

CLEANSING WITH CARE

Mind&Body asked the experts for their tips on detoxing

DETOX PROGRAMS TO AVOID

There are now so many detox products and books out there it can be difficult to know what is healthy and legitimate and what is not. Jo-Anne Dembo, principal dietitian at Diet By D'Zyne, said it was best to avoid those that suggested cutting out entire food groups because this would not provide sufficient nutrition, or ones that simply sounded too good to be true. Detox means different things for different people, according to weight management specialist Dr Rick Kausman. "If a detox is, 'I'm doing my best to eat in a healthy way and I'm going to eat foods as close to nature as possible', then there's nothing wrong with that," he said. "We want to stay away from anything that offers magic because almost certainly there will be nothing magic about it, and that's almost like a warning sign. "Anything that's marketed as easy, simple, magical, or you can only find at the highest mountain peak that no one can get to, then beware — buyer beware."

HAVE SOME PROTEIN

Some detoxification programs recommend only fruit and vegetables to properly cleanse but naturopathic nutritionist Jan Purser challenges this. "You need protein to maintain energy and get all the nutrients you need, and to properly detox, your body needs protein," she said. She recommends eating free-range or organic chicken and organic meats or fish twice a week, avoiding deep-sea fish, such as swordfish, which can contain high levels of mercury.



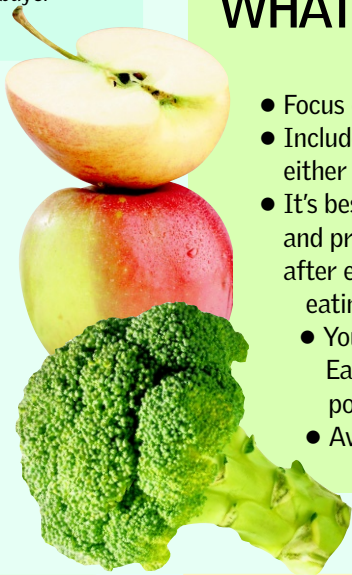
WHAT TO EAT AND WHAT TO LEAVE OUT

- Focus on fruit and vegetables.
- Include a little protein in each meal, either animal or plant-based.
- It's best to have carbohydrates at night and protein during lunch. People get tired after eating carbohydrates, so avoid eating them at lunch.
- You don't have to go without dessert. Eat fresh fruits most nights — poached peaches, for example.
- Avoid dairy. Also avoid soy milk

because it is a common allergen, try rice or oat milk instead.

- You can enjoy eggs.
- Have a break from wheat and stay off grains that contain gluten if intolerant.
- No alcohol or sugar, and stay away from most caffeine. Weak green tea is okay, and this will minimise the symptoms of caffeine withdrawal.

SOURCE: JAN PURSER



WHAT'S EATEN IN A DAY DURING A DETOX?

Breakfast — nutty muesli topped with fresh fruit and rice or oat milk.
Snack — mixed nuts and fresh fruit.
Lunch — Asian-style duck salad.
Snack — hummus spread on wheat-free crispbreads.
Dinner — Eggplant stack with sweet potato mash and salsa verde or quinoa with quail and roasted figs.
SOURCE: JAN PURSER

IT'S NOT A SHORT-TERM SOLUTION

A detox should be seen as a start to a healthy eating plan and a way to set long-term guidelines, dietitian Jo-Anne Dembo said. "Anything that involves short-term changes is not going to be effective in the long term," she said. "If eating habits are changed for a week only, then we may see weight loss in that week, however what we really want to see is lifestyle changes in eating habits in order to achieve long-lasting weight loss results."

TEAS AND JUICES

Looking for a special drink that you read about which promises to do the work for you? Don't be fooled by marketing gimmicks. "Juices and teas provide the body with fluid but there is no magical juice or tea that's going to melt the fat away," Jo-Anne Dembo said.

EXTREME DETOX

A radical cleanse is sometimes touted as the best way to rid the system of toxins completely but it is not recommended to attempt on your own. "If you want the full detox, you're much better off going to a health farm," Jan Purser said.

WIN! A QUIT COURSE

Is your new year's resolution to stop smoking? Allen Carr's Easyway to Stop Smoking method has helped millions of smokers around the world kick the habit for good. The five-hour Stop Smoking sessions report a 90 per cent permanent success rate, backed by a money-back guarantee. Mind&Body and Allen Carr's Easyway to Stop Smoking team are giving four lucky readers a **free Stop Smoking course, valued at \$550 each**. This could be your chance to quit smoking. To enter, send name, address and daytime phone number to Mind&Body Stop Smoking competition, GPO Box 2908, Perth 6800. Competition closes on Monday.

The hangover work-out

It might be the last thing you want but sweating it out is the fastest way to beat the pain, writes **Maya Anderson**.

When you wake up with a pounding head and your stomach churning, working out is likely to be the last thing on your mind. However health and fitness coach Amelia Burton, who runs educational website www.ameliaburton.com.au, said a work-out was one of the best ways to kick a hangover to the kerb. "Besides snapping you out of that dark cloud of self-pity, there are many ways exercise can relieve hangover pain," she said. A work-out helped the body detoxify by increasing circulation, stimulating the lymphatic system and purging toxins through sweat, Ms Burton said.

awesome for hangovers — all complex carbohydrates that will slowly release energy during the day and line the gut, absorbing any leftover alcohol," she said. Then get stretching to help you gauge the level of your work-out, Ms Guest said. "Work through as big a range of motion as you can," she suggested. Begin exercising lightly. "Start with a brisk walk before taking it to a jog and even running. Train at a steady pace and stay focused. If running on a treadmill, use the handrails until you are steady on your feet." Ms Guest said the bigger the hangover, the harder working out was going to be and the milder and shorter your training session should

BE SWIM SAFE

Even though the weather was great for it, swimming to cure a hangover was debatable, Ms Burton said. "While many people swear by a dip in the ocean to cure a hangover or doing laps up and down a pool, bobbing around can sometimes increase the feeling of nausea," she said. "Also be aware of the safety factor as the risks of cramps, choking and fainting are increased when hung over."

'Exercise also stimulates the feel-good hormone serotonin and burns off excess calories you induced while under the influence.'

The muscle contractions and increased blood flow of exercising stimulated the lymphatic system, helping it work more effectively. "Exercise also stimulates the feel-good hormone serotonin, burns off excess calories you induced while under the influence, wakes you up, improves your balance and coordination and makes you feel that little bit less guilty," Ms Burton said. Personal trainer Justine Guest who is the owner-director of training company Babes on the Run, said the first step in banishing a hangover was to drink water. "It's going to rehydrate your system and help to flush toxins and possibly any lingering alcohol," she said. Next, eat something light and easily digested, Ms Guest said. "Dry toast, banana or oatmeal are simply

be. "A good 20 to 40 minutes is required to get your body over a hangover," she said. Because coordination decreased after drinking and people were at higher risk of injury, Ms Burton advised people to pick simple, uncomplicated movements such as walking, jogging, stationary cycling, pin-loaded weights or simple group exercise classes such as Body Pump. Drink water throughout the entire work-out. "You probably started out quite dehydrated, so you'll need to hydrate more than usual," Ms Burton said. "If you haven't eaten much in the last 12 to 18 hours, you might like to add an electrolyte drink." Ms Burton said the key to a beneficial hangover work-out was not to do overdo it.

HANGOVER TRAINING TIP

"Above all, take pity on your fellow gym junkies and remember your deodorant," Ms Guest said. "You're going to stink as you sweat out the toxins." The more you sweated when you were hung over, the faster your body got rid itself of alcohol toxins, she said.



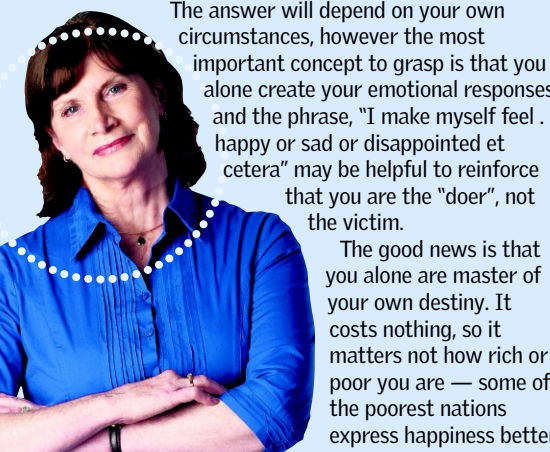
BENEFITS OF A HANGOVER WORK-OUT

- Increases circulation.
- Stimulates lymphatic system.
- Helps remove toxins through sweat.
- Stimulates the feel-good hormone serotonin.
- Burns off excess calories drunk while under the influence.
- Wakes up the mind.
- Improves balance and co-ordination.
- Decreases guilt.

FROM HEALTH AND FITNESS COACH AMELIA BURTON, WHO RUNS EDUCATIONAL WEBSITE WWW.AMELIABURTON.COM.AU.

The GURU Natural health with Val Allen

A very happy new year to all Mind&Body readers and I sincerely hope it proves to be healthy and fulfilling. I was musing on the seasonal greeting "Merry Christmas and a Happy New Year" and decided that "merry" was an apt term to describe the excesses of Christmas, however "happy" opens up a Pandora's box of understanding.



What makes you happy? The answer will depend on your own circumstances, however the most important concept to grasp is that you alone create your emotional responses and the phrase, "I make myself feel... happy or sad or disappointed et cetera" may be helpful to reinforce that you are the "doer", not the victim. The good news is that you alone are master of your own destiny. It costs nothing, so it matters not how rich or poor you are — some of the poorest nations express happiness better than their affluent neighbours and the busiest person can still be happy. The Oxford dictionary defines happy as "contented with one's lot, lucky or fortunate". There is an annual two-day conference in Sydney on Happiness and its Causes (five since 2005), involving 50 leading international thinkers on happiness, which usually attracts more than 2000 delegates. Why would being happy attract such an important focus? It is because there is a serious side to being happy. Many trials have proved that being happy, laughing and experiencing joy has a huge effect on longevity, immune stimulation, healing and tumour reduction for cancer patients. David Leonardi defines happiness like this: "Finding happiness is like finding yourself. You don't find happiness, you make happiness. You choose happiness. Self-actualisation is a process of discovering who you are, who you want to be and paving the way to happiness by doing what brings YOU the most meaning and contentment to your life over the long run".

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