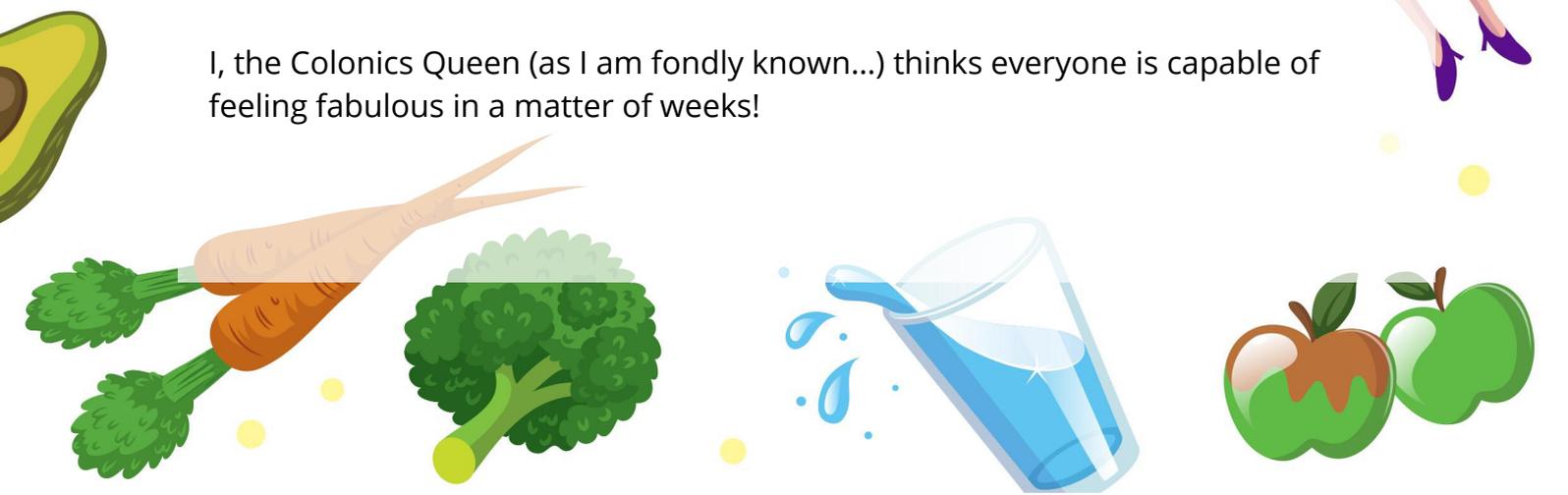


For the gents out there, those fitted shirts or maybe even a dashing tuxedo where you don't need to breathe in too much and turn blue!

But is there really a quick fix at this stage to drop a few inches? Or should we all just cave in and reach for a mince pie and the tins of celebrations that seemed to be in the shops earlier and earlier?

I have worked with numerous actors and models to get them in shape for filming or photo shoots in a few weeks! In-fact many of my clients both male and female are sports people who need to get into shape fast before a big event.

I, the Colonics Queen (as I am fondly known...) thinks everyone is capable of feeling fabulous in a matter of weeks!





COMPLETE HEALTH CLINIC

Here are some of my top tips for having fun this year, and not buying new trousers in January!

1. Be organised with your food – plan so you are not just grabbing a processed meal or takeaways

Whether you are cooking for one, for two or for your entire family, taking the time to sit down and plan future meals will not only save you time, effort and money but will also improve your eating habits.

Unfortunately, when you find yourself coming home late from work or too busy to do the groceries, you probably resort to buying pizza, cheeseburgers or a bucket of greasy chicken.

Pre-packaged meals are just as bad! Sit down and spend some time at the beginning of the week and plan your meals, it really will pay off!

2. Drink white wine or champagne (if you are feeling extravagant) instead of beer.

And if you want to make it last longer and keep yourself hydrated you can add soda water or sparkling water to it. Spirits aren't too bad but just be careful with those mixtures as they contain lots of sugar!

3. Avoid the buffet table.

This is where you will find pastries, sausage rolls, crisps and other nasties loaded with calories trans fats and it should be avoided at all costs. If you must eat from the buffet its best to go for lighter items such as sandwiches with fillings like turkey, chicken and salads.





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4. Fill up on the veg during your meal, especially Christmas dinner!

This is actually a great tip for any meal but it's more relevant on Christmas Day as most of us put away a massive 7000 calories which is the equivalent of 2lbs of body fat and over 3 times our recommended calorie intake for 1 day.

Fill up on vegetables first and then tackling the turkey will mean that we will be fuller quicker and our calorie count from potatoes will be lower, keeping our waistlines in check.

5. Stop eating when you are full.

This is pretty self-explanatory but most people over look this; in addition drinking alcohol lowers our blood sugar levels making us more likely to eat more.

As a side note this is one of the reasons why the first things you get offered in a restaurant is a drink. That and salty snacks so you drink more!

After 20 minutes or so when you're ready to order your food you are more likely to want to eat more after an alcoholic drink.

6. Eat Health Foods before you go out.

This is another great way to stop yourself from raiding the buffet table when you get to the office party - a good healthy soup before going (not the creamy variety)!





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7. Keep up your exercise routine

Just because most people give up exercising in December doesn't mean you should too. Why not get an extra gym session or class in every week to make up for the fact that your diet might go AWOL for a few weeks.

8. Drink Water between alcoholic drinks.

This will keep you hydrated and ensure that you are not too hung over the next day.

This is also more likely to make you want to exercise and no one like going to the gym with a mega hangover and that's when you tend to reach for junk food the following day and stay stuck to the sofa!

9. Eat your way to better skin!

Your skin is the largest organ in your body, and it's a good indicator of overall health. If skin is dry, dull, red, blotchy or oily, it's not getting all the nutrients it needs to look good and glow.

Try feeding it from within to keep it supple, smooth and beautiful. Include these superfoods in your diet:

- **Tomatoes** - these super-fruits contain the antioxidant lycopene which improves your skin's resistance to sun damage as well as giving a general boost to skin. Plums - did you know that eating just three or four antioxidant-rich dark-skinned plums every day can help protect your skin against free radicals that damage cell growth? Reap the benefits by swapping biscuits for a handful of seasonal plums.



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- **Oranges** are rich in vitamin C and vitamin A, which is needed for normal growth and cell differentiation. Swap your daily chocolate bar for an orange for a mid-afternoon sugar boost.
- **Pumpkin** is a top source of beta-carotene, which the body converts into vitamin A. To get the best from it, you'll need to cook the pumpkin – think delicious soups, stews and roasted veg.
- **Broccoli** is another super food - very high in vitamin C, a good source of vitamins A and K, and antioxidants that may help to protect your skin from sun damage. If you don't like it as a vegetable, try adding it to soups.
- **Carrots** provide vitamin A, essential for healthy skin, and beta-carotene. Vitamin A is essential for healthy skin. Carrots are also rich in potassium and fibre while being low in calories, so they're ideal to snack on.
- **Salmon** is rich in omega-3 fatty acids that your skin needs to stay soft and supple. It's also an excellent source of protein, selenium and zinc. It isn't high in calories, so pack a salmon salad for a healthy lunch.
- **Brazil nuts** are a good source of selenium, which can help guard against damage caused by sun exposure. Just two nuts a day will give you all the selenium you need, so pop them in your lunch bag now.
- **Walnuts** are a good source of an omega-3 essential fatty acid called alpha-linolenic acid (ALA), which is great for supple skin. They're also packed with minerals. Enjoy them in salads or added to pasta dishes.
- **Sweet potatoes** are rich in vitamin A, so they'll help keep your skin in good condition. They're also rich in potassium, and are so versatile - enjoy them mashed roasted, made into soup or chips.





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10. Book in a regular course of Colonic hydrotherapy so you can beat the bloat and feel and look great with brighter skin.

If you do happen to fall off the wagon at Christmas, don't let it stress you out as it happens to most of us (me included). If you are on a diet don't stress about it as you can start where you left off in the New Year!

Hope you have enjoyed the tips! But above all else make sure you enjoy yourself this party season!

