

# Red

For the best things in life

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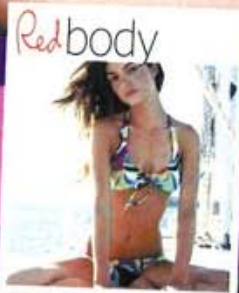
**EASY ENTERTAINING**  
15-minute no-fuss suppers

**20-PAGE SUMMER BODY SPECIAL**

## **LOSE WEIGHT & WRINKLES**

Red's scientifically proven eating plan that drops pounds *and* years

**PLUS GET TONED AND TRIM IN SIX WEEKS, FOUR WEEKS OR TWO**



**FASHION \* HOMES \* TRAVEL \* SHOPPING \* BEAUTY**



# Mother Nature's little FAT-BURNERS

Red's guide to the potions and pills that make your fitness campaign a little less painful

**Words** Sophie Forte

**A** healthy diet and daily exercise will get you well on the way to a great bikini body, but there's more you can do to boost your fat-burning potential and up your skin's glow factor. Whether you can't shift fat despite your workout efforts, or find your face gets drawn when you diet, we've got the pills and potions to help – and they are all natural and expert-approved.

Of course, a healthy diet should provide all the nutrients you need to be healthy. However,

when you need extra help, certain supplements – many of which are lacking in western diets – can get you results quicker than you can say, 'Swallow this'

Remember, though, if you're taking any other form of medication (including the contraceptive pill), it's important to speak to your doctor or a qualified nutritionist. Some supplements – even completely natural ones, like those we've listed here – can interact with medications and certain health conditions. ➤

TURN THE PAGE FOR THE LOWDOWN ON EXACTLY WHAT YOUR BODY NEEDS...

**1** **PROBLEM:**  
**I CAN'T  
SHIFT FAT**  
**SOLUTION:** Take  
omega-3s. If you can  
afford them, try NV  
Perricone Omega 3,  
£59; if not, try VegEPA, £11.95  
(vegepa.com), a quality  
alternative without the hefty  
price tag. Try taking 30mg a  
day of Holland & Barrett Co-  
Enzyme Q-10 and L-Carnitine,  
£12.49, to boost your energy  
and burn more fat.  
**EXTRA HELP:** Drink  
green tea to help boost  
your metabolism. It's full  
of polyphenols, potent  
antioxidants to help fight  
ageing, too. In fact, it's  
estimated that five cups  
a day burn about 80 extra  
calories (and reduce the  
amount of calories your  
body stores from fat).

**2** **PROBLEM:**  
**I GET  
SUGAR  
CRAVINGS**  
**SOLUTION:**  
With a mega-  
dose of B

vitamins plus vitamin C, magnesium and chromium, BioCare SucroGuard, from £6.30 for 30, effectively balances blood sugar. Make sure you eat a protein breakfast to keep your blood sugar stable throughout the day, and have regular snacks – that aren't sugar. Oh, and the less sugar you eat, the less you want. If you cut it out, cravings – unfed – actually subside (once you try it, you'll see what we mean). **EXTRA HELP:** Take four capsules of HealthForce Nutritionals Nopal Cactus, £19.95, with a glass of water containing 20 drops of Balance Sugar Cravings tincture, £16.95, in the morning and with each meal – it really works.

**3** **PROBLEM:**  
**I'M BLOATED  
ALL THE TIME**  
**SOLUTION:** Brew up a big jug  
of Caudalie Draining Organic  
Herbal Tea, £7, and sip all day –  
it's refreshing (not bitter) and  
eases puffiness. In the long-term, you need  
to look at your intestinal health. Try taking  
psyllium husks in a large glass of water each



*'Superfoods are the  
best way to give you  
an energy boost'*

morning (from healthfood stores). These are the most gentle, natural and non-addictive form of fibre on the planet. Try a colonic irrigation (they're amazing for curing bloating, as long as you stick to a course of six a year at most) – we love London's Balance Clinic, (020) 7565 0333. **EXTRA HELP:** Don't add salt to food – it's a water-retainer. Add fresh or dried parsley for flavour, instead – it's a potent diuretic.

**4** **PROBLEM:**  
**MY APPETITE'S  
INSATIABLE**  
**SOLUTION:** Try taking  
NV Perricone Polysaccharide  
Peptide Blend (PEP), £45, an  
incredibly nutritious blend of  
fibres, vitamins, minerals and polysaccharides,  
all from natural sources. Have a teaspoonful on

your porridge, or simply  
in water in the morning.  
If that's too expensive, try  
Udo's Choice, £19.95, a  
superfood mix, taken  
in the same way (from  
bodykind.com).  
**EXTRA HELP:** Top  
nutritionist Emily  
Hayward at KX Gym,  
(020) 7584 5333,  
recommends mixing  
one teaspoon each  
of Allergy Research  
Buffered Vitamin C,  
£14.37, and Allergy  
Research L-Glutamine  
Powder, £38.47, dissolved  
in a glass of water. Taken  
before meals, it effectively  
switches off the 'I'm  
starving' switch.

**5** **PROBLEM:**  
**MY  
ENERGY'S  
FLAGGING**  
**SOLUTION:**  
Superfoods are  
the way to give  
you a super energy boost  
that keeps your blood-  
sugar levels steady, too.  
Healthy Fuel Rejuvenate,

£45, taken in water or made into a smoothie  
with soya milk, yoghurt and fruit, can keep you  
bouncing about until lunchtime.  
**EXTRA HELP:** Supporting your adrenal  
glands is essential. Take adaptogenic herbs  
to balance them, such as 20 drops of Balance  
Adrenal Tonic, £16.95, in the mornings to  
give you more get up and go.

**6** **PROBLEM:**  
**MY SKIN LOSES  
RADIANCE WHEN  
I LOSE WEIGHT**  
**SOLUTION:** You've come to  
the right place. Get on Red's  
programme (see page 210)! You  
can give yourself additional help with some  
high-quality omega-3 supplements (see above).  
Alternatively, try taking Age Loss, £23.95, an  
incredible collagen-boosting supplement  
loved by beauty experts.  
**EXTRA HELP:** Try using a rich day cream  
with light reflectors – really massage it into  
your face each morning in upward strokes.  
We love Décléor Radiance Boosting  
Moisturiser, £29.50. ■