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THE RECHARGE ISSUE

# Women's Health

MARCH 2017 | £3.99

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ITSINES

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THANKS.**

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REALLY HANDLE IT

**+ LOVE  
WHAT  
YOU EAT**

FOOD TO MAKE  
YOU FEEL GOOD

NEW KIT

**GYM WEAR  
THAT HELPS  
YOU SLIM P81**

**28**  
DAY PLAN

**TOTAL BODY  
TONE-UP**









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# Women's Health Welcome



In general, I'm not a fan of The Makeover. Any sort of self-esteem that's constructed on the premise that you're essentially unrecognisable from the person you were before must be a fragile and fleeting thing. Sure, there are aspects of ourselves

we all want to change – and sometimes when your health is at stake those changes might be huge – but doing anything from a standpoint of self-loathing can never be good or sustainable. Basically I'm saying if you're going to work on the exterior, it should be because you believe the foundations are worth building on. Better to be able to look at yourself and know that, on the whole, you're pretty freaking awesome – it's just, like everything else in life, you're a work in progress.

I write all of this having, not long ago, gone through my own transformation with the *Women's Health* 10-week Fit Body Plan. I loved it. It left me fitter, stronger and slimmer. The whole thing was a brilliant, confidence-boosting, mind- and body-strengthening experience. (If you want to join me, you can download the Fit Body Plan in the *Women's Health* app.)

Now it's been a couple of months since I officially 'finished' the plan. I feel great and am still in the gym regularly – and have kept the vast majority of lost weight lost. But there's also been a whole party season between then and now, which obviously involved

joyously flailing around in baked goods and gin for a few weeks, before heaving myself back on the wagon again to sweat it out and work it off. And that back and forth is totally fine with me. Because what a purely miserable time it would have been if I'd spent it hating myself for an extra couple of pounds or the sudden appearance of a love handle here and there. Sure, if I'm honest, I don't want to be stuck with those unsolicited pounds for evermore. But they have their story to tell: one of joyous excess and long dinners with friends and family and lost nights in gay cabaret bars in Soho. Just like my hard-won muscle definition tells a story of eating well and sweating hard and committing to something and deadlifting 70kg, thanks very much. All of those things are part of who I am. And, thankfully at 34, I can say I'm okay with who I am. I'm not going to tether my self-worth to the pounds on the scale or the numbers on a dress label. Instead, my self-esteem is safe in the knowledge that I have the power to make whatever changes I want, whenever I want. It's the *process* that should give you all the good feels as much as the results.

And so on a slight tangent but in the same sort of vein – small tweaks, not seismic shifts – you might notice some changes in this month's issue. We have a brand spanking new opening section: Know How, which is a sort of flagship for everything I think *Women's Health* should be; namely, packed with the latest science, advice from leading experts and all that is hilarious and helpful. I wanted these new pages to deliver the sort of immediately applicable health and fitness advice that you put straight into practice in the gym, kitchen or just life in general. Granted it's not a revolutionary move – it's simply building on the brilliance that's always been there. Because, like I said, everything's a work in progress.

Katie

Katie Mulloy / Editor

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## THE FACES FROM THE ISSUE



### THE NUTRITIONIST

In her first monthly column, Sarah Macklin explains why protein must be treated with care on p27



### THE TRAINER

On p104, Vanessa Packer, founder of modelFIT, reveals the moves to get you ready for a successful day



### THE BLOGGER

Faya Nilsson, Fitness On Toast blogger, demonstrates the versatility of apples on p37

**Sweet fix?** Dark chocolate (80-90%). A small bar can be satisfyingly rich, and it's packed full of antioxidants and magnesium.

**Perfect smoothie?** A liver-loving beetroot, cucumber and ginger concoction. It's also great for morning energy.

**Fit fuel?** Plenty of juices, smoothies and salads. For cardio days I pack in quinoa, brown rice and farro. Lean-muscle fish, lamb and turkey are key for nourishment.

**Essential move?** Our modified 'little squats' at modelFIT work the bum at different angles and really tone and sculpt it.

**Cooking inspo?** My Swedish upbringing. I lived on a farm and all our food was fresh, local, organic and in-season. Plus, I'm used to eating a lot of fresh fish.

**Healthy habits?** Starting off my day with a large glass of water and half a lemon, and brisk power walks while I tick off errands.

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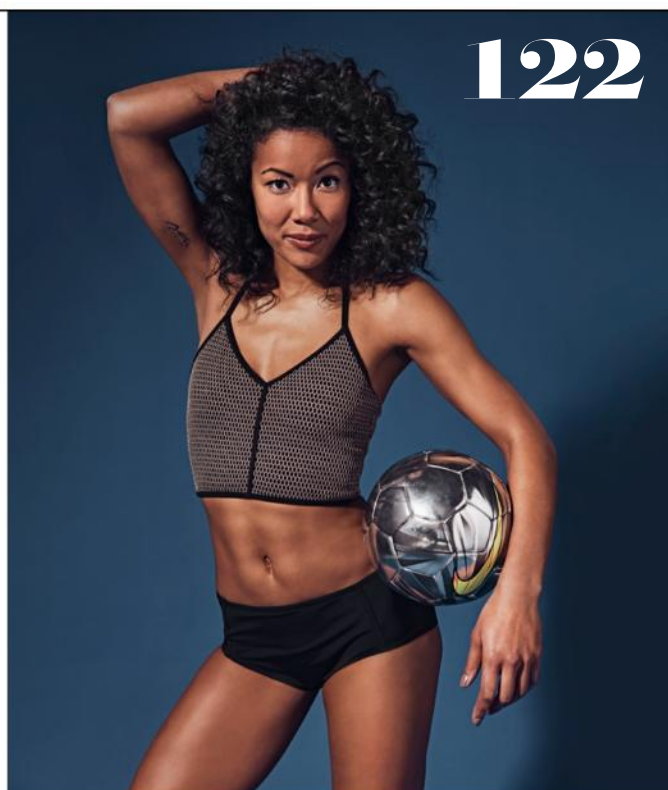
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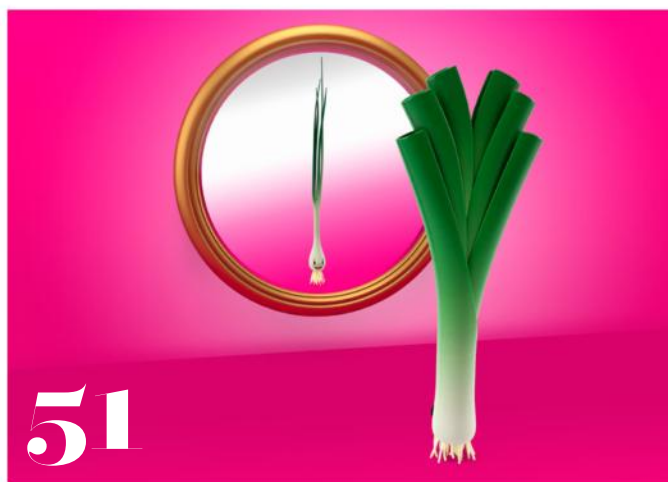
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ANNABELLE: COVER PHOTOGRAPHY: IAN HARRISON, HAIR AND MAKE-UP: JULIE READ AT CAROL HAYES MANAGEMENT, ANNABELLE WEARS: TOP: ADIDAS, £21.95; PANTS: BETH RICHARDS, £84



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*ELLIE  
GOULDING*

# PANTENE

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AND STRENGTHENS\*  
FOR INVINCIBLE HAIR  
DOWN TO THE LAST CM

**STRONG IS BEAUTIFUL**

\*strength against styling damage vs non-conditioning shampoo



# Know How

THE HEALTH NEWS TO USE NOW

Has  
bean

**IF YOU DO ONE THING THIS MONTH...**

## Dive head first into a guilt-free binge

If you're acquainted with the need to face plant a pit of sugar a few days each month, no doubt you'll be of the mindset that pre-period cravings are most definitely a thing. And, finally, science is on your side. Turns out in the days before your period is due, the 'happy hormone' serotonin nosedives. Handy then that a surge in progesterone and oestrogen triggers the body to look for replacement joy – through food. The result, according to a study published in the journal *Annals of Endocrinology* – is that we eat 500 extra calories a day and put on an average of 0.3kg. Enforce damage limitation by making the extra calories work for you. 'Choose snacks rich in omega-3, a natural anti-inflammatory, to help ease period pain and balance hormones,' says nutritionist Shona Wilkinson. 'An orange chia parfait does the job – and comes with a dollop of fibre and vitamin C too.' Mix orange juice and chia seeds in a bowl and, after 10 minutes, top with banana, berries and cacao nibs (or Dairy Milk).



WORDS: LAUREN CLARK. PHOTOGRAPHY: LEVI BROWN AT TRUNK ARCHIVE

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[THE EDIT]

## REJUVENATE

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\*Bottle may vary.

John Lewis



# Well worth it?

Want to know which bandwagons to jump on this month – and the ones you should swerve at all costs? Let us point you in the right direction...

## ALL OVER IT...

### Cooking with RAPESEED OIL ▶

You've gone full pelt on the planks, but that sculpted stomach is concealed under a layer of stubborn belly fat that just won't shift. Swapping your cooking oil for the rapeseed variety could be all it takes to reveal those well-honed yet hidden abs. It's all thanks to the monounsaturated fat content, which, according to a study by Pennsylvania University, specifically targets and reduces visceral fat by around 115g in four weeks. One month, all the abs.

### ◀ PROTEIN blending

When it comes to your post-workout recovery, mixing it up is the aim of the game. A study published in the *Journal of Applied Physiology* found that, after resistance exercise, chugging back a blend of both vegan and non-vegan proteins – such as soy, casein and whey – rather than drinking a single source prolonged delivery of muscle-building amino acids. In layman's terms? Blend now, go hard later.

### Walking less (but a bit QUICKER) ▶

Sure, checking your fitness tracker incessantly to see whether that latest trip to the loo/printer/Pret has boosted your daily target is a fun obsession to have, but what if you don't have the time (or the energy) to nail 10,000 steps every day? The good news is, you don't need to. A study by Oregon State University found taking fewer steps (even as few as 3,000) but at a brisker speed of 100 or more a minute still improves levels of cholesterol. So stop checking and keep walking. But, you know, faster.

## THE JURY'S OUT...

### ◀ Wearing LIGHTWEIGHT TRAINERS

Weighing yourself is one thing, but weighing your trainers might be a step too far. Apparently, trainers that weigh 100g less than your regular pair could make you run 1% faster, according to researchers at the University of Colorado Boulder. Fair enough – quicker is quicker and all that. But unless you're an elite marathon runner out to smash a world record, you probably won't be bothered about shaving 57 seconds off your race time. We'll stay on the fence for now.

## LIKE, DON'T BOTHER...

### Curing cystitis with CRANBERRY JUICE ▶

Most unbearable pain? That burning sensation when you pee. Think you can cure it by drinking cranberry juice? Hate to break it to you, but a study by Yale School of Medicine found it's sadly a myth. Your best bet is simply to stay hydrated. Don't go overboard though – a recent report\* found that drinking too much water to flush out a UTI can cause hyponatremia, where sodium levels fall dangerously low. Mayo Clinic recommends aiming for just under two litres if you're ill.



Heavy  
sleeper



# Q

## THE BIG QUESTION

### I squeeze in my workouts first thing – is this a bad idea? *Sam, Middlesbrough*

Circadian rhythms: not a lesser-known Sean Paul B-side, but the physiological processes that govern your sleep/wake cycles and, according to new research, how effective your workouts are. Scientists\* have found muscle function peaks during daylight hours, when you're most awake, which would suggest that bright mornings trump dark nights in the workout stakes. 'It's correct to say that muscles are affected by circadian rhythms,' says Claire Stewart, professor of molecular physiology at Liverpool John Moores University. But she's not sold on the daylight-fits-all idea. 'These circadian rhythms are more intelligent than that. If you exercise at the same time each day, your body anticipates this and knows to adapt, which could mean generating more muscle,' she explains. The upshot? With consistency, you can tailor your circadian rhythms to your schedule. So the best time to work out is the one you can actually stick to.

Get  
pasted

## Q Why do I always put lost weight back on so easily?

Aalysha, Swansea

Fat cells: a bigger fan of you than you are of them. In fact when they're finally gone, your brain encourages you to go on a binge to get them back. Blame leptin, the hormone that regulates fat storage, because when you lose weight, your leptin levels fall, too. 'Unfortunately, your brain interprets this to mean you're starving to death,' says Professor Randy Seeley of the University of Michigan School of Medicine. The result? You're programmed to become hungrier more often and find it harder to stave off cravings. Plus, when your leptin stores are this low, it also encourages your body to burn fewer calories. Double thanks, biology. As for how to dodge this evolutionary fat trap, you need to work on upping your leptin stores. Research\* has found that people who sleep less have lower levels of leptin and are more likely to carry extra weight. So, the solution? One lean-making Sunday morning lie-in coming right up.

## Q Should I be worried that there's a banned chemical in my toothpaste?

Claire, Northampton

Check the ingredients of your standard toothpaste and you may find triclosan listed. So what? In September, this chemical was banned from soap by the US Federal Drug Authority over worries that it could scramble your hormones, so why's it in toothpaste? Well, triclosan-boosted toothpaste has been found to reduce plaque and gum inflammation by 22% and reduce the likelihood of bleeding gums by 48% compared with fluoride-only formulas\*. So do the pros outweigh the cons? Potentially. 'In human studies, toothpaste with triclosan didn't change thyroid levels,' says Dr Tammy Stoker, toxicologist at the US Environmental Protection Agency. So don't bin your Colgate just yet.

## 'ASKING FOR A FRIEND'

## Is there a polite way to ask a one night stand to go home?

Jo, Bristol



The lingering gentleman (or gentlewoman) caller is the living embodiment of the dull, throbbing pain that is morning-after hangxiety. Hot as f\*ck in the club, punctured the back of your skull with his tongue in the Uber back to yours, then rogered you silly on the sofa. But now you're clawing your way back to consciousness, his hands are all over you and, breath like a cat, he's all up in your face asking if you want to hit a farmers' market before you go for brunch. How to get rid of him without actually saying, 'You need to not exist'? Whip out one of the following fail-safe post-coital rebuffs... Option A: Tell him your husband will be home any minute.

With the kids. Okay, he'll think you're a scumbag, but he won't want to hang around to thrash it out. Bonus: He'll go away feeling sorry for the faux father of your children. Sympathy over making a scene every time. Option B: For a sledgehammer-subtle tactic, pop to the kitchen to 'make some tea', but just bring the one mug back to bed. Message received loud and clear (unless he has no shame). If you prefer a more streamlined approach, go for option C – but use it straight after the deed: Slap his arse, say, 'Thanks for that,' and roll over. You won't see him for dust, and you can deal with your morning beer fear all by yourself.





**NEW** **3** TRI-ACTION FORMULA



Kellie, 25

# SERIOUSLY?! THAT'S AMAZING!

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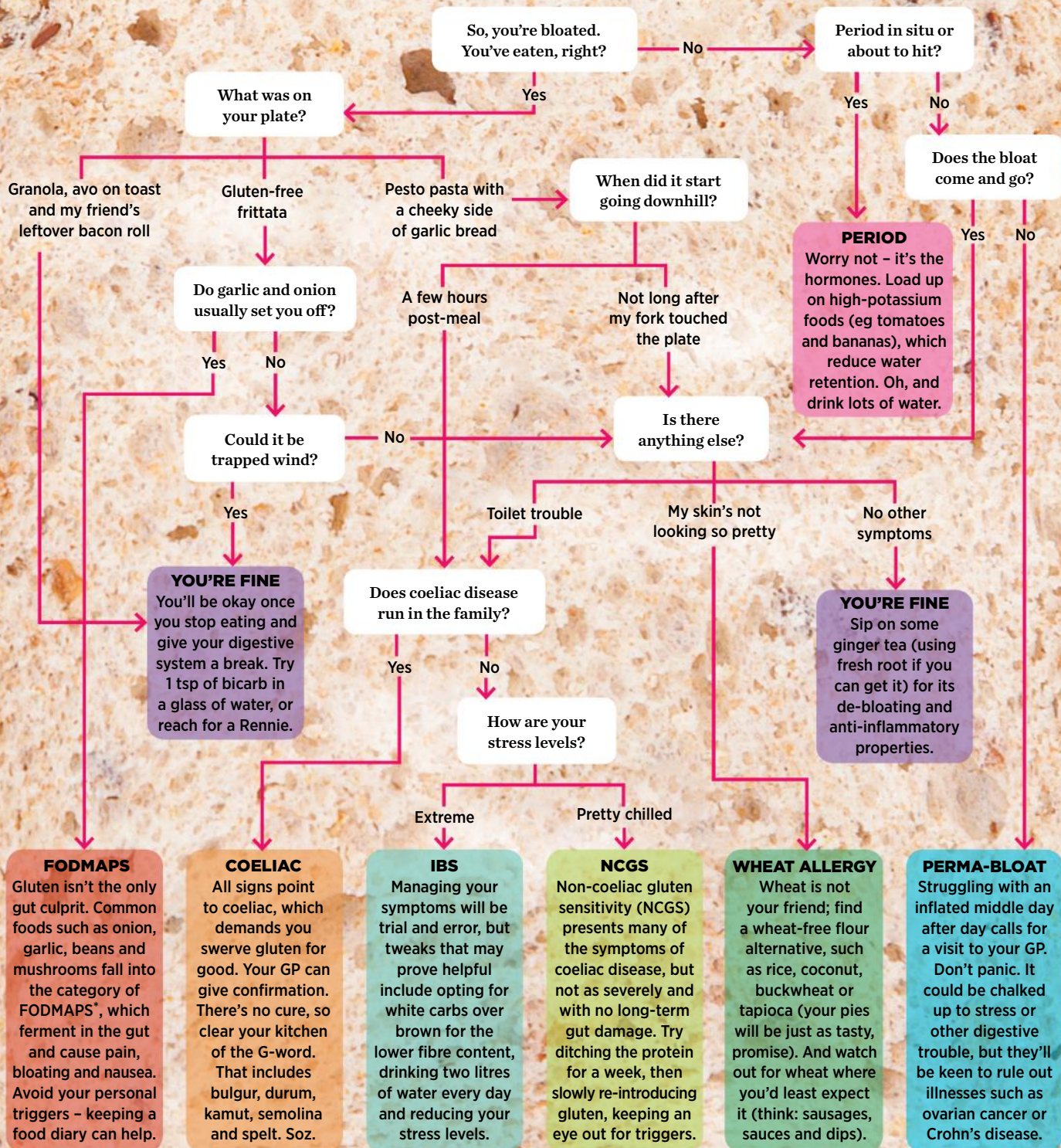




## THE BIG DILEMMA

## Should I go gluten free?

Feeling the bloat? Dietitian Megan Rossie can help you work out what's up – just go with the flow



\*WORDS: VICTORIA JOY. PHOTOGRAPHY: ALAMY. \*FERMENTABLE OLIGOSACCHARIDES, DISACCHARIDES, MONOSACCHARIDES AND POLYOLS (HENCE THE SHAPPLY ACRONYM)





## TECHNIQUE SCHOOL

# Dead lift

It's like the bend and snap, but with way more benefits. You have all the equipment, now read the manual for a tighter bum

**T**he dead lift works more muscles than any other exercise, including the squat,' says sports conditioning expert John Meintjes. In one move, you're engaging all major muscle groups, including your inner thighs, quads, glutes, abs and arms – elite athletes swear by it because of its utility.

But the key, says Meintjes, is the rep count. 'Aim to dead lift your own body weight for a maximum of eight reps,' he says. Anything more and you compromise form, which will lead to injury.

You probably won't be able to lift your body weight from the start, so PT Julian Thomson suggests beginning with 40% of your weight, increasing by 10% increments. 'Most gym barbells weigh between 15 and 20kg,' says Thomson. Start lifting that then add what feels comfortable. You should be able to do 10 reps without compromising form before adding any more weight.

### AVOID IF...

You have issues with your lower back, knees or hips. If you're pregnant, speak to your doctor first.

## TINY TWEAKS, GREATER GAINS

*Mastered the move? Now take it to the next level with these simple upgrades*

### GRIP IT GOOD

Overhand? Underhand? How about one of each? It's how the Olympians do it and Thomson reckons it's best for the rest of us, too. 'With the difference in grips, you're using opposing forces, so the bar stays stable.' Plus, it tends to be more comfortable.

### HOLD YOUR BREATH WHEN YOU LIFT

Yes, really. 'This allows you to maintain core rigidity and a neutral spine throughout the lift,' says Meintjes. 'Fill your belly with air, hold it and get tight in your core.' Keep holding until you stand up straight.

## ⚠️ SIGNS YOU'RE DOING IT WRONG

**Your knees are over your toes**  
Major danger. This destabilises the joints, upping your risk of injury. Keep your shins close to the barbell. 'Doing this allows you to get your hips back rather than shifting your weight forward towards the bar,' explains Meintjes.

**You're rounding your back**  
Because your back is a key player in lifting the weight, it's normal to feel it being activated. But rounding your back (relying on it solely) puts you in the danger zone. 'You'll feel that the weight is being carried there – it's a distinct feeling,' says Thomson.



WORDS: MICHELLE OCTOBER PHOTOGRAPHY: IGOR POLZENHAGEN



**THE GUINEA PIG**  
**Who:** Lauren Clark,  
 WH's Editorial Assistant

K

## DOES IT WORK IN REAL LIFE?

# EMS training

Mild electrocution in exchange for a leaner, more defined body. Fair deal, no?  
 WH finds out whether it's a worthwhile investment – or all pain and no gain

It's 6.45am and as I lunge, squat and plank, an electric current pricks my body in waves: I've ditched my gym kit for a jacket festooned with metal pads and dangling wires for 20 minutes of electrical muscle stimulation (EMS) training – the latest quick-fix solution to shrink and tone.

'It was originally used to rehabilitate specific muscles of injured athletes,' says Mario Kaspers, co-founder of E-Pulsive, where I'm trialling EMS. 'The main advantage – apart from conveniently short sessions – is that you can achieve the resistance of free weights without lifting too heavy.' According to Kaspers, this new generation of electric toning gadgets is a step up from the Slendertone 'abs from your sofa' belts. The theory goes that by upping muscle contraction – from 50% to 98% with EMS – during dynamic moves, such as lunges, your body is working harder and therefore you can burn up to 500 calories a session. 'And with an elevated metabolism for the rest of the day, you can burn an extra 400 calories,' Kaspers claims. 'It causes you to shrink and get stronger. You may only gain 1cm of muscle, but you can lose 5cm of fat.'

There's no getting away from the fact that EMS training is uncomfortable – imagine being punched in the gut continuously by Ronda Rousey – but it is just about bearable. However, this beating – plus the severe



DOMS I'm suffering – isn't for nothing, right? Welllllll... 'EMS may help muscles work more efficiently,' says Dr Courtney Kipps, consultant in sport and exercise medicine. 'But there's no reason why it would burn more fat than regular exercise, as your heart rate wouldn't necessarily reach any higher.'

Then there's the lack of official regulation to stop you taking EMS too far. 'If DOMS lasts longer than two days or is agonising, it could indicate excessive muscle damage and total breakdown of fibres (rhabdomyolysis), which could interfere with kidney function,' warns Dr Nicola Maffiuletti. 'There's no reason for a healthy person to do this kind of training.'

Although, abs. That's a reason. Six of them, potentially. So how are they looking? After eight 20-minute sessions in two weeks, my body fat has fallen from 32.9% to 31% and my muscle quality has risen from 49% to 51%, meaning I've become a little stronger. But, I think I'll ditch the shock jacket and stick with my regular crop top, thanks.

## THE VERDICT

<b>Fat burning</b>	●●●●●●●●○○
<b>Muscle sculpting</b>	●●●●●●●●○○
<b>Quick results</b>	●●●●●●○○○○
<b>Value for money</b>	●●○○○○○○○○
<b>Fitness boost</b>	●●○○○○○○○○
<b>OVERALL SCORE</b>	●●●●●○○○○○



## FIT KIT HERO

### Investment GYM BAG

#### MZ WALLACE, £377

Since the rise of athleisure gave us carte blanche to wear workout gear in any conceivable scenario, we're allowed to apply the same cost-per-use equation to our gym kit as we do our other sartorial justifications. And so to the hybrid gym/work bag, because (a) one belter of a multitasker is better than two lesser separates and (b) anything 'dual purpose' can be filed under 'bargain' – no matter the cost. Look for something stylish, subtle (avoid neon) and with loads of compartments, lest you whip out your sweaty gym smalls while trying to pay for a coffee. *WH* loves this pricey MZ Wallace number for all the above reasons – but mainly because it's the closest to 'sexy' a backpack has ever been.



Chiropractor-approved 5cm-wide padded straps, so you can kiss goodbye to Backpack Shoulder. Yes, that is a thing. (It is now.)

On-trend camo print on the outside, unique hard-wearing lining on the inside, plenty of pockets, plus a padded laptop pouch; it's the multitasker's multitasker

## THE MICRO TREND

### Long-line SPORTS BRAS

Hybrid sportswear? Why not. These vest/sports bra crossovers frame your waist, accentuating the smallest part of your torso. Yes, please.



**CHARLI COHEN**  
£95

Four straps. Two very cosy breasts.



**H&M**  
£24.99

Black panels have a slimming effect.



**IVY PARK**  
£30

Breathable mesh – cool, not obscene.



**LNDR**  
£40

No seams make for a chafe-free session.



**My hair**  
*always eats  
its greens.*  
*So I don't have to.*  
**Cake, please.**



There's more to life than hair but it's a good place to start





WHAT HAPPENS TO MY BODY WHEN...

# I miss breakfast?

Most important meal of the day or totally fine to skip? Debatable, apparently. It's time to wake up, dig in to the latest research and start your day right



## 1 HEAD START

Thanks to overnight fasting, your muscle glycogen levels are at their lowest when you wake up. Hit the gym early doors as recent research shows you'll better tap into your fat reserves. But if weight loss isn't your goal, skipping breakfast could spell bad news. A study by Loughborough University found that participants who missed a morning meal didn't perform as well during evening workouts. Proof, if it were needed, that food really does fuel your fitness.

## 2 BREAK THE HABIT

If you swerve breakfast, you're also more likely to smoke, drink heavily and work out less, found a study by Helsinki University. But the link between breakfast and a lean body may simply be behavioural; breakfasters tend to have a more balanced diet overall, according to dietitian Emer Delaney. Start with something light and you'll soon see the benefits.

## 3 NOT SO GRRREAT

Research in the *Journal of Nutritional Science* found that overweight participants who skipped breakfast lost fat but had higher cholesterol compared with those eating frosted corn flakes. However, new studies suggest sugar is a bigger factor in heart disease than cholesterol – meaning flakes could be worse than flaking.

## 4 PICK PROTEIN

The idea that simply eating breakfast alone will give your metabolism a boost is baloney: you won't get shredded with shredded wheat. It's the quality of the calories that really counts, says PT David Kingsbury. So opt for a protein-packed breakfast of champions, including eggs, oats or yoghurt, which the University of Missouri Columbia found can limit fat storage. Win.

## 5 SUPER 8

Just woken with the realisation that the day is about to punch you in the face? Hit back by tucking in at 8am. That's when the stress hormone cortisol peaks, and a balanced breakfast can help take the edge off, says Kingsbury. Plus, a Missouri Columbia study found habitual breakfast dodgers also have lower stocks of the reward chemical dopamine, making them more likely to load up on sugary food.



**Well hello,  
good intentions.**

We meet again.

**Sure, I might have  
skipped a  
daily algae smoothie  
or two.**

And that charcoal cleanse?

**A complete washout.**

**But look at me shine.**

That's right,

**these locks don't lie.**

**This hungry hair is  
on a healthy root-to-tip routine.**

**Aussie Miracle Nourish.**

**Rich and creamy  
avocado oil blended  
with eucalyptus extract.**

It's bang-on-trend, **gorgeous goodness.**

So take that, good intentions.

**I win.**



**AUSSIE**

There's more to life than hair but it's a good place to start

## SKIN CLINIC

# Dr Anjali Mahto

Skin secrets from a dermatologist.  
Because who better to ask?

### VITAL STATS

**Age:** 37 **Job:** Consultant dermatologist and spokesperson for the British Skin Foundation **Skin issue:** Oily skin, acne and eczema **Skin aim:** To clear my skin and reduce scarring



AM



My skin has lots of excess oil, so I double cleanse. The first thing I use is a gel cleanser, such as Avene Cleanance Gel Cleanser (£8.25, Boots). It contains an acid called monolaurin, which helps regulate oil production.



After using the gel cleanser, I swipe a cotton pad drenched with micellar water over my face in the place of an astringent toner, which can make my acne worse. I use Bioderma Sensibio H<sub>2</sub>O (£10.50, Boots).



I finish with a non-comedogenic SPF-enriched moisturiser. If my skin is bad and needs some extra coverage, I'll then use a BB cream, such as La Roche-Posay Effaclar BB Blur (£16.50, escentual.com).

PM



After double cleansing and patting my skin dry, I press on a resveratrol serum – I like Caudalie Firming Serum (£45, uk.caudalie.com), which absorbs free radicals from pollution and reverses the damage they've caused throughout the day.



Next, I apply a thin layer of retinoid cream, such as SkinCeuticals Retinol 0.3 Refining Night Treatment (£49, my-dermacenter.com), which contains a gentle retinol. It speeds up cell turnover to fade scarring and blemishes.



If a product is good enough for my face, it's good enough for my eye area, so I don't use a separate eye cream. If the eczema around my eyes flares up, I'll follow with Aveeno Daily Moisturising Lotion (£5.69, Boots) – it's inexpensive but effective.

## FACT FILE

### FOR AN INSTANT SKIN PEP...

'I use a clay mask to draw out any impurities. I like Charlotte Tilbury Goddess Skin Clay Mask, £45, charlottetilbury.com.'

### I'LL MAKE AN APPOINTMENT FOR...

'A salicylic or glycolic acid peel every six weeks. It reduces blackheads and is also good for easing acne scarring.'

### MY SKIN IMPROVED AFTER...

'I started dermarolling. It stimulates collagen and makes skin plumper.' (Swiss Clinic Skin Roller, £42, swissclinic.co.uk)

### BEFORE A SPECIAL EVENT...

'I ask a colleague to inject my spots with cortisone to reduce swelling and dry them out. Sounds extreme, but works in an instant.'

### THE ONE THING I SWEAR BY IS...

'Never getting up before 7am. I don't want to go to bed before the watershed to get my full eight hours.'



**THE EXPERT****Who:** Sarah Macklin**You'll know her as...** A nutritionist and model (sarahmacklin.com)**K****FOOD FOR THOUGHT**

# Should I be eating a high protein diet?

Each month, nutritionist Sarah Macklin challenges one big healthy-eating misconception. First up: protein

**S**ure, fat may be back in fashion, but when it comes to macronutrients, it's protein that remains consistently in vogue. From Atkins, to Paleo, to Instagram's 14 million #protein tags, the modern rhetoric is clear: protein is your passport to a slimmer, healthier, leaner body.

And to an extent that's true. Your body has to work harder to digest protein – meaning you get more calorie-burn for your buck than with carbs; it increases the levels of leptin, the satiety hormone; and its muscle-repairing properties (all those amino acids) are key to every gym-goer's nutritional arsenal.

So, what's my problem with protein? I think our obsession is going too far. In a bid to pack in as much protein as possible, increasing numbers of women are adding powder to anything from porridge to brownies. Worse, many also load up on shakes or use them as meal replacements at the cost of 'real' food. With the lack of regulation around protein powders, quality varies greatly; and think of the extra nutrients you'd get if you simply ate fish, meat and eggs instead.

You may argue that you need extra protein if you're hitting the gym, but many studies show this isn't the case. In fact, it's protein *quality* that appears to be most important for athletes to maximise muscle rebuilding.

Animal sources – including eggs, milk and lean meat – are 'complete proteins', containing all the essential amino acids that your body requires. You'll need to eat at least 25% more plant proteins to do the same job.

And here's my other main concern: The flip side of eating high-protein often means going low-carb. But carbs should form about half of your daily diet (between 40% and 65%). You need carbs for everything from your thyroid to digestion. Without them, you may suffer headaches, hormone imbalances, fuzzy thinking and fatigue. Who wants to hit the gym in that state? And plenty of studies show that extreme low-carb diets don't result in sustained weight loss.

It's not that I think you're doing damage by eating too much protein. I just don't believe it's necessary. The body can only synthesise up to 30g of protein at a sitting. Piling on more exponentially doesn't work. Australian researchers found dieters whose diet was 15% protein snacked much less between meals than those getting just 10% from it. However, when they upped the protein intake to 25%, there wasn't much difference in hunger levels, suggesting that exceeding your protein quota isn't going to deliver extra benefits. My advice? Aim for 15-20% protein in your diet. Take a look at the panel opposite on how to get your fill without a shake in sight.

**HIT YOUR PROTEIN QUOTA**

*An averagely active woman needs between 1g and 1.2g of protein per 1kg of body weight. If you weigh around 10st (64kg), your daily quota should look a little like this...*

**BREAKFAST**  
Small pot of Greek yoghurt (170g) = 15g

**LUNCH**  
Lentil salad (70g uncooked) = 18g

**DINNER**  
Chicken breast and quinoa = 32g

**SNACK**  
Boiled egg = 6g

**TOTAL = 71g PROTEIN**



NEW



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\*Air pollutants such as dust \*\*In shampoo





## 15-MIN FINISHER

# HIIT it up

Want to take your fat-burn session to a new level?  
Give this next-gen calorie blaster a go

**P** pyramid schemes: bad financial investment, good fitness investment. Assuming they're part of a HIIT workout, that is – which they are in FireStarter, the new hard-as-nails, high-intensity offering from transatlantic fitness studio Equinox\*. 'Using intervals of varying lengths keeps your body

guessing and means you push yourself to your limit,' explains co-creator Amy Dixon. 'You'll be pushing your heart rate to 95% of its capacity and, with only short periods of rest between moves, it'll be staying in that top zone for the entire 30 minutes.' The one silver lining? The closer to the end you get, the easier it becomes. Relatively.

**FYI** Alternate between the two moves in each set for varying lengths, following the pyramid format, and rest for 15 seconds between each move. Do the active recovery between pyramids. Factor in a two-minute warm-up and cool down of star jumps, bum kicks and side squats so you can still walk the next day.

Jump  
start

## 1. PYRAMID ONE (4 MINS)

1	2	1	2	1	2
15 secs	30 secs	45 secs	45 secs	30 secs	15 secs



### UP-AND-OVER SIDE JUMP

**Targets:** Back, glutes, core  
(a) Stand to the right of your mat, hands by your sides. Jump into the air and kick your legs out, landing on the other side.  
(b) Repeat on the left side and keep going as fast as you can. Yes, it'll hurt.



### BREAKDANCE LUNGE

**Targets:** Legs, core  
(a) From high plank, bring your left foot to the left side of your left hand.  
(b) With your right hand planted, kick your right foot in front as you swing your left hand up. Return to high plank and repeat on the other side.

## 2. ACTIVE RECOVERY (3 MINS)



### SIDE STEP AND HAMSTRING CURL

(a) Take a wide step to your right and kick your left leg up to your bum, then step to the left and bring your right leg up.  
(b) Keep going at a 50% intensity that will keep your heart rate up and have you raring to go again.

## 3. PYRAMID TWO (4 MINS)

3	4	3	4	3	4
15 secs	30 secs	45 secs	45 secs	30 secs	15 secs



### BROAD JUMP SEQUENCE

**Targets:** Hips, legs  
(a) From a squat, jump over your mat, swinging your arms forward for extra momentum. Land in a squat and touch the floor.  
(b) Return to the start and do a tuck jump. Repeat the cycle – and feel the burn.



### BURPEE

**Targets:** Arms, chest, quads, glutes, hamstrings, core  
(a) With feet hip-width apart, jump up, reaching your hands overhead, then crouch down and jump your legs out into plank.  
(b) Do 1 press-up, jump your feet back in to your hands and return to start.



nākd.



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# Eat Smart



THE LATEST NUTRITIONAL KNOW-HOW FOR A BETTER BODY

PAGE 31

## FLAVOUR OF THE MONTH

Salt: silent killer or secret health hero? We investigate...

PAGE 37

## THE BIG APPLE

Four ways to get your daily pomme fix



## Worth its salt

Think passing on salt will reap benefits for your health? Experts say not so fast. Here's why you should be welcoming the condiment's return...

WORDS VICTORIA JOY  
PHOTOGRAPHY MITCH PAYNE





## EAT SMART

# 250

The number of grams of salt in your body – necessary for healthy digestion and energy production

**S**alt – those tiny white grains that can elevate fish and chips to the upper echelons of taste and make even the most insipid boiled vegetables slightly more palatable. Shame, then, that they're also blighted by controversy among foodies and health fans, being unfavourably linked with everything from bloating to heart disease. However, a new band of research argues that the bitter taste salt has left in the health industry's mouth is unjustified and, in fact, that low-salt diets pose more risk. 'Healthy people have spent far too long fearing the salt shaker when, actually, that's doing more harm than good,' says Dr James DiNicolantonio, cardiovascular health specialist and author of *The Salt Fix*. 'All of the evidence points to salt and its component sodium as our gateway to feeling – and being – healthy.' Best. News. Ever.

First things first; what is salt? Let's rewind to GCSE chemistry and the periodic table for a sec. Salt, AKA sodium chloride, is a mineral composed of two chemical elements – sodium and chlorine – naturally occurring in seawater, which has been used to flavour and preserve food for thousands of years. When we take salt into the body, the ions of the sodium and chlorine separate, leaving them free to be used by various bodily systems.

Despite it having been considered a precious commodity

for millennia, the bad press surrounding salt for a mere few decades has done serious damage to its reputation. The gloom can be traced back to the 70s, when the US government first published dietary goals for the public in line with its national health policy. Salt was named a silent killer – blamed for hiking your risk of high blood pressure, stroke and heart disease. The message was clear: the less of it we consume, the better. Science backed it up; groundbreaking research published around that time by Lewis Dahl at Brookhaven National Laboratory in New York showed that upping the intake of sodium in rats induced high blood pressure. So that, it seemed, was that. In 2002, the Food Standards

Agency recommended we cut our daily intake from 9g a day to 6g. Fast forward to 2014 and the average person was still consuming 8g, but the backlash against salt has shown no signs of slowing – until now.

### **DROPPING THE SHACKLES**

Increasingly, research is showing advocating a low-sodium diet is as outdated as evangelising about a low-fat one. For starters, Dahl's research, on which, arguably, the case for low-salt diets was based, was a worst-case scenario. Why? The rats that showed a spike in blood pressure were fed the equivalent of over 500g of sodium

a day, which is more than 60 times the average intake in the Western world. So, not really comparable to liberally salting your scrambled eggs. Then there's the argument, led by Dr DiNicolantonio, that the negative effects of 'excess' salt consumption via over-processed foods could be down to the fact that those foods are usually full of refined sugars. 'Evidence points to added sugars, particularly fructose, as related to high blood pressure, increased heart rate, inflammation, insulin resistance and broader metabolic dysfunction; all the things we've historically attributed to salt,' he says.

In addition, studies are starting to show the importance of maintaining optimum sodium levels in the human body – and





# 75

The percentage of salt we eat that is already in processed foods, including cereal, bread and ready meals

Table salt mountain



so finally the healthy eater's penchant for passing on salt has rightly become up for debate.

'With the rise of "clean eating", I've seen increasing numbers of people completely eliminate salt from their diets,' says registered nutritionist Rhiannon Lambert. 'Going cold turkey on any food type is never advisable, as the body performs at its optimum on a balanced diet. I'm more likely to tell these clients to add a small amount to their daily food intake to ensure they're not actually running too low on sodium.'

## SHAKE IT ON

Indeed, consume too little and, it seems, you're asking for your body to break down. 'The average adult body contains 250g of sodium, which is most concentrated in bodily fluids such as blood, sweat and urine,'

## 'SALT ISN'T THE NEMESIS OF HEART HEALTH'

explains Dr DiNicolantonio. 'The sodium stored in your cells helps regulate their size by drawing in water by osmosis, and controlling electrical activity within the nervous system – we're talking about essential functions.'

Regular exercise and the subsequent downing of water to rehydrate can lead to a lack of sodium, too. Dr DiNicolantonio explains that the average person loses almost 4g of salt through sweat during a vigorous one-hour workout, plus upping your water intake during and after exercise can dilute sodium levels so they fall even further. If your sodium levels drop too low – a condition called hyponatremia – it's likely you'll feel the effects even in the short term, including symptoms such as headaches, nausea, fatigue and muscle spasms. The rule to follow? The American College of Sports Medicine says we should consume 500-700mg of sodium – that's about four twists of your salt grinder – for every litre of fluid consumed during or after physical activity.

## NEEDS MORE SALT

If a growing field of research is to be believed, feeling fatigued and battling a fuzzy head are the least of your worries if sodium doesn't get enough of a look-in. In the interests of irony, scientists have found that, contrary to long-held beliefs that salt is the nemesis of good heart health, a low-salt diet can increase the risk of cardiovascular disease. Research published in *The Journal of the American Medical Association* points to a low-salt zone – below 3g per day – where stroke, heart attack and death are more likely than with an intake of 4-6g.

Then there's the team of epidemiologists at McMaster University, Ontario, who claim to have produced data proving that low sodium levels are related to increased risk of mortality among otherwise healthy individuals. They analysed more than 130,000

SCIENCE OR NONSENSE?



## DOES SALT MAKE YOU BLOATED?

Quite simply – yes, it can. But, according to Susan Short, dietitian and spokesperson for the British Dietetic Association, so can a high-fibre diet, gluten, sweeteners such as sorbitol, and medical conditions like IBS. The reason salt is often blamed? Foods high in it (think crisps and cheese) are easier to overindulge in than, say, a carrot stick, so the bloat could just be from overeating.

But, says Short, it could be a case of water retention: 'Too much salt can lead the body to hold on to water, as excess sodium interferes with the way fluids pass in and out of cells – but the amount of salt that triggers this varies dramatically between individuals.' Ballooning belly? 'Try sipping water and working up a sweat,' suggests nutritionist Rhiannon Lambert.





## EAT SMART

**1** The percentage of a person's salt intake that is added during cooking or at the table



*Salt of the earth*

## 'YOUR BODY WILL TELL YOU WHEN IT'S LOW ON SODIUM'

people across the world and found that those whose sodium intake was lower than average clocked up more heart attacks, strokes and premature deaths compared with average consumption.

Perhaps one of the most surprising recent findings is the suggested link between low salt intake and immunity. According to a new study\*, salt may act as a natural antibiotic as

it boosts the activity of immune cells called macrophages in the area of injuries, facilitating healing of infection. Miso soup never looked so good.

### SEASON TO TASTE

So if salt is, in fact, a welcome addition to your daily foods checklist, where do you begin?

'The key is to know what you're looking for,' says nutritionist Kim

Pearson. Which is the sodium content, rather than salt. 'It's this that your body uses to its benefit, so look for sodium on labels.' Salt is composed of 40% sodium and 60% chlorine, so if you can only see salt content, do the maths yourself. Take the salt content in grams and divide it by 2.5 to give you the sodium. If we're sticking with the NHS guidelines of 6g of salt, look to tot up 2.4g of sodium, ideally from seasoning natural whole foods. 'Around 75% of the average person's salt intake is from processed foods, which are likely to be packed with sugar too, so choose fresh where you can,' adds Pearson.

Dr DiNicolantonio's view is that you should focus less on labels and more on your own body. 'Just as you control your own intake of water by thirst signals, your body will tell you when it's low on sodium by craving salt,' he says. 'Then it's time to season some fresh food with good-quality salt to your individual taste, and enjoy – not dismiss what you want to eat because the government tells you otherwise.'

## AT A PINCH

*Nutritionist Rhiannon Lambert decodes the different types...*



### TABLE

Cheap, bleached and common as you like. Just how we like our reality stars. Not so much our salt given it's also stripped of everything beneficial. Sounds familiar.



### HIMALAYAN PINK

Foodies and health nuts like to sink (or, you know, grind) the pink due to it containing all 84 essential trace elements the body requires. Albeit in tiny quantities.



### SEA (MALDON FLAKES)

These soft flakes come from filtered seawater: less processed than the table variety and with no added nasties. Serve sprinkled, not shaken.



### FLEUR DE SEL

The Kobe steak of seasoning, this is hand-harvested in France and Portugal from the surface of evaporated seawater. Basically, the good shit. **WH**





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STEP 2  
*SHAMPOO*  
to wash  
away weight



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#### THE EXPERT

**Who:** Faya Nilsson  
**You'll know her as...** Fitness on Toast blogger (fitnessontost.com) and author of *Fit in 3: The Scandi plan*

EAT  
SMART



1  
BREAKFAST



APPLE AND CINNAMON  
PANCAKES

2  
LUNCH



APPLE AND  
QUINOA SALAD

FOUR WAYS WITH

# Apple



One a day might keep the doctor away, but the reliable little red number (or green – we don't discriminate) is also a surprisingly versatile ingredient, as Faya Nilsson's four recipes demonstrate

3  
DINNER



APPLE AND CRAYFISH SUPER SALAD  
WITH CITRUS DRESSING

4  
JUICE



APPLE AND GINGER  
BOOSTER SHOT





## EAT SMART

### LUNCH

#### APPLE AND QUINOA SALAD

cals 642 | sat fat 4.1g | sugar 13.7g | serves 2

##### INGREDIENTS

125g **quinoa** • 1 tsp **turmeric** • 1 tsp **cumin** • pinch of **salt** • ¼ **red cabbage**, chopped • 200g **chickpeas**, drained • 1 **carrot**, grated • 2 tbsp chopped **walnuts** • handful of **leafy salad** such as **watercress**, **rocket** or **spinach** • 1 **apple**, grated  
**For the dressing:** 2 tbsp **extra virgin olive oil** • 1 tsp **horseradish** • juice of 1 **lemon** • 1 tbsp **yoghurt**

##### METHOD

1. Place the quinoa in a saucepan with 250ml water, the turmeric, cumin and salt. Cover, bring to the boil, then simmer for 15-20 minutes until the quinoa has absorbed most of the water. Fluff it up using a fork.  
2. Whisk together the dressing ingredients. Season to taste.  
3. Transfer the dressing to a small serving bowl, place on the centre of a large plate, then arrange the salad ingredients around it. Or for a portable version to take to work, layer up in a jar. Voila!



### BREAKFAST

#### APPLE AND CINNAMON PANCAKES

cals 508 | sat fat 4.8g | sugar 34.8g | serves 2

##### INGREDIENTS

110g **rolled oats** • ½ **banana** • 1 **apple**, diced • 1 tsp **ground cinnamon** • 125ml **unsweetened almond milk** • 1 tbsp **honey** • 1 tbsp **full-fat natural yoghurt**  
**For the jam:** 3 tbsp **chia seeds** • 1 handful **raspberries**, mashed • 1 square **dark chocolate**, grated • 12 tbsp **water** • 2 tbsp **honey**

##### METHOD

1. Mix the jam ingredients in a bowl and leave for 20 minutes, stirring occasionally, then place

in the fridge for at least an hour.  
2. In a food processor, blend the oats into a flour. Add the banana, half the apple, the cinnamon and almond milk – now blitz.  
3. Sear a splodge of the mix in a pan for 50 seconds on each side. Set aside and repeat until you've run out of batter.  
4. Take the rest of the apple and simmer until soft (add some honey and cinnamon for extra sweetness). Pour over the pancakes and serve with a dollop of natural yoghurt and the chia seed jam. Take a bow.

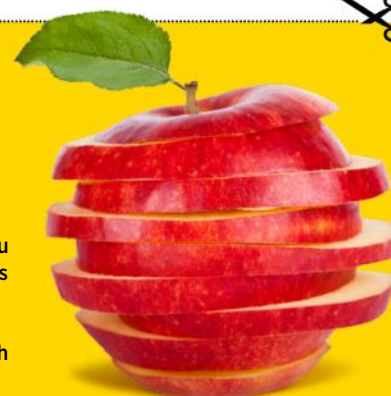
## THE BIG APPLE

*Small it may be, but its health-boosting benefits are through the roof...*

**1** Pump it up – your heart that is – with your apple fix. Researchers from Ohio State University found daily pomme-crunching can prevent hardening of the arteries (a cause of heart attacks and strokes) by reducing oxidised LDL cholesterol in the blood by 40% in four weeks. Not bad for a month's work.

**2** Forgotten your trainers, gym pass, water bottle – hell, everything? Try switching your morning juice. According to the University of Massachusetts Lowell, apple juice can boost brain function by increasing levels of the neurotransmitter acetylcholine; similar to how Alzheimer's medication works. Multi-tasked.

**3** Include an apple in your refuel plan to maximise your weight training. Its peel is rich in the protein ursolic acid, which keeps muscles strong as you age. A study\* found mice fed diets with 0.27% ursolic acid showed increases in muscle mass of 10% and in muscle quality and strength of 30% in two months. Lift heavy.



### JUICE

#### APPLE AND GINGER BOOSTER SHOT

cals 56 | sat fat 0.2g | sugar 6.9g | serves 2

##### INGREDIENTS

½ inch piece of **root ginger** • ½ **lime** • ½ **apple** • handful of **spinach** • 1 tsp **spirulina** • pinch of **cayenne pepper**

##### METHOD

1. Peel the ginger and the lime.  
2. Place all the ingredients in a juicer (ideally a cold-press one) and blitz until combined.  
3. This will make 80-100ml. Pour into two shot glasses and chug.

### DINNER

#### APPLE AND CRAYFISH SUPER SALAD WITH CITRUS DRESSING

cals 507 | sat fat 6.2g | sugar 14.6g | serves 2

##### INGREDIENTS

6 **baby potatoes** • small knob of **butter** • sprig of **dill**, chopped • 100g **iceberg lettuce leaves**, torn • 1 **red pepper**, chopped • 1 **chilli**, deseeded and diced • 3 **spring onions**, chopped • 50g **baby tomatoes**, halved • 1 **apple**, chopped • 1 tbsp **capers** • juice of 1 **lemon** • drizzle of **extra virgin olive oil** • small handful of **pea sprouts** • 40g **flaked almonds** • 150g **crayfish**, cooked and peeled

##### METHOD

1. Boil the potatoes in a saucepan with a pinch of salt. Drain and return to the pan along with the butter and dill.  
2. In a bowl, combine the lettuce, pepper, chilli, spring onions, tomatoes, apple and capers. Drizzle with lemon juice and extra virgin olive oil.  
3. Transfer to a serving plate with the pea sprouts, almonds and crayfish. Supper is served. **WWT**



WORDS: EMMA PRITCHARD. PHOTOGRAPHY: AGATA PEC AT HEARST STUDIOS. GETTY IMAGES: FAYA NILSSON'S FIT IN 3. THE SCANDI PLAW (E1699 SPHERE) IS OUT NOW. \*SOURCE: THE UNIVERSITY OF IOWA





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# Strong Mind



POSITIVE STEPS TO A HEALTHIER OUTLOOK

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## **THE MEDICATION TABOO**

WH challenges the stigma around antidepressants

PAGE 46

## **SLEEPING ROUGH**

Is your mind keeping you up into the early hours?



## Does this pill still come with a stigma?

For many, taking medication for mental health issues is a last resort or a guarded secret. Why? And is it time we opened our minds?

WORDS ROISÍN DERVISH-O'KANE



33

The percentage of women in the UK who are taking antidepressants, or have done in the past. Higher than the 23% of men\*.

Take the blue pill

The doctor already had the pen in her hand, ready to start scribbling my way out. For months I'd been trapped in a vacuum, swinging between fitful, spinning-top anxiety and hollowed-out despair. She listened as I spoke (the first time I'd told any medical professional about this), then she diagnosed anxiety and depression. She said I had options: cognitive behavioural therapy (CBT), counselling – or would I consider a month's course of antidepressants? She told me they could help me feel calm and more able to cope within three weeks. I politely declined and said I'd wait for the CBT. Why? Because taking the medication felt like giving in.

Of course, I wouldn't have felt like that if I'd had a migraine, a chest infection or diabetes. But as we know, when it comes to our health, we apply a different set of criteria to our minds than to our bodies. Recent government stats suggest 11% of women take antidepressants, yet the mental health campaign group Platform 51 found that one in five women keep their prescription for antidepressants secret from their families. One in 10 don't even tell their partners. It's in

the workplace, however, that secrecy reaches a peak, with 37% of women saying that they wouldn't tell their bosses. Clearly, we're worried about others judging us, but part of the complex stigma around mental health medication comes from within. For Dr Peter Kramer, author of *Listening to Prozac* (the 1993 book that made the drug a household name), medicating mental health is still taboo because it falls between two ideals. 'On one hand, people may think, "You should just be stronger and you shouldn't need to take a pill,"' he explains. 'Then on the other, people see medication as a partial treatment and they would rather talk to someone to find a deeper, more profound resolution.'

I suppose my rejection of antidepressants fell somewhere between the two. It's not hard to see why mental health issues and their treatment are viewed as some kind of personal failing to overcome. From childhood we're expected to have this absolute power over our feelings: 'Cheer up.' 'Pull yourself together.' 'Stop crying.' Insidiously, this idea that the way we feel is merely a matter of choice is fed to us; that it really is mind over matter. Dialling up the intensity on our self-scrutiny is the relentless Instagram-fuelled zeitgeist of positivity, which dictates that true happiness comes from connecting with your authentic self. No wonder, then, that a pill promising to alter how you feel seems like a bit of a cheat.

Which, in a way, feeds into Dr Kramer's second point about a more profound resolution. Perhaps that day I shunned medication for CBT had something to do with wanting to feel responsible – if only in part – for that resolution. CBT is hard: there are thoughts to



## STOP THE STIGMA

Juliette Franklin, senior employment lawyer at Slater and Gordon, explains your rights

**1 The scenario:** You need time off work. **Your rights:** If your mental illness has had a 'substantial, adverse' effect on your functioning for 12 months (or will have), it qualifies as a disability. Under the 2010 Equality Act, your employer must make 'reasonable adjustments' – and this includes time off or flexible hours.





challenge and boxes to tick. There is homework. The perfectionist striver in me likely lit up at the prospect of viewing my mental illness as a task to overcome. And – as with all things I care about – I was going to tackle it ‘properly’. After all, when I want my legs to look good in shorts, I’ll do more

between anti-depressants and, oh, heart disease, diabetes, bipolar disorder – are just that: associations. Experts have repeatedly dismissed any causal links. As for the charge that antidepressants are no more effective than a placebo? The Royal College of Psychiatrists challenges it, saying 50-65% of people will see improved symptoms after three months of taking antidepressants,

## ‘ONE IN 10 WOMEN KEEP THEIR MEDS A SECRET’

lunges and eat less pasta rather than wash down a fat-loss pill with an XXL mug of Bootea. So I applied the same logic to my mind. But, of course, this isn’t the same thing at all.

### PROBLEM PILLS

Part of the stigma comes from the side effects of antidepressants, especially the notion that you’ll go from feeling dreadful to simply feeling nothing. The thought terrified Jenna Lee, when, at 25, her depression descended to the point where she’d spend whole days lying unshowered on her sofa. ‘I was worried about antidepressants turning me into a zombie – and I couldn’t stand the idea of being reliant on something,’ she recalls. Then came the suicidal thoughts. ‘I knew I had no choice then.’ Jenna reluctantly started taking 20mg of fluoxetine, a commonly prescribed antidepressant. But rather than whitewash her emotional capacities, fluoxetine enabled Jenna to better access them. ‘Within three weeks I felt calmer, more able to change what I wanted in my life – and more able to accept what I couldn’t.’

And, many of the scary headline-making associations

compared with 25-30% of those taking a placebo. The effects can be so life-changing that 50% of people who take antidepressants will stay on them long-term.

One person who refuses to accept the shame of making that choice is actress Amanda Seyfried. In an interview with a US magazine, she revealed that she’s taken an antidepressant to manage her obsessive compulsive disorder for the past 11 years and has no plans to stop: ‘What are you fighting against? Just the stigma of using a tool? A mental illness should be taken as seriously as anything else – if you *can* treat it, you treat it.’

### FOREVER AND ALWAYS?

Charity worker Zoe Escott, 25, from Norwich, has a similar attitude. She has suffered from multiple depressive episodes since starting university aged 18 and, after a particularly bad bout of post-natal depression, was also prescribed the drug fluoxetine. She decided to come off the medication when she felt stable but, six months later, the depression was back. ‘That’s when I accepted that I needed



**2 The scenario:** Since telling your boss about your medication, she’s cut your responsibilities. **Your rights:** This suggests that your boss believes taking antidepressants means that you are, in some way, disabled. It’s illegal to discriminate against perceived disability, so head straight to the HR department.

**3 The scenario:** Your boss doesn’t renew your contract because you’ve had too many sick days. **Your rights:** By law, employers should discount all your disability-related absences. Here, it pays to be open with your boss because you’ll have evidence proving that they knew you needed extra support.





## STRONG MIND

Out of order



## ‘IT TOOK ME NINE MONTHS TO ACCEPT I NEEDED MEDS’

to stay on this medication. I tell myself that it is no different from using my inhaler for my asthma.’

For some people, it is the short-term solution that Zoe hoped it would be – Jenna, for example, stayed on her antidepressants for four years. Mainly because medication and psychotherapy aren’t mutually exclusive. ‘I find fault with the simple contrast between psychotherapy – involving the quest to arrive at some better-integrated self – as one way to help, and defining medication as the opposite of that,’ says Dr Kramer. ‘In reality, we that when people get the medication they

need, they tend to see things differently, which results in them behaving differently, and drawing on these new resources helps them recover.’

### NO SHAME

As for me? It took nine months from my first appointment to accept that I needed to take medication – and another 12 to stop feeling bad about it. Talking has helped me, but the decision to share your issues, and how you treat them, is entirely up to you. This is not a plea for you to stick your neck out to break a bigger stigma; simply to know you’re supported if that’s your choice. (Take a look at your legal position should you feel you’ve been discriminated

against at work.) Because changing wider attitudes starts with changing how you judge yourself; a somewhat clumsy and difficult process for anyone with a mental health condition. And the ‘journey’ is not necessarily linear; I’ve recently raised my dosage after a blindsiding dark patch.

Three weeks in and I am, on the whole, okay. I’ve belly laughed, felt once again the spirit-levelling sensation of a woodland run and experienced the warm sense of relief that informs me I’ve done the right thing. Taking medication may not be what I perceived as the ‘perfect’ way to deal with my mental health – but the idea that such a thing even exists is illusory. I’m seeing the doctor in a fortnight to discuss my progress. Will I stay on my medication long-term? Right now, I don’t know. But I have learned that if I need it for six months or six years, that’s fine, actually. And hopefully, I’ll continue to be fine, too.

## WHAT’S IN THE BOX?

How different mental health meds actually affect your life



### SELECTIVE SEROTONIN REUPTAKE INHIBITORS

**Known as:** Citalopram, fluoxetine, sertraline.  
**The deal:** SSRIs work by prolonging the action of feel-good neurotransmitter serotonin in the brain.

**FYI:** You might struggle to orgasm – or even want to have sex in the first place.



### SELECTIVE SEROTONIN AND NORADRENALINE REUPTAKE INHIBITORS

**Known as:** Desvenlafaxine, duloxetine, levomilnacipran.  
**The deal:** They act like an SSRI on serotonin – and on the similar noradrenaline.

**FYI:** It’s thought that by pushing both the serotonin and the noradrenaline you can create a stronger effect.



### BETA BLOCKERS

**Known as:** Propranolol, atenolol, bisoprolol.  
**The deal:** Helps reduce the physical symptoms of anxiety, such as palpitations.  
**FYI:** Useful in specific performance situations, but can’t reduce psychological anxiety symptoms, like excessive worrying.



### BENZODIAZEPINES

**Known as:** Diazepam, lorazepam, temazepam.  
**The deal:** Sedated that slow the body’s functions, to treat anxiety and insomnia.  
**FYI:** Very addictive, so only prescribed to patients with disabling anxiety who have not responded to other treatments. **WH**



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STRONG  
MIND

# Are you **SLEEP** stressed?

For some, lying awake panic-ridden in the early hours happens so frequently, even the prospect of bedtime is stressful. Anna Hart learns how to deal with sleep anxiety

**I**'ve always been crap at sleep. As a kid, I would read Roald Dahl books under the covers late into the night, trying to stave off those dark moments when, bereft of bedside lamp and *Matilda*, I was left alone and expected to nod off. Because 'nodding off' or 'dozing' just never seemed to work out for me. Night was a time of anxiety for my hot little head, when I would fret about my school science project, wince over stupid things I had said to a friend, or wonder if my parents were secretly spies...





75

The percentage of women who struggle to nod off, compared with 25% of men\*

## SLEEP WITH A CELEBRITY

*Catching ZZZs with the A-list*



'Having peace, happiness and healthiness is my definition of beauty. You can't have any of that without sleep.'

**Beyoncé**



'For me, sleep is a major thing. I don't always get it - when I don't, I look like I've been hit by a truck.'

**Gwyneth Paltrow**



'About five years ago, I fainted from exhaustion. I hit my head on my desk. It started me on this journey of rediscovering sleep and balance and integrating my life.'

**Arianna Huffington**



'Sleep has become profoundly important. I didn't understand the value of it.'

**Jamie Oliver**

Two decades on, my worries have changed but not my ability to worry. My husband, Sean, looks forward to going to bed, a feeling as alien to me as eagerly anticipating a smear test. He'll drift straight off, leaving me alone to my crazy thoughts. My brain still thinks the moment my head hits the pillow is just the time to remind me of those emails I meant to send, question what I'm doing with my career and wonder if the world's going to end. And now, as an adult with responsibilities, like a job and a flat and a husband, the fear of failing to fall asleep at night and waking up foggy, ruffled and generally unfit for purpose, has made the prospect of sleep itself stressful.

'Over 20 million people in the UK have problems with sleep,' says Dr Graham Law of Leeds School of Medicine, founder of the Sleep Research @ Leeds initiative. 'Lack of sleep is obviously a source of frustration and stress, which affects our work, relationships, health and mental wellbeing.' And just in case I wasn't stressed enough about poor sleep already, 'there is growing evidence that it causes serious chronic diseases, too'. Great. Sleep is like the worst sort of boyfriend: the more desperately you want it, the less likely it is to grace you with its presence.

But I fight fear with information, and I figure that if I better understand my sleep obstacles, perhaps I'll stop tripping over them every night. Which is how I find myself checking into a gleaming Bavarian medi-spa, the Lanserhof Tegernsee (lanserhof.com).

'Sleep problems tend to be 50% biological and 50% psychosomatic,' explains Dr Michael Feld, the Lanserhof's resident sleep expert. 'Some of it is genetic; if your parents are poor sleepers, there's a chance you will be too. People often report poorer sleep with age, as the tissues in the throat become more slack, resulting in the narrowing of airways. And women are lighter sleepers than men, primed to sense danger or hear the cries of babies.' I can't change the fact that I'm my sleep-shirking father's daughter, or that I'm female and ageing - but it's the psychological 50% I'm interested in. The 50% I can do something about.

I tell Dr Feld about the complicated daily ritual I undergo in pursuit of sleep: no caffeine after 11am, at least an hour of brisk cardio, copious cups of camomile tea. Yet despite all this, at least four nights a week I'm awake for hours at a time, busy being crazy. Every night, I slide between the covers with a sinking dread that I'll still be lying there awake, frantic, three hours later.

To determine to what degree my sleep issues are non-biological, aka psychological, I spend a night in the sleep lab. At the Lanserhof's space-age gym, champion ski jumper turned sports scientist Ferdinand Bader measures my heart rate variability (HRV) over 24 hours. Unlike measuring

heart rate itself, HRV focuses on the fluctuations of the heart, a reliable measure of fitness, fatigue and stress that's just been included in the new Fitbit. When analysed over 24 hours, it offers valuable information about autonomic functioning.

Comparing the series of graphs with my activity journal of the day, Bader points out where a yoga class does its job and relaxes me, and a 45-minute run gets my heart rate up. He also points to my rising heart rate and anxiety

levels at around 9pm. No surprise, I think, since this is when I start stressing about sleep. But he has another explanation: my Netflix-before-bed habit, which I've relied on to relax, is not relaxing me after all.

### NETFLIX AND NO CHILL

'It's doing the opposite; it's increasing your stress levels quite a lot,' says Bader. Even though I stare at my screen through a pink-hued Flux filter, I squeak? 'You might think you're relaxed because you're distracted from stressful thoughts, but you are still very focused, and your pulse is going up when it should be slowing down.' It also means that I'm forcing myself to stay awake until the end of the next episode of *Narcos*, rather than naturally letting myself fall asleep when I'm sufficiently fatigued. This is a bad move, explains Bader, because forcing myself to stay awake sends a message to my body that it's not okay to relax, to switch off.

And sleep, explains Dr Feld, is more like surfing waves than jumping aboard an

**'SOME OF OUR SLEEP PROBLEMS CAN BE GENETIC'**





## STRONG MIND

all-night cruise liner. Before the 50s, scientists believed that as we drifted off, we entered 'shutdown' mode. 'Now we understand sleep as a cycle, with two distinct parts,' says Dr Feld. During non-REM or 'quiet' sleep, which makes up 75%, we progress through four stages of increasingly deep sleep. The deepest stage produces physiological changes that help us regenerate biologically, boosting immune system functioning. REM (rapid eye movement) sleep takes up 25% of the night and is the period in which we dream. Heart rate and breathing increase to waking levels. 'REM sleep is more associated with mental wellbeing,' says Dr Feld. Studies report that REM sleep enhances learning and memory, and contributes to emotional resilience.

## 'WE NATURALLY WAKE BETWEEN SLEEP STAGES'

The sleep lab proves me a twitchy, sporadic sleeper – but it's becoming clear that my problem isn't that I wake up throughout the night; it's how I deal with it. 'Many of us think if we have anything short of an eight-hour block of blissful, uninterrupted sleep, we've slept badly,' says Dr Feld. In fact, we all naturally wake up several times a night in between sleep stages – my problem is that when I realise I'm awake, I start stressing about how I'm going to be useless tomorrow. It's a miserably triumphant, 'I *knew* it; tomorrow is going to be a nightmare.'

### UNDER THREAT

This sort of stress around sleep is actually a form of performance anxiety, says Dr Feld. 'We worry that if we get less than our eight hours, we're not going to be able to cope with the day ahead.' I'd never associated my sleep anxiety with my perfectionism, but suddenly it makes sense. When you struggle with imposter syndrome and a sense of not being quite good enough, the prospect of

a crap night's sleep making you even more inadequate feels like a serious threat.

And am I imagining things, or do anxieties seem so much more gut-wrenching at 3am than at 3pm? 'There are reasons for this,' says Dr Feld. 'You're alone, and you don't have distractions like Netflix to help you push negative thoughts out of your mind.'

And let's not forget, adds Dr Law, that for thousands of years, nighttime was a time of danger and threat for humans. 'It wasn't that long ago, in evolutionary terms, that the night was a time of vulnerability – feelings of anxiety associated with falling asleep are perfectly natural, potentially advantageous, from an evolutionary perspective.'



## STOP STRESSING, START SLEEPING

*The key to a good night's sleep? Quit worrying about it. Simple, right?*

1

'Try "thought blocking": with your eyes closed, slowly repeat a word with no emotional connotations (such as "one") in your head. You can't think of two things at once so it will silence the worry and let you switch off.'

Dr Jessamy Hibberd\*

2

'Remember your perceptions of sleep are unreliable. When you think you've slept badly, chances are you still had a few decent hours. So don't turn sleep into another job, something you're "succeeding" or "failing" at.'

Dr Graham Law

3

'Get enough bright light and fresh air in the morning and sufficient exercise during the day, but don't do anything strenuous in the two hours before bed. Expose yourself to darkness in the evening: that means a screen break.'

Dr Michael Feld

I've always thought of my nighttime anxiety as perverse and twisted, an unhealthy and self-sabotaging impulse. It's a huge relief to learn that nighttime anxiety is perfectly natural; in fact, it was once useful for survival. As is learning that all those people who think they sleep an uninterrupted blissful sleep from 11pm to 7am are wrong – we all wake up. This gives me one less thing to be stressed and frustrated about at 3am – and it might be the thing that makes all the difference. **WJ1**



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# Slim Down



POSITIVE STEPS TO A HEALTHIER OUTLOOK

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## **GET YOUR FILL**

Feel full without stuffing your face

PAGE 57

## **NO COMFORT ZONE**

How one reader shed 9st after a health scare

PAGE 59

## **FLIPPIN' MARVELLOUS**

With these lite treats, every day can be Pancake Day



## If looks could fill...

Still hungry? Thing is, you may be fuller than you feel. Time to change your perspective and curb those cravings for good

WORDS JESSICA POWELL  
ILLUSTRATIONS BIGSHOT TOYWORKS





## SLIM DOWN

**A**s concepts go, feeling full seems simple enough: your stomach gets needy, you inhale a burger, it quits whining. It's easy to assume this is a 'calories in = satisfaction' equation, right? Well, not quite. Turns out that taming your appetite can be a trickier concept involving a number of factors. Ready to figure it out? Course you are.

Let's start with this notion that the more calories you consume, the more satisfied you'll be. A study in *The American Journal of Clinical Nutrition* found that participants who drank a thick 100-calorie 500ml shake felt fuller than those who drank a thin 500-calorie 500ml shake. 'The lower calorie shake was processed more quickly, but left the participants feeling notably fuller in the following hour,' explains researcher Guido Camps. 'It may have been to do with "oral processing", which is the way food feels in your mouth. The thick shake seems to make you feel like you've had more.' Dr Barbara Rolls, professor of nutritional sciences at Penn State University, adds: 'Satiety depends on numerous factors, including how filling you expect a food to be, portion size, how long it takes to eat and its texture.' The message? You don't need to binge-eat to feel satisfied. So, with that in mind, here are 15 smart swap-ins that'll help you feel fuller for longer...

### 1 **POTATOES**

Researchers at the University of Sydney created a satiety index based on participants' reports of how full they felt after eating certain common foods and how much they devoured two hours later when let loose on a buffet. Forget jackets and mash – boiled spuds topped the chart as most satiating. Azmina Govindji, registered dietitian and spokesperson for the British Dietetic Association, suggests rustling up a quick potato salad. 'Keep the skins on as that will slow down digestion,' she says. 'Stir through some Greek yoghurt and add sweetcorn for protein and fibre, which will help with a feeling of fullness.' Winner.

### 2 **BANANAS**

The shake experiment suggests that viscosity is a major factor in the feeling of fullness. So replicate it at home with your own smoothie (lab coat optional). 'Freezing your banana before adding it will make the texture even thicker, which results in an increased feeling of satiety,' says Camps. Be warned: a banana contains around 90 calories, so might mean reaching lunch without a Krispy Kreme. Or three.

### 3 **EGGS**

'Protein invokes satiety more than carbohydrates or fat,' says Dr Alex Johnstone, satiety expert from the Rowett Institute of Nutrition and Health, University of Aberdeen. 'We don't exactly know why, but it's likely it causes a cascade of events, including the release of gut hormones that feed back to the brain to signal you're full. Smash half your protein RDA (see page 27 for more on that) with a smoked salmon omelette – salmon is 20% protein and eggs deliver around 6g a pop. Job done.





#### 4 BROTH

Fullness hack: add a low-calorie soup to your menu before a meal; it'll ensure you gorge on less later. 'Broth-based soups are full of water, which adds volume and weight but no calories,' explains Dr Rolls. 'The sight of an extra course and the greater volume in your stomach trigger stretch receptors that signal you're full.' In a clinical study, Dr Rolls found that women served a chicken and rice soup before lunch reported feeling fuller than those served a pre-lunch chicken and rice casserole and a glass of water (consisting of exactly the same ingredients) or the casserole alone. The soup-eaters consumed 100 fewer calories at lunch and didn't compensate at dinner.

Spring  
a leek

**'YOU DON'T  
NEED TO  
BINGE-EAT  
TO FEEL  
SATISFIED'**

20

The number of minutes it takes for the full range of satiety signals to travel from the gut to the brain.

#### 5 PEAS

It ain't just protein that'll keep you feeling fuller for longer – fibre is your friend too. 'It provides bulk that'll physically fill your stomach,' says Dr Johnstone. Simple. As well as being protein powerhouses, peas are high in fibre, so chuck them into as many meals as you can. Add them to a bolognese to bulk it out and stop you craving dessert.

#### 6 KOMBU

A study published in *The American Journal of Clinical Nutrition* found that eating soup with an umami flavouring (you know, that moreish savoury taste) enhanced satiety and reduced consumption at the next meal compared with soup without. Add kombu, a type of seaweed, to soups or stir-fries and ascend to umami heaven minus any calorie comedown. Just one 15cm strip will flavour a meal for four. Get it at [clearspring.co.uk](http://clearspring.co.uk) (£5.49).

#### 7 GREEK YOGHURT

'It contains nearly three times more protein than regular yoghurt,' says Dr Johnstone. 'And because it's strained, it has a thicker texture, so it's more satisfying too.' One study in the *European Journal of Clinical Nutrition* put a group of people on a high-dairy diet (they got about 1,400mg of calcium a day) and another on a low-dairy one (who got about 700mg of calcium a day). Both groups lost similar amounts of weight, but the high-dairy group reported feeling more satisfied while dieting, possibly due to levels of the gut hormone peptide YY, which dials down appetite. Word of warning – don't go for anything labelled 'Greek-style'. You need the real thing. We like Total's full-fat offering.

#### 8 AVOCADOS

In research published in *Nutrition Journal*, participants who were given lunch that included half an avocado had a 24% reduced desire to eat over the following three hours compared with those who had lunch with the same calories but no avo. Forget the guacamole though. 'Keep the avocado in chunks, as chewing and eating more slowly improves satiety,' says Govindji.

#### 9 POPCORN

'Air in food creates greater volume, so the portion looks bigger, which means you're likely to feel satiated for longer,' says Dr Johnstone. Another study published in *Nutrition Journal* found that people who ate around 100 calories-worth of popcorn reported less hunger and were more satisfied than those who ate a 150-calorie bag of crisps. Plus, popcorn is packed with filling whole grains – in fact, just one bag will get you more than halfway towards your daily quota. Skip the coated-in-sugar stuff, obvs.

#### 10 PISTACHIOS

'Eating slowly is associated with feeling fuller for longer,' says Govindji. 'Foods that require a ritual – such as shelling pistachios – make you take time over them.' And, bonus, they're packed with protein, so grab a handful as a post-gym snack and get shelling. ➤





## SLIM DOWN

Peelin' good



**11 LENTILS**  
Lentils are low on the glycemic index (GI), which measures how quickly the carbs in a food raise blood sugar levels. 'The science on how the GI of foods affects how they're processed in the body as part of a meal can be complicated, and it varies among people,' says Govindji. But low-GI foods like lentils are generally digested and absorbed more gradually, meaning they stay in the digestive tract for longer, keeping you full. Knock up a protein-packed lentil and grilled halloumi salad.

**12 BRAN FLAKES**  
Remember we said fibre's your friend? Well, there's more. 'We looked at cereal with large flakes and the same cereal crushed down,' explains Dr Rolls. 'People ate around 70 calories more when serving themselves the crushed version – the big flakes looked like a more substantial portion.' So make sure your box isn't pulverised on the bus home.

## 'EATING SLOWLY CAN HELP YOU FEEL FULL FOR LONGER'

**13 QUINOA**  
Yep, another protein swap-in. Quinoa has twice as much of it as rice. What's more, it's low GI, so you won't be reaching for the biscuit tin afterwards. Try it with a stir-fry – a dash of soy sauce will provide that umami hit to really make sure you're full.

**14 COURGETTES**  
'It sounds obvious, but fruit and vegetables that contain lots of water can help fill you up with minimal calories,' says Dr Rolls. Courgettes are 95% H<sub>2</sub>O, plus the skin is high in soluble fibre, which slows digestion, helping you feel satisfied for longer and stabilising those pesky blood sugar levels. It's time to get your spiraliser out. Or try adding half a grated courgette to your morning oats.

**15 APPLES**  
One a day could keep hunger away. In a study by Dr Rolls, when participants ate apple segments before lunch, they consumed 15% fewer calories (including the apple) than without. It would be easy to attribute this to the fibre hit, but Dr Rolls suggests that the size:calorie ratio of an apple and the time it takes to chew through one could also play a part. So pick one up about half an hour before lunch. It'll mean you don't go back for seconds.

## CURB YOUR ENTHUSIASM

Three smart strategies for keeping calorie consumption in check



### DON'T HIDE THE EVIDENCE

Keep those sweet wrappers on show. Studies show that when evidence of your eating is cleared away, you'll continue to chow down. During one test, published in the journal *Appetite*, involving shelled nuts, the group whose shells stayed in sight ate 48 fewer calories. Small wins.



### LISTEN IN

If you can't turn the TV off, turn it down. A study in the journal *Food Quality and Preference* found when people could hear their own chewing noises they ate 45% less than those whose crunching noises were drowned out.



### DODGE DISTRACTIONS

Eating while distracted (eg watching *The Crown* or, you know, reading *Women's Health*) can increase the amount consumed at that meal by 10% and at a later meal by a massive 25%, according to *The American Journal of Clinical Nutrition*. So try to tear yourself away for a few minutes. **WHI**

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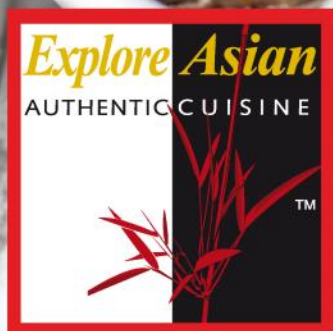
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# 'I cut out comfort eating and lost 9st'

A health scare was the trigger for social media manager Rebecca Chivers, 38, to slim down and get healthy



Before 22st 11lbs

## WEIGHT TO GO



### GOOD FUEL

A handful of raw nuts. They're tasty and really fill me up.



### SOUNDTRACK

Justin Timberlake's *Can't Stop the Feeling* keeps me going on my evening run.



### FITSPO

Mel Wells's book *The Goddess Revolution* inspired me to step away from the scales and love my body.



After 13st 3lbs

## THEN

I grew up in Australia and was active from a young age. I'd go swimming at school, and by my early twenties was something of a fitness fanatic. But when I moved to the UK in 2002 and met my husband, I lost my routine entirely. I'd skip breakfast, have a chicken and mayo baguette for lunch and then a ready meal for dinner. I was unhappy at work and started comfort eating, which caused me to balloon to a size 24/26. During my pregnancies in 2008 and 2012, I suffered complications due to high blood pressure. Two years ago I finally came to the conclusion that if I didn't do something, I wouldn't see my children grow up.

## HOW

Attracted by its child-friendly meetings, I made the decision to join Slimming World. With two small kids, it was hard to find time to go to the gym, so a couple of months after joining, I also started using the Couch to 5K app. Running was much easier to fit around childcare than going to classes – I'd head out when my husband got in from work at 8pm. I started cooking healthy meals from scratch and cut down on processed foods. I'd have porridge with water for breakfast, at lunch I had salads or Asian-style soup, fruit for snacks, and at dinner I'd cook a spaghetti-based dish or chilli con carne. The weight loss was very gradual but I was motivated to keep going for my children.

## NOW

I'm a size 12/14 and still making the effort to live a healthier life. Making the kids my priority, I'd forgotten it was worth taking time for me, too. I realise now that looking after myself will encourage my daughters to adopt their own healthy lifestyles. Running three times a week has become my 'me time' and I recently completed the Basingstoke Half Marathon. Having better food in the house has also helped my husband to lose 5st. Living a healthy lifestyle with kids is a challenge, but it means I'm the best possible version of myself – which is good for me and for them. **WH**



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#### THE EXPERT

**Who:** Rob Hobson

**You'll know him as...** one of the UK's foremost nutritionists and co-author of *The Detox Kitchen Bible* (robhobson.co.uk)

SLIM  
DOWN



## THE CALORIE CUT

# Blueberry pancakes

A few smart swaps for all-American deliciousness with half the calories – it totally stacks up

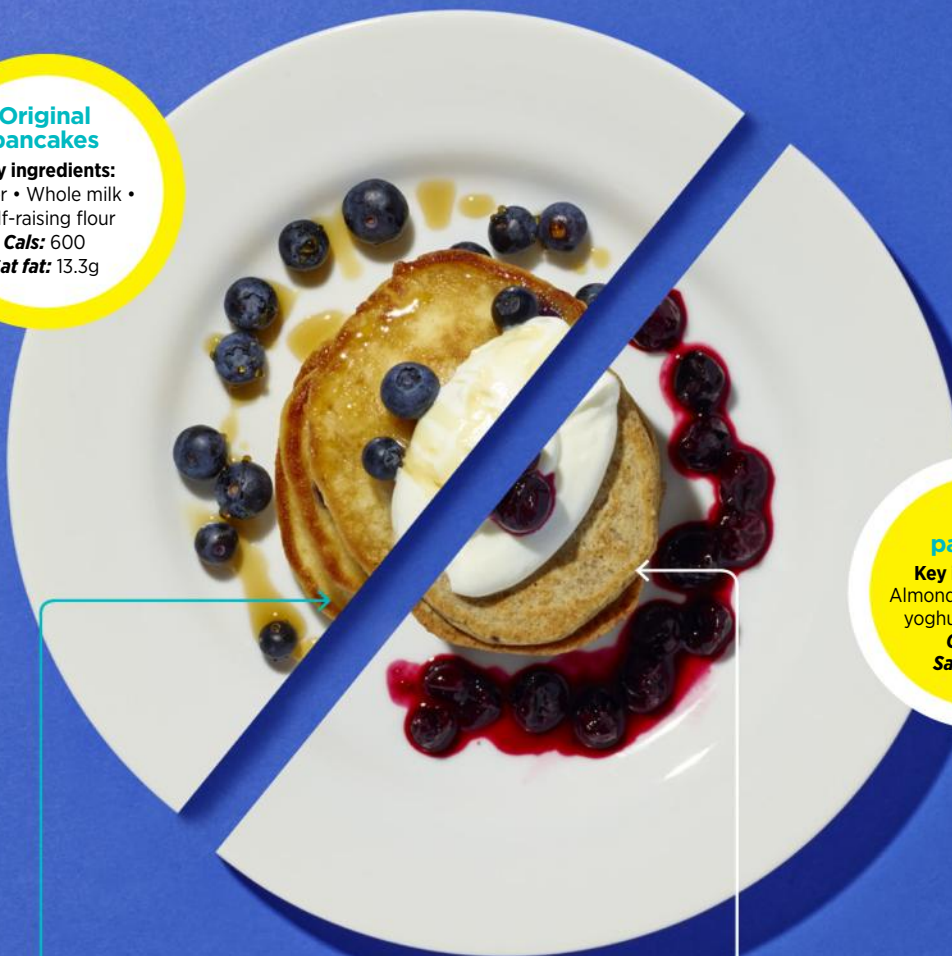
### Original pancakes

**Key ingredients:**

Butter • Whole milk •  
Self-raising flour

**Cals:** 600

**Sat fat:** 13.3g



### Lite pancakes

**Key ingredients:**

Almond milk • Low-fat  
yoghurt • Rye flour

**Cals:** 270

**Sat fat:** 3.4g



#### FAT CHANCE

The original recipe contains a triple serving of full-fat dairy. Though it's fallen back in favour with some, it will do nothing for your lean-gains mission. Research\* shows there's no convincing evidence that dairy aids weight loss.



#### FLOUR POWER

Where your waistline is concerned, all flours are not created equal. One study\* found eating rye at breakfast will keep you feeling full until lunch, so ditch the refined, white version for something with a little more substance. Viva Ryvita.



#### MILKING IT

Dairy-averse or not, if you want to get slim, it's worth subbing in almond milk, which has half the calories of skimmed. It's also a good source of muscle-repairing vitamin E\* – so you can get more quality fat-burning gym time. Double whammy.



#### FRY RIGHT

Sure, coconut oil is high in saturated fats, but the ones here are medium-chain fatty acids, which are slimming heroes. When it comes to oil, swapping olive for coconut can slash belly fat\*. But go easy, one tablespoon packs 120 calories.



#### HUNGER BUSTER

With double the eggs, these lite pancakes are a winner. A study in the *Journal of the American College of Nutrition* found an eggy brekkie will satisfy your appetite, so you'll eat less at lunch than if you started the day with a bagel. Winner.

GET THE  
RECIPE



WORDS: ROISIN DERVISH-O'KANE; PHOTOGRAPHY: PAVEL DORMAK AND AGATA PEC AT HEARST STUDIOS; FOOD STYLING: DARIA SUTIN.  
\*SOURCES: NUTRITION REVIEWS; NUTRITION JOURNAL; FREE RADICAL BIOLOGY & MEDICINE; AMERICAN JOURNAL OF CLINICAL NUTRITION





SLIM  
DOWN

65

The percentage of extra weight you'll lose if you start your day with two eggs instead of a carb-heavy breakfast, according to the *International Journal of Obesity*. Get cracking

# Rye flour pancakes

CALS 270 | SAT FAT 3.4g | SUGAR 18g | SERVES 4

## INGREDIENTS

100g **wholemeal rye flour** • pinch of **salt** • 2 **free range eggs** • 150ml **almond milk** • 1 tsp **extra virgin coconut oil** • 300g **blueberries** • juice of ½ **lemon** • 2 tsp **honey** • 200g **thick zero-fat Greek yoghurt**

## METHOD

**1.** Combine the flour and salt in a bowl. Separate the eggs, add the yolks to the bowl followed by the almond milk and mix thoroughly.  
**2.** Place the egg whites in another bowl and beat until they form stiff peaks. Add 1 tbsp egg white to the flour mixture and gently fold. Then add the remaining egg white and fold in – gently does it for seriously fluffy pancakes.

**3.** Heat a heavy-based frying pan and melt 1 tsp coconut oil in it, then wipe with kitchen roll. Once hot, add 1 tbsp of the batter to the pan (you should be able to fry four pancakes in one go).  
**4.** Once air bubbles start to rise, flip the pancakes (the moment you've been waiting for) and cook for a further minute until they're lightly browned. Transfer to a plate.  
**5.** To make the compote, place the blueberries, lemon juice and honey in a small saucepan and bring to the boil. Reduce the heat and simmer for 10 minutes until sticky.  
**6.** Serve the pancakes with compote and a dollop of Greek yoghurt. Flippin' marvellous.

## GET 'EM WHILE THEY'RE HOT

Flipping technique a tad sub-par? Worry not – here's where to head for the healthiest pancakes in the UK

### FOR THE BLOAT-PRONE BRUNCHER

*Healthy pancakes at Filmore & Union, York*

Made with coconut milk, these gluten-free pancakes come topped with fruit and Greek or coconut yoghurt. Opt for maple syrup on the side for a low-sugar sweetener.

### FOR THE GAINS-SEEKER

*Protein pancakes at Foundation Coffee House, Manchester*

This six-strong serving comes boosted with high-grade, grass-fed whey powder and topped with berries and Greek yoghurt. That's 56g of protein – so get sharing.

### FOR THE ONE WHO'S SWEET ENOUGH

*Superfood pancakes at Loudons, Edinburgh*

Savoury pancakes don't have to come laden with saturated fat. These are boosted with avocado, spinach, red onion, coriander and black bean hummus. Game changer.

### FOR THE SUPERFOOD AFICIONADO

*Berry pancakes at Farm Girl Cafe, London*

Made from gluten-free buckwheat flour, this Instagram-friendly pile is topped with cranberries, pistachios, hazelnuts and a dollop of coconut yoghurt. Double tap.

### FOR THE INDULGENT VEGAN

*Carrot pancakes at Anna Loka, Cardiff*

Egg- and dairy-free foodies need not miss out. This comforting stack is whipped up with grated carrot, almond milk, cinnamon, nutmeg and maple syrup. Sweet. **WH**



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\*Nielsen July 2016 data. Comparing the "Super" 3 drops variant of the leading non-applicator tampon and Tampax Compak Pearl.



# Best Body



FITNESS TRICKS TO HONE AND TONE

PAGE 72

## **PUMP IT UP**

Simplify your workout with the humble dumbbell

PAGE 75

## **DANCING QUEEN**

Ballerina Misty Copeland on breaking the mould

PAGE 76

## **GUT REACTION**

It's time to start talking s\*\*t



## Something weighing down your workout?

As new research reveals that iron deficiency remains undiagnosed in a shocking number of women, *WH* asks if it's pushing back your PB

WORDS VICTORIA WOODHALL  
ILLUSTRATIONS BARRY DOWNARD

*Buns of steel*





## BEST BODY

Charlotte Jelleyman had always been a better than average runner. The 27-year-old PhD student regularly put in 50-minute runs in a cross-country 10k with her triathlon club. But last year, she began to find training a struggle. 'My boyfriend entered us into a relay marathon, which involved running 25 miles each, so I had to step up my training,' she says. 'Within a couple of months, I noticed my legs felt really heavy. My lungs couldn't cope, even at speeds and intensities lower than I knew I was capable of. I also began needing an extra hour of sleep at night.'

A blood test revealed that Charlotte had iron deficiency anaemia (IDA), a condition that affects 12-15% of women aged 15-50 and, according to the World Health Organization, is the most common nutritional disorder in the world.

'I'd always considered myself fit and healthy,' says Charlotte. 'I ate a balanced diet thinking I was getting all the nutrients I needed from my food. I'd never had any problems, so this came out of the blue.'

Despite a list of unhealthy-sounding symptoms – including breathlessness, brittle nails, poor concentration, feeling the cold and hair loss – it might actually be the seemingly fittest women who are most at risk of being anaemic. That's because, while diet and heavy periods are known causes of iron deficiency, surprisingly, exercise can also be a dramatic iron drain. And yet a 2016 study showed that only 22% of elite and non-elite female athletes who had the condition sought help. Either women didn't realise that it was a problem or had learned to cope with it, the study suggested.

That's probably because iron deficiency can be a progressive condition caused by many factors. Often it creeps up on sufferers without them noticing: who hasn't felt wiped out after a workout from time to time, or desperate to press the snooze button yet again? It's not until, like Charlotte, they hit the proverbial brick wall that they seek help. 'Looking back, it was a perfect storm,' she concedes. 'I'd been having heavier periods for about a year and I'd recently turned

vegetarian, which is a big factor as red meat is such a major source of iron. With my intense training, it pushed me over the edge.'

So why is IDA a particular issue for women who train?

### PUMPING IRON

First, the science: iron is a mineral vital for cellular energy, the immune system and the production of haemoglobin, which carries oxygen around the body. 'If you have iron deficiency anaemia, you have less oxygen-carrying capacity – it'll impair performance and you'll find exercise more difficult,' says Dr Richard Burden, who works with British Olympic and Paralympic athletes and is acting head of physiology at the English Institute of Sport. IDA also makes you more prone to infection, plus, if you train in a chronically fatigued state, you are more likely to injure yourself.

But there's a catch-22 element: while your PB depends on decent iron supplies, all that training could actually be plundering your reserves. Not only do you need more of it as training increases red blood cell production, but you lose iron through sweat and 'foot strike haemolysis': where blood cells and capillaries in the feet are damaged by running and jumping, creating a higher turnover of red blood cells. 'Running puts a force 2.5 times your body weight on to the soles of your feet,' explains PT and nutritionist Sarah O'Neill, who herself suffered IDA in her teens. 'Because an athlete has higher iron needs and greater losses, their iron requirements are 1.3 to 1.7 times higher.'



### SYMPTOM WATCH

*Identifying with a few of these? It may be time to see your GP...*

- ☐ Fatigue
- ☐ Headaches
- ☐ Irritability
- ☐ Pale skin
- ☐ Shortness of breath
- ☐ Racing heart
- ☐ Cold hands and feet
- ☐ Frequent infections
- ☐ Dizziness
- ☐ Poor concentration
- ☐ Restless legs
- ☐ Sore tongue
- ☐ Cracks around mouth
- ☐ Hair loss

CREDITS HERE PLEASE



*Knight on the tiles*

CREDIT: HERE PLEASE

## IRON OUT THE PROBLEM

*Nutritional therapist Eve Kalinik on the dos and don'ts of pumping your iron quota:*



### DON'T:

Go popping pills willy-nilly. Too much iron can be toxic, so go and get tested first.

The natural supplement Spatone (£11.49 for 28 sachets, Boots), is a gentler option than iron tablets.



### DO:

Swap spinach for kale or chard. Though it's iron-rich, spinach contains oxalates, which impair its absorption. Total swizz. The vitamin C in these leafy greens help you soak up more.



### DO:

Smash avo on sourdough (Instagrammers rejoice!). The phytic acid found in grains and bread inhibit iron uptake. But sourdough is fermented, which helps remove these anti-nutrients.



### DON'T:

Have a cuppa with your meal. The tannins in tea and coffee impair absorption, too, so it's best to wait at least an hour after eating to get your caffeine kick. You'll live.





## BEST BODY

Post-exercise soreness is also part of the equation. 'That ache is due to micro-tears in the muscles,' explains Toby Richards, professor in vascular surgery at University College London and founder of The Iron Clinic ([theironclinic.com](http://theironclinic.com)) on London's Harley Street. 'This damage causes inflammation and is why athletes sit in an ice bath after they compete. Inflammation in the body blocks the iron absorption pathway for several hours afterwards.' So before you think about replenishing your stores with a post-training steak, pop on some cooling pads (or take the ice bath if you can bear it) to quell the inflammation.

### ENERGY TEST

Professor Richards and his team at UCL are conducting a trial to determine to what extent IDA affects women's sporting performance. It involves measuring the aerobic fitness of iron-deficient runners, before replenishing their iron via an IV drip and then retesting them a few days later.

The full results of the Ironwoman trial are due to be published later this year but the interim results have been astonishing. The  $VO_2$  max scores of London physiotherapist Ailish Toomey, 32, showed her aerobic power improved by almost 12%. Two weeks after treatment, she ran the London Marathon with a personal best. 'I'd been so exhausted I hadn't been able to train properly, so it was such a good feeling to run a PB,' she says. 'A few of us from my running club took part in the trial and our message to anybody who runs frequently is: if you feel your results aren't improving, get your iron levels checked.'

Charlotte also had an IV to address her levels. 'When I ran again it was like I had a completely new body,' she says. 'I was able to run times close to my fastest.'

But as it's only available privately and starts at £600 a treatment, it's not an option for everyone. If you think you might have IDA, your GP will look for levels of the iron-storage protein ferritin, as well the oxygen-carrying protein haemoglobin. If your levels are low, you're advised to change your diet and may be prescribed ferrous sulphate (iron) tablets – but these aren't always the answer. 'Around a third of people don't tolerate iron tablets as they can cause gastro-intestinal symptoms like



*Iron fisted*

## 'FIT WOMEN MAY BE MOST AT RISK OF IRON DEFICIENCY'

constipation, diarrhoea and abdominal pain,' says Professor Richards. A 2014 research paper found that, unsurprisingly, 50% of people stop taking them, leaving their deficiency untreated. Newer studies also show iron tablets can alter the gut microbiome, promoting bad bacteria. Supplement companies are developing more tolerable options (see page 69 for nutritionist Eve Kalinik's recommendation) but for many, diet-tweaking

is the biggest game changer.

For Sarah, who comes across many undereaters and overexercisers in her work, an initial dietary questionnaire and 10-day food diary to help identify nutritional

deficiency are standard practice. 'If I believe that a client is at risk of IDA, I'll always encourage them to get a blood test as it's so important to address this to train effectively and stay well,' she says. 'I make sure they eat enough lean meat and fish, which contain haem iron, the form most easily accessed by the body. Vegetarians need 1.8 times more iron than meat eaters because non-haem iron from plant sources is less bioavailable. I also ensure vegetarian clients eat sufficient legumes, grains, nuts, seeds and green veg, coupling them with vitamin C-rich foods to assist iron absorption.'

Meanwhile, Professor Richards and his team are calling on gyms to alert women to possible IDA in their sign-up forms: 'The data shows 50% of women with heavy menstrual bleeding are iron-deficient, so we want gyms to recommend getting your levels checked if you have heavy periods.' Then feel free to pump all that iron in the weights room. **WH**

PHOTOGRAPHY: GETTY IMAGES

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## ONE-PIECE WORKOUT

# Dumbbell

Sometimes the simplest piece of kit can reap serious rewards. It's time to get back to basics with a classic

**I**t might not be the buzziest piece of kit out there, but the humble dumbbell can help you score epic gains. One man who needs no convincing is Sandy Macaskill, head trainer at Barry's Bootcamp, London, who uses it in his celeb-studded workout sessions. 'Used smartly, the dumbbell can challenge a muscle in new ways, forcing it to adapt,' he explains. In this 10-minute full-body workout, you only use one dumbbell – but don't think you're getting off lightly. 'Training one side at a time means that you really have to recruit your core for stability,' says Macaskill. Iron-clad abs, defined shoulders and strong, streamlined limbs? We're sold. Now, let's sweat.

**FYI** 1. For moves 4 and 5, start with a 4kg weight and build up to 6kg when you can do sets comfortably – it should be hard. 2. Do each move for 1 minute on your right side, then repeat on your left; that's a 10-minute round. 3. Want to do it all again? Be our guest.

# 1

### SQUAT THRUSTER

**Targets:** Shoulders, legs, glutes

**Use:** 6kg dumbbell

**(a)** Holding the dumbbell under your chin with your right hand, palm facing into your chest, send your body weight back through your heels and drop into a squat. Lower for 5 seconds until your bum is slightly lower than your knees. **(b)** Thrust back to your starting position, squeezing your bum. Lift the dumbbell towards the ceiling into a shoulder press. Lower back to the start position, and repeat.

# 2

### DEADLIFT UPRIGHT ROW

**Targets:** Legs, shoulders, upper back **Use:** 6kg dumbbell

**(a)** Hold the dumbbell in your right hand in an overhand grip. Keeping your back neutral and knees soft, hinge at the waist to push your hips back and lower the dumbbell towards your toes. **(b)** Squeeze your glutes and thrust your hips forward to return to a standing position. Then pull the dumbbell up towards your chin, elbow out to the side. Lower it to the starting point, and repeat.





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**4**

**SPLIT LUNGE FRONT RAISE**

**Targets:** Legs, bum, shoulders

**Begin with:** 4kg dumbbell

**(a)** Stand with feet shoulder-width apart and hold the dumbbell in your right hand, palm towards your body. Keeping your chest up, step your opposite foot forward and make sure your knee is stacked over your ankle. Now, lower into a 90° lunge.

**(b)** Raise your right arm in front of you, palm facing the floor, until at shoulder level. Hold, then return to your side and repeat the arm raise, staying in the split lunge for the set.

**3**

**PRESS-UP RENEGADE  
ROW KICKBACK**

**Targets:** Core, back, triceps

**Use:** 6kg dumbbell

**(a)** Hold the dumbbell in your right hand, place your left palm on the floor and get into a press-up position. Do 1 press-up then raise your right hand to your right hip, without shifting your body weight.

**(b)** Keeping your elbow high, extend the dumbbell in a straight line behind you, squeezing your tricep, then return it to the floor and start again from the top.

**5**

**FULL (WO)MAN-MAKER**

**Targets:** Arms, abs, glutes, legs

**Begin with:** 4kg dumbbell

**(a)** With the dumbbell in your right hand, do a press-up, hold at the top, and pull your right hand up towards your right hip, without shifting your body weight.

**(b)** Return your hand to the floor, jump your feet towards your hands and thrust up into a standing position. Curl the dumbbell towards your shoulder, then press it up over your head. Lower and repeat before giving your left a go. **WH**



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#### VITAL STATISTICS

Age: 34

Job: Prima ballerina

Fitness MO: Ballet rehearsals

Wind-down secret: Post-dinner prosecco

## BEST BODY



### MYFOOD

The physical intensity of a ballet dancer's training requires fuel; if you don't get enough, you can't perform properly. Consistency is as important to my diet as it is to my training. For breakfast, I have granola and yoghurt with a black coffee to help fuel my morning class. I'll then snack on fruit in my breaks to keep my energy levels up, and I rehydrate with plenty of water. At 2pm, I'll have vegetable soup or a sandwich and then graze on a bag of unsalted mixed nuts throughout the afternoon. My biggest meal of the day is dinner – I'm a pescetarian, so it's normally fish (I love roasted salmon) with plenty of greens. Taking time over my food, catching up with my husband and enjoying a glass of prosecco is the perfect end to a busy day.

### MYFACE

Sitting in the make-up artist's chair before a show, I watch as they transform me. It must be the way that professional athletes feel when they put on their team's kit. Stage make-up is heavier than standard cosmetics and, along with all the late nights and travelling I do, it can take its toll on my skin. So I make sure that every bit is taken off with Proactiv+ lotion before I go to bed at night – I've used it for 15 years and it's helped keep my skin clear. Off stage, I'm pretty low-maintenance: I'm not interested in experimenting with different products, and I only wear make-up if I'm going to an event. I sweat so much during the day that worrying about what I look like would be a total waste of time.

### MYFOCUS

One lesson I've learned is that you can't change yourself to be more like someone else. In the classical ballet world, there have traditionally been certain rules about what dancers should look like and where they should come from. As a working-class black girl with curves, I never did fit that mould. But ballet isn't about looking a certain way; it's about what you bring to the stage, and how you make people feel. Like everyone else, I have bad days. But instead of wishing I could run away, I go to bed and make a promise that I'll try again tomorrow. I tell myself what I tell the dancers I mentor: that no boundary is impossible to break, and no challenge too tough to overcome. **WH**

### MYFITNESS

From the moment I first danced, I fell in love. I was such an anxious child, but ballet made me feel safe and free. It's been a grounding constant ever since that allows me to express myself. Striving for excellence is my responsibility as a professional. I wouldn't have the life I have if I didn't excel at my craft, so I train daily – either in ballet classes or rehearsals. The one exception is in spring, our busiest performance season, when I'm constantly exhausted and spend every Sunday at home in pyjamas. Even when I was on my honeymoon, I did ballet classes in my hotel room and the gym. Luckily, my husband, Olu [Evans, a lawyer], accepts my love affair with dance. We've been together for 12 years and he understands the responsibility I have right now, not just as a ballerina, but also as an African American female role model.

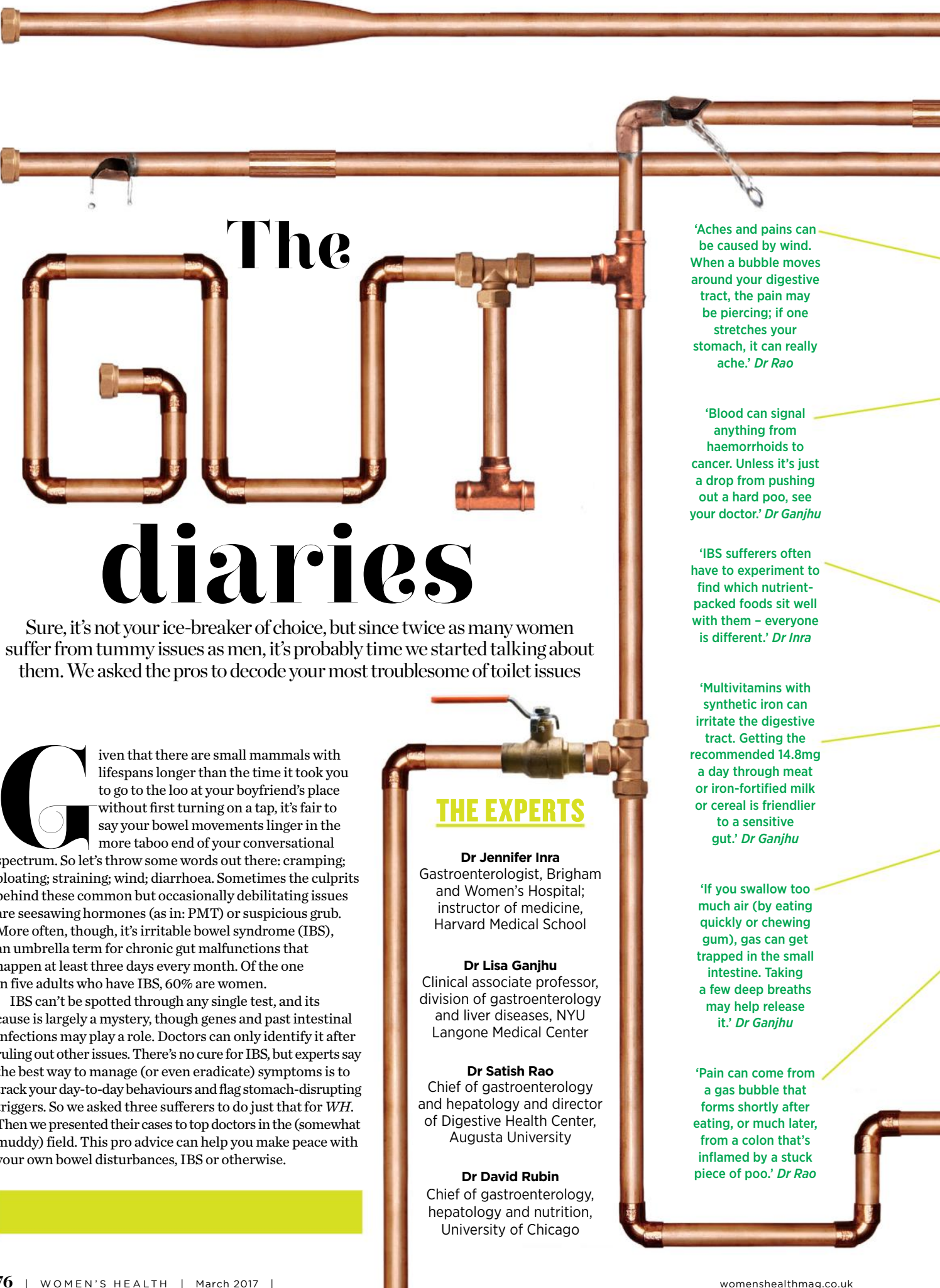
WELLTH OF KNOWLEDGE

# Misty Copeland

The internationally renowned ballerina and principal dancer of the American Ballet Theatre on dedication and the art of downtime

AS TOLD TO ROSIN DERVISH-O'KANE, MISTY COPELAND IS AN UNDER ARMOUR ATHLETE UNDERARMOUR.CO.UK

Strike a pose



# The G diaries

Sure, it's not your ice-breaker of choice, but since twice as many women suffer from tummy issues as men, it's probably time we started talking about them. We asked the pros to decode your most troublesome of toilet issues

**G**iven that there are small mammals with lifespans longer than the time it took you to go to the loo at your boyfriend's place without first turning on a tap, it's fair to say your bowel movements linger in the more taboo end of your conversational spectrum. So let's throw some words out there: cramping; bloating; straining; wind; diarrhoea. Sometimes the culprits behind these common but occasionally debilitating issues are seesawing hormones (as in: PMT) or suspicious grub. More often, though, it's irritable bowel syndrome (IBS), an umbrella term for chronic gut malfunctions that happen at least three days every month. Of the one in five adults who have IBS, 60% are women.

IBS can't be spotted through any single test, and its cause is largely a mystery, though genes and past intestinal infections may play a role. Doctors can only identify it after ruling out other issues. There's no cure for IBS, but experts say the best way to manage (or even eradicate) symptoms is to track your day-to-day behaviours and flag stomach-disrupting triggers. So we asked three sufferers to do just that for *WH*. Then we presented their cases to top doctors in the (somewhat muddy) field. This pro advice can help you make peace with your own bowel disturbances, IBS or otherwise.

## THE EXPERTS

### Dr Jennifer Inra

Gastroenterologist, Brigham and Women's Hospital; instructor of medicine, Harvard Medical School

### Dr Lisa Ganjhu

Clinical associate professor, division of gastroenterology and liver diseases, NYU Langone Medical Center

### Dr Satish Rao

Chief of gastroenterology and hepatology and director of Digestive Health Center, Augusta University

### Dr David Rubin

Chief of gastroenterology, hepatology and nutrition, University of Chicago

'Aches and pains can be caused by wind. When a bubble moves around your digestive tract, the pain may be piercing; if one stretches your stomach, it can really ache.' *Dr Rao*

'Blood can signal anything from haemorrhoids to cancer. Unless it's just a drop from pushing out a hard poo, see your doctor.' *Dr Ganjhu*

'IBS sufferers often have to experiment to find which nutrient-packed foods sit well with them – everyone is different.' *Dr Inra*

'Multivitamins with synthetic iron can irritate the digestive tract. Getting the recommended 14.8mg a day through meat or iron-fortified milk or cereal is friendlier to a sensitive gut.' *Dr Ganjhu*

'If you swallow too much air (by eating quickly or chewing gum), gas can get trapped in the small intestine. Taking a few deep breaths may help release it.' *Dr Ganjhu*

'Pain can come from a gas bubble that forms shortly after eating, or much later, from a colon that's inflamed by a stuck piece of poo.' *Dr Rao*





## Meg, 23

**GUT HISTORY:** For the past three years, Meg has struggled with dull cramp-like stomach **aches and sharp pains** in her abdomen, sometimes several times a day. Her stools often contain bright red **blood**. After an **endoscopy and colonoscopy**, Meg was diagnosed with IBS and proctitis, a rectal-lining inflammation that can cause bloody stools. Her doctor prescribed an anti-inflammatory; it didn't help much. Meg tracked her mood, diet and symptoms for one week.

### STRESS

I started a new job six months ago and I'm **struggling** to get the hang of it. I'm constantly **stressed**. I feel like I'm always falling behind, and I even cried in front of my boss this week – I was mortified.

### FOOD

Following a healthy diet doesn't make things any better for me. A green smoothie might tear through me the way spicy fajitas do someone else, so I'm working on finding a different kind of healthy through **trial and error**. Breakfast is often **coffee**, a **multivitamin** and porridge with berries, while lunch and dinner tend to be soup, sandwiches or **salads**.

### PAIN

I often have bouts of **bloating**, and every day I experience nausea and sharp stomach pains, sometimes after eating, other times not until **hours later**. My flare-ups usually last at least an hour, but a few times this week I had quick five-minute bouts. On days I didn't have a bowel movement, I had diarrhoea the next day.

**GUT SOS:** Stress is likely exacerbating Meg's IBS. Because of that close gut/brain connection, meditation and deep breathing can quell both mental stress and bowel disruptions.

If they don't, she might want to try the FODMAP diet. It temporarily cuts out foods high in certain poorly absorbed carbs, then reintroduces them slowly to suss out which ones cause symptoms. A study found 50% of IBS patients who followed FODMAP for six weeks saw an improvement in pain.

'These tests use a small flexible camera (inserted through the mouth and rectum, respectively) to rule out ulcers, polyps or tumours in your intestines.' *Dr Rubin*

'The brain and the gut are intimately connected by a network of nerves and neurotransmitters. A troubled mind can leave your gut in turmoil, whether you have IBS or not.' *Dr Rao*

'When you're tense, the body directs blood to your vital organs, away from your digestive system, which can provoke abrupt bowel muscle contractions.' *Dr Rao*

'Certain compounds in java speed up digestion, which can make diarrhoea worse. Try switching to black or green tea.' *Dr Ganjhu*

'Though healthy, cruciferous greens tend to hang out in the gut, where they can produce gas while being digested. Taking an enzyme tablet like BioCare Polyzyme Forte (£11.70 for 30) before meals may help.' *Dr Ganjhu*

### PRO OR NO?

*Probiotics, the friendly flora that are supposed to balance gut bacteria and keep it healthy, are being added to water, coffee and granola – but the science might not live up to the hype.*

Probiotic-rich food products may be more clever marketing than miracle workers. The most popular probiotic strains (lactobacillus and bifidobacterium) aren't the most powerful, according to gastrointestinal microbiologist Dr Jens Walter, an associate professor of nutrition, microbes and gastrointestinal health at the University of Alberta. 'They're added to products because they're cheap and easy to produce, but even the naturally occurring ones in yoghurt are not really native to the human gut, so can't be recolonised in a meaningful way,' says Dr Walter. Researchers are currently looking into whether probiotics may positively affect the immune system or gut in other ways. But for now, eat yoghurt – just don't think it's going to perform miracles in there. ➤

## Cheryl, 27

'Over-the-counter (OTC) medicines containing loperamide (such as Imodium) can help with occasional diarrhoea. But if it lasts longer than two days, speak to your doctor.' *Dr Inra*

**GUT HISTORY:** Cheryl's issues appeared out of the blue seven years ago. She has daily pain that cycles between dull and stabbing, accompanied by bloating, gas, bouts of constipation and diarrhoea, sometimes one after the other. She logged three typical days.

### Day 1

**8am** I have a normal bowel movement (BM) with easy-to-pass soft blobs before breakfast.

**12pm** I have another normal BM.

**3pm** I go for a two-mile walk.

**6pm** I have my third normal BM of the day.

**8pm** I have dinner and a glass of fizzy water.

'Exercising for 20-30 minutes three to five times a week can curb symptoms, possibly by helping move gas bubbles along or reducing stress.' *Dr Rao*

'Don't worry about frequency. How often you go may depend on your diet and exercise habits. But tell your GP about any major changes.' *Dr Inra*

'Steer clear of carbonated drinks; the bubbles can add to bloating and gas.' *Dr Rao*

### Day 2

**9am** I wake up having slept horribly – my mind wouldn't shut off. My stomach is cramping and feels like it's churning.

**10am** I still feel sick, but I make myself eat some fruit and a Danish pastry, since avoiding food makes me feel awful.

**3pm** I eat a sandwich and immediately get the hiccups.

**4pm** I had two normal BMs this morning, but now I have diarrhoea and lower abdominal cramps that last for several hours.

'Lack of sleep can make you less able to manage stress, which can contribute to symptoms.' *Dr Rubin*

'Limit added sugars; they can cause gas and bloating.' *Dr Ganju*

'Skipping meals can overstimulate the gut if you have a big meal later. Eat small, spaced-out meals five to six times a day.' *Dr Ganju*

'The acid and bile in an empty stomach can make gut pain worse.' *Dr Ganju*

### Day 3

**12pm** I try not to miss breakfast, but I don't manage to eat until lunch. I microwave a frozen roast turkey dinner with gravy and stuffing.

**2pm** I get cramping lower abdominal pain that continues throughout the day. A few times I feel like I urgently need to go to the loo but I don't have a BM.

**7pm** I eat a big dish of pasta with a slice of bread. I haven't been to the toilet all day and I'm feeling constipated.

'Rich, fatty foods take longer to break down, which can leave you with gastric distress. You don't have to cut them out completely, but try small portions.' *Dr Ganju*

'Reducing gluten can limit bloating, even if you don't have an intolerance. Cut back to see if that makes a difference.' *Dr Ganju*

'Fibre powder supplements can help you pass stools if you're feeling really plugged. OTC laxatives are okay on occasion, but if you're relying on them too much, see your doctor.' *Dr Inra*

**GUT SOS:** Prioritising a solid night's rest by establishing a routine or using mind-calming therapies such as progressive muscle relaxation (clench and release muscle groups one by one, starting at the feet) would ease symptoms and put Cheryl in a better mental position to battle her frequent bloating and diarrhoea. She should also try eliminating triggers (such as carbonated beverages and high-fat foods) and incorporate more fibre into her diet, especially when she's constipated. If dietary and lifestyle changes don't cut it, she may want to speak to her doctor to see if she's a candidate for a prescription antispasmodic medication such as dicycloverine, which she should take 30-60 minutes before a meal.

'This can happen when poo takes longer to pass through the colon.' *Dr Rubin*





## GUT BUSTERS

IBS is the most common bellyache, but ask your GP about these as well

1

### COELIAC DISEASE

An immune system reaction to gluten, a protein in wheat, rye and barley. Treatment is a strict gluten-free diet.

2

### CROHN'S DISEASE

Gut inflammation, most often in the small bowel. Many sufferers need surgery eventually.

3

### DIVERTICULITIS

This infection occurs when small pouches of air form and push through the colon wall. Diet tweaks and antibiotics can help.

4

### LACTOSE INTOLERANCE

The inability to digest the sugar in milk causes GI trauma. The sole fix: limiting or eliminating dairy products.

5

### ULCERATIVE COLITIS

Irritation or swelling of the large intestine. Dietary changes (often cutting out dairy) and medication can help.

6

### ULCERS

Sores on the lining of the stomach or intestine. Acid-blocking drugs may offer relief.

Carly, 31

**GUT HISTORY:** For the past three years, Carly has ping-ponged between constipation and diarrhoea. Her pain fluctuates too, from piercing abdominal cramps to feeling like she's been punched in the stomach. Antispasmodics, antibiotics and antidepressants haven't relieved her symptoms. At her GP's suggestion, she followed the FODMAP diet for eight weeks, but it only helped a little. She kept track of what a good, average and bad day looked like.

### GOOD

I'm on holiday in San Francisco with my husband and we spend the day walking around the city. Our best find: a bakery that sells amazing macaroon cookies. Around 5pm, I have a glass of wine, then a cocktail with dinner. I don't have a BM all day, but I don't feel too bloated.

### AVERAGE

We spend most of the day in the car, driving home. I'm bloated and don't eat much all day because I'm constipated. At 9pm, I have my first BM. It starts out soft and then turns into diarrhoea. I feel some relief but still have the urge to go.

### BAD

I'm up at 6.30am and sit on the toilet for 45 minutes attempting to have a BM, which finally comes out as diarrhoea. After lunch (a salad), I start having cramps and bloating that last several hours. I'm able to get in a four-mile run before dinner, which is spaghetti with garlic and onions. Immediately after, I feel bloated and it feels like I need to go to the loo but can't. It feels as if there's a rock in my stomach. I can't move.

**GUT SOS:** Diet tweaks and prescription medicine help most IBS patients. Neither has worked for Carly, so she should seek a second opinion from a GI specialist to confirm her diagnosis, then consider seeing a therapist. Research shows that replacing negative thoughts ('I'll never feel better') with more positive ones ('This pain is just temporary') might help patients curb the anxiety that can bring on a flare-up. Similarly, biofeedback therapy (an electrical device that monitors stress so patients know when to intervene with relaxation therapies) has proven effective in reducing symptoms and severity.

'Rifaximin, an antibiotic used to treat bacterial "traveller's diarrhoea", can help some IBS patients by altering gut flora.' *Dr Rao*

'There's some evidence coconut may reduce inflammation and help constipation.' *Dr Rubin*

'Alcohol is a gut irritant. Stick to one glass of wine or beer; they are better tolerated than some spirits.' *Dr Ganju*

'Being stationary can stop gas from exiting. During long trips, stop the car and take a short walk.' *Dr Rao*

'Solidity can change as you go. When food moves too quickly through an irritated gut, you get diarrhoea. But food that moved through before spasms started can come out as a hard stool.' *Dr Inra*

'If in 10 minutes you still haven't gone, get up. Excessive pushing can lead to a weak pelvic floor or haemorrhoids.' *Dr Rao*

'These contain fructans that are hard to digest and can lead to gastric distress.' *Dr Ganju*

'This may be trapped gas or a hard piece of poo stuck in the colon.' *Dr Ganju* **WH**

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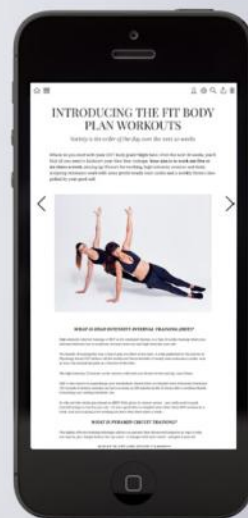
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# Good Looks



SIMPLE CHANGES, GORGEOUS RESULTS

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## UNDER ARMOUR

The base layers every skincare regime needs

PAGE 89

## THE PUFFA JACKET

Walford's finest is back in vogue

PAGE 92

## BRUSHING UP

We put the latest teeth tech on trial



## Under pressure

Forget aeroplane stockings – compression wear's bang on trend. Get acquainted with the pieces that'll boost your performance and your style kudos

STYLING CHARLIE LAMBROS

PHOTOGRAPHY KAT PISIOLEK AT HEARST STUDIOS

TOP: £135, LNDR



**SPORTS BRA,**  
£32, Bellum Active



**TOP,** £30.99, Glenmuir



**TANK TOP,** £75, LNDP



**LEGGINGS,** £110, Nike



**SPORTS BRA,** £50,  
Human Performance Engineering

## TIGHT IS RIGHT

'Compression clothing is sized for a snug fit, which will increase and maintain blood flow to the muscles, bringing nutrients and oxygen,' says sportswear brand LNDP creative director Jo Turner.

## BEDTIME BUDDIES

Think compression gear is for workouts only? Think again, friend. Say hello to your new PJs. You'll reap plenty of recovery benefits, as your muscles do most of their repairing while you're out cold. Sleep snug.



GOOD  
LOOKS



**T-SHIRT**, £75, Falke



**TOP**, £85, Skins



**LEGGINGS**, £75, 2XU



**SPORTS BRA**, £45, Tribe Sports



**SOCKS**, £9.99,  
DHB at wiggle.co.uk

## KEEP IT COOL

Rinse your compression kit in cold water after a sweaty session, then put on a cold wash and air dry only; heat will damage the elasticity in the compression fabric.

## LABEL GAZE

'Look out for at least 9% elastane on the label,' says Turner. 'This will provide enough stretch for it to be comfy but tight enough to support your muscles.' **WII**

# Be prepared

Make your skincare routine work harder by adding a simple step before (or after) your go-to products. Fewer lines, stronger protection and more dewiness? Yes, please.

## BEFORE A MOISTURISING SERUM...

### APPLY A PEEL

Skin more parched than you, hungover, every Sunday morning? Dermatologists are raving about hyaluronic acid's ability to hold 1,000 times its weight in water. When applied topically, it holds water on the surface of the skin. But newer serums, such as Pestle & Mortar Pure Hyaluronic Serum (£33, [libertylondon.com](http://libertylondon.com)), are made with low-molecular-weight versions of the ingredient and can penetrate below the skin's surface to 'reduce inflammation on a cellular level,' explains Dr Joshua Zeichner, director of cosmetic and clinical research in dermatology at New York's Mount Sinai Hospital. Neat. But dead skin cells could block its path, so cosmetic dermatologist Dr Robert Anolik advises using a peel first. Try Vichy Idealia Peeling (£30, Boots), which contains 4% glycolic acid to gently clear a path. Use it at night to protect against UV vulnerability and wake up dewy.



## BEFORE SPF... USE AN ANTIOXIDANT SERUM

Sunscreen isn't bulletproof, and no offence but the way you're applying it doesn't help. So Dr Zeichner says it's important to have a safety net of antioxidants. By neutralising free radicals, they give your broad-spectrum sunscreen a hand in shielding against damage from UVA and UVB rays (responsible for lines, discoloration and some skin cancers). But they also have a sideline: helping to protect skin from other free-radical carnage caused by pollution, infrared and visible light rays. Smooth on antioxidant-rich Bobbi Brown Skin Reviver No. 91 (£29.50, [bobbibrowncosmetics.com](http://bobbibrowncosmetics.com)) and wait 60 seconds for it to absorb. Then mix a few drops of Dr. Barbara Sturm Sun Drops SPF50 (£105, [net-a-porter.com](http://net-a-porter.com)) into your make-up base or press into skin. It contains an extra hit of vitamin E to help protect against photoageing. You're welcome.

## AFTER SPF... ADD MORE SPF!

Touching up your sunscreen every two hours when outdoors is key. To avoid an oil slick, try Bioderma Hydrabio Eau de Soins SPF30 (£9, Boots), an invisible water-based formula you can mist over make-up for shine-free protection.





GOOD  
LOOKS



## POWER POTIONS

*Like a GSOH, your skin gets drier with age, which can throw a curveball at the skincare habits of your youth. 'Dry skin creates a rigid structure that makes it hard for ingredients to pass,' says cosmetic chemist Ni'Kita Wilson. By flooding the skin's surface with moisture, pre-skincare products 'create channels between cells and opportunities for ingredients to flow by'.*



### BEFORE A SERUM OR CREAM

Think of this as the pre-serum serum. Olay Regenerist Luminous Skin Tone Perfecting Serum (£29.99, Boots) softens the skin's surface and makes it more absorbent of any wonder products you slap on after, via the ingredient niacinamide, which targets dark spots and boosts radiance, too. Bonus!



### BEFORE A MASK

Skin like sandpaper? Just as a facialist uses steam to expand pores prior to a facial, B. Essence Lotion (£6.99, Superdrug), contains allantoin, a herbal extract, which, when smoothed over skin before your treatment, softens it and makes it more penetrable.







## BEFORE AN ACNE TREATMENT... USE A CHARCOAL MASK

Think of this next time you have a spot so attention-grabbing it could open its own Snapchat account: a charcoal mask such as Clinique City Block Purifying™ Charcoal Clay Mask + Scrub (£29, [clinique.co.uk](http://clinique.co.uk)) acts like a magnet for the pollution, toxins and excess sebum that allow bacteria to thrive, explains Dr Engelman. The carbon in charcoal attracts these nasties and pulls them out of pores. Want to know what's even better? It gently exfoliates, allowing blemish-zapping actives like benzoyl peroxide, found in Acnecide Wash 5% (£9.98, Boots), to penetrate deeper and get straight to the source of acne. Just avoid charcoal formulas containing aggressive ingredients such as glycolic acid, which can dry out and strip already-irritated skin, says Dr Engelman. Noted.





**OILY/COMBINATION SKIN**

## BEFORE A RETINOID... USE A GENTLE CLEANSER

This vitamin A derivative is arguably the most important anti-ager (aside from sunscreen, duh). But in order for it to be able to seep in and do its job (namely, regenerate collagen to fade wrinkles), you need to erase *all* of that excess oil and sebum from your face first. You might be tempted to reach for your trusty acne wash, but bear this in mind: 'Benzoyl peroxide, a common ingredient in acne cleansers, can deactivate a retinoid,' says Dr Anolik. Instead, stick to mild formulas such as Elemis Gentle Foaming Facial Wash (£28, [elemis.com](http://elemis.com)). Apple amino acids act to form a gentle, natural foam that won't strip skin of its protective moisture, which can seriously irritate your complexion. After patting your face dry, apply a gel-based retinoid – which is less emollient (read: pore-clogging) than a cream – such as Resurface by Shani Darden Retinol Reform (£73, [shanidarden.com](http://shanidarden.com)). 'This format enhances penetration, making the retinoid stronger and more effective,' explains dermatologic surgeon Dr Dendy Engelman. Ticks our boxes.

**DRY/SENSITIVE SKIN**

## BEFORE A RETINOID... APPLY A CERAMIDE

'Skin can become red, raw or flaky in the first month of using a retinoid,' explains Dr Zeichner. Meaning the irritation-prone might bail before the line-fighting ingredient can work its magic. But fear not: a solution is at hand. First, prime with Elizabeth Arden Ceramide Capsules Advanced (£50, [elizabetharden.co.uk](http://elizabetharden.co.uk)), which contain barrier-repairing ceramides (protective lipid molecules) that act as a buffer. 'Start slow and use a milder form of vitamin A,' advises dermatologist Dr Mona Gohara. La Roche-Posay Redermic R Anti-Wrinkle Treatment (£29.50, Boots) contains 0.3% retinol, but is spiked with thermal water, so it's suitable for you sensitive types.

## BOTOX AND CHILL

*Botox injections are up more than 700% on the year 2000. Here's how to avoid giving away your dirty little secret*

Like Spanx and a penchant for Jilly Cooper, no one needs to know you've had a little prick. If you bruise easily, you've likely been told to stop taking supplements like fish oil, ginkgo and vitamin E, and to swap aspirin and ibuprofen for paracetamol a week before getting Botox. What you might not know is scoffing pineapple (about 120g) before and after may reduce swelling. A source of the enzyme bromelain, it helps reduce the inflammation that leads to you looking as if you've been on the receiving end of a Glasgow kiss. But pineapple isn't the only fruit (or solution) – try arnica (a plant with similar benefits) in Nelsons Arnica (£6.25, Holland & Barrett). **WEL**

## AFTER A RETINOID... ADD MOISTURE

Maintaining skin's hydration levels post-retinoid is key. Stick a humidifier in the corner of your bedroom at night to infuse the air with moisture that your skin will drink up like a sponge.



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# The puffa jacket

Last time you saw a silver puffa jacket, it was being worn by Bianca Jackson round Walford. Well, brace yourself: it's back. PT and fitness blogger Adrienne Herbert shows you how to wear it, minus the Michelin Man vibes

## FROM SPORT...

This nifty jacket is a deceptive multitasker. Lightweight? Check. Windproof? Check. Water-repellent? Check. Want more? Reflective side panels keep you visible on night runs, plus it folds down into a pocket so you can chuck it in your gym bag. It really has paid for itself.

### Style it

- Worried silver will wash you out? Wear it over a top in magenta, burgundy or tangerine. It'll give you a radiant complexion even in subarctic temperatures.
- Quilting up top needs something streamlined below to balance out the look. Leggings make it sporty, not bulky.
- Toned legs? Flaunt them with bottoms in a bold colour to draw attention away from the top half, showing off your assets.

- **Top,** £60, *Puma*
- **Leggings,** £40, *Nike*
- **Trainers,** £79.95, *Adidas*

- **Trousers,** £38, *Asos*
- **Heels,** £40, *River Island*

## ...TO STREET

Puffa jacket as serious fashion item? Just go with us on this: all you need is a pair of heels and a whiff of florals and you have yourself a look. And this jacket nails the metallic and athleisure trends in one hit.

### Style it

- Metallics are everywhere right now and a jacket in silver, gold or copper will serve you well after work *and* a workout.
- Balance a bulky top with cropped silk trousers – showing off your ankles will create a feminine shape.
- Sure, heels will make you taller, but choose a pair with a pointed toe and you'll have legs for days. **WH**

## ADRIENNE WEARS...

**Jacket, £475,**  
**Canada Goose**

'A total investment buy, but I'll get so much use out of it.'

**Insta-stalk Adrienne**  
**@adriennetmm**





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WH TESTS

# Electric TOOTHBRUSHES

Sure you brush your teeth, but are they really clean? *WH* puts the latest in tooth-brushing technology to the test



## THE EXPERT

Who: Amelia Jean Jones

You'll know her as...

*WH*'s Health and Beauty Editor



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**Results**

**Value for money**



► **The sell:** With sonic pulse technology, this brush gently cleans sensitive teeth and gums, while the alternative polymer brush gets tough on plaque. Want more? The tongue cleaner freshens breath with no scraping.

► **Amelia says:** Ever worry about the bacteria breeding on the bristles of your moist brush? I do. That's why the thought of 10,000 fewer nasties on the non-porous silicone seemed like a godsend. What didn't? I had to switch to the bristle head to feel fully fresh. Sometimes the (relatively) old ways are the best.



## BEST FOR: SETTING GOOD HABITS

**ORAL-B GENIUS 9000S  
POWERED BY BRAUN** £109.99

**Experience**

**Results**

**Value for money**



► **The sell:** Designed to brush like a dentist, the head surrounds and cups each tooth with oscillating, rotating and pulsating technology to remove up to 100% more plaque than a manual brush. Its app has facial recognition to keep tabs on your progress for your next dentist trip.

► **Amelia says:** While the app couldn't find my face at first, it got there in the end. Tracking exactly how long you need to spend on each tooth left me with a sparkling smile, even if I am finding excuses to stay in the bathroom and start brushing all over again.

**H**ailing from a family of dentists, I'm always popping in, right? Catching up with my hygienist every Friday night, swigging Corsodyl like it's going out of fashion. Well, full disclosure: like 2%\* of people in the UK, I've never once visited the dentist. I've not had a single filling, let alone a full-mouth extraction, and I put this down to superior brushing skills (thanks, Dad). Yet there's always room for improvement, isn't there? Enter the electric toothbrush. 'The concept of a rotating brush head is nothing new,' says celebrity dentist Dr Rhona Eskander. 'But innovative sonic and oscillating technology ensure these gadgets cover more of your mouth, faster than ever.' Time to brush up on your oral skills.

PHOTOGRAPHY: PAVEL DORNAK AT HEARST STUDIOS. \*PLUS £17 FOR ADDITIONAL HEADS





### BEST FOR: EXTREME CLEANING

**PHILIPS SONICARE  
DIAMONDCLEAN** £115

Experience	●●●●○
Results	●●●●●
Value for money	●●●●○

► **The sell:** With 30-second time checks to ensure each part of your mouth is as clean as possible, this is a foolproof brushing aid. Use it and you'll get rid of twice as much plaque than with a manual, even in areas that are hard to reach, and it improves gum health in 14 days.

► **Amelia says:** Cleaner, fresher and with an arsenal of settings depending on how you want to brush – this is a real all-rounder. And, bonus, it comes with a glass beaker that recharges it overnight. Genius? Yes.

### BEST FOR: ON THE GO

**SONIC CHIC DELUXE  
GOLD** £20

Experience	●●●●○
Results	●●●●○
Value for money	●●●●○

► **The sell:** If you're going away but don't want to let your oral health take a vacay, this hand luggage-friendly battery-powered brush is the one for you. Its vented cap means you won't end up with toothpaste on your bikinis either.

► **Amelia says:** Never carry vibrating devices in your handbag. You wind up with a flat battery and people staring at you on the bus. This one's certainly more powerful than a manual brush, but fell flat when pitted against rechargeable devices. Throw it in your suitcase, sure, but it's not one for everyday use.

### BEST FOR: WHITER TEETH

**RAPID WHITE PRO CLEAN  
& POLISH SYSTEM** £50

Experience	●●●●○
Results	●●●●○
Value for money	●●●●○

► **The sell:** Skipped an appointment? Fear not. Like an at-home hygienist, this brush provides professional-quality cleaning and polishing for 68% more removal of stubborn plaque than a regular electric toothbrush and a visibly whiter smile after just one use.

► **Amelia says:** Forget just brushing – this is like a *Stars In Their Eyes*-style transformation. Your teeth will be so clean they squeak (I know, I checked), but beware the back of your mouth: the brush heads make that area hard to reach, so I followed up with a manual brush. **WIN**

# Women's Health



HEALTH • BEAUTY • FITNESS • FASHION  
WEIGHT LOSS • FOOD • SEX



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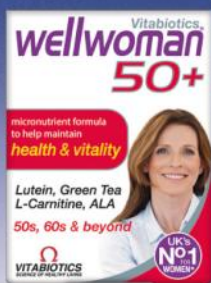
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*Kirsty x*

**Kirsty Gallacher**  
Television Presenter



Original



50+



Max



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\*UK's No1 women's supplement brand. Nielsen GB ScanTrack Total Coverage Value Sales 52 w/e 10 September 2016.



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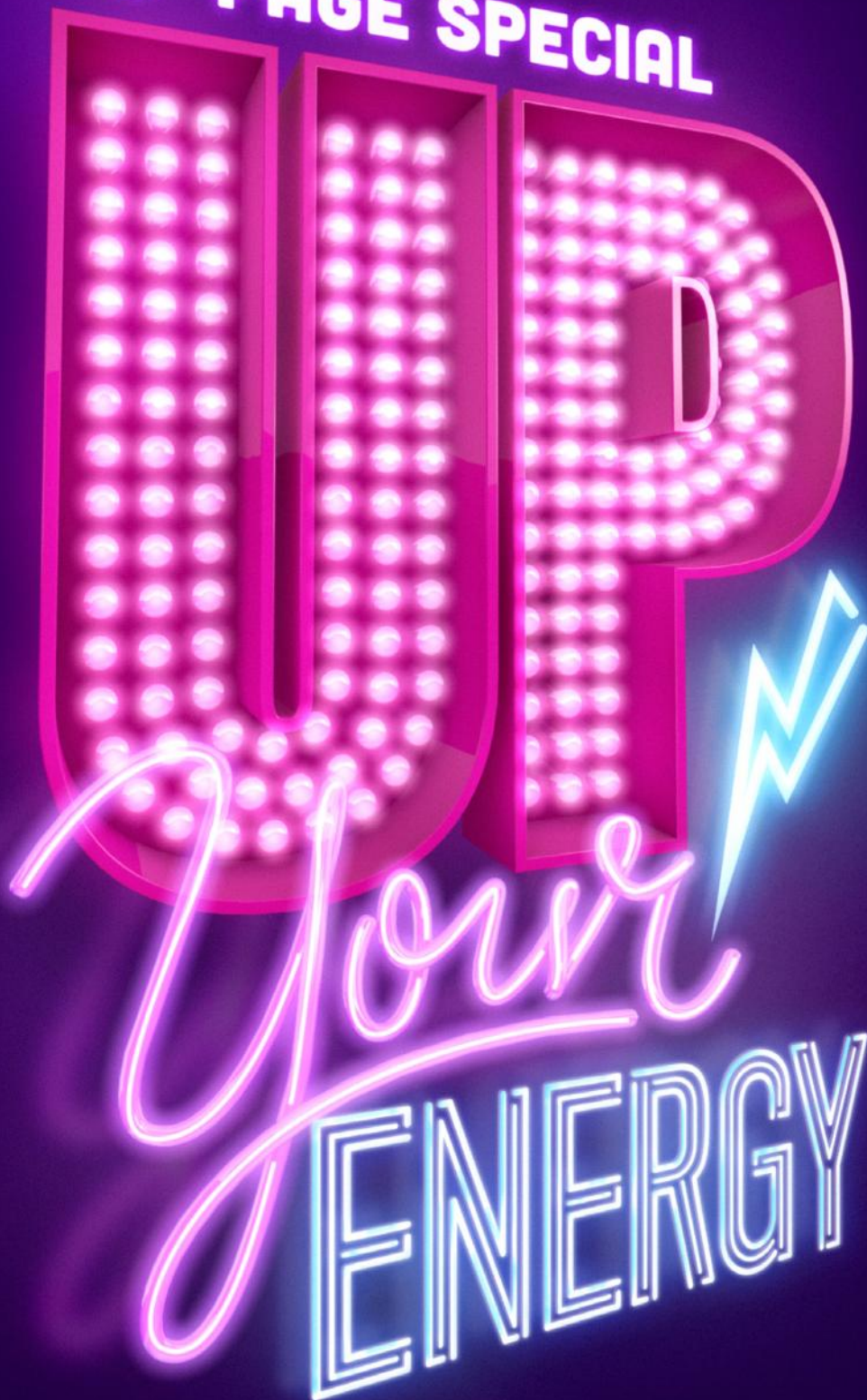


  
**VITABIOTICS**  
SCIENCE OF HEALTHY LIVING



36-PAGE SPECIAL

# UP Your ENERGY



Making a healthy dinner after work. Making it to the end of a set. Hell, making it to the gym in the first place. So much harder if you're lacking a little juice in your tank. No fear – we're here to give you the food, moves and upgrades to get your stamina and motivation in top gear

LUKE LUCAS



**SMASH YOUR  
DAY WITH...**

**Ka**

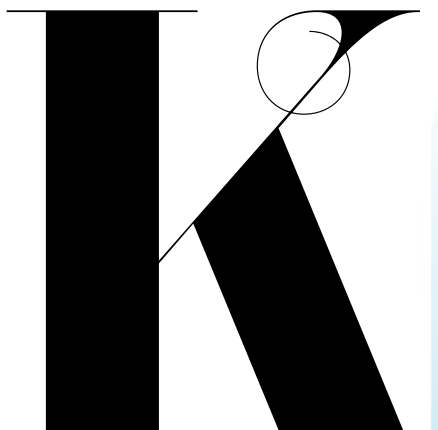
**Itsines**

How does the world's most famous PT keep her body, mind and motivation in top gear? We spent a day with her to find out...

WORDS KATIE MULLOY PHOTOGRAPHY JUAN ALGARIN







Kayla Itsines is homesick. She's three weeks into her tour for the global release of her first book *The Bikini Body 28-Day Healthy Eating & Lifestyle Guide* and three days from flying home to Adelaide – to her family and her boyfriend and business partner, Tobi Pearce. A lot has changed for Itsines over the past year. She launched her *Sweat with Kayla* app, she's done bootcamps on at least three continents and her global Instagram following has swelled to a staggering 6.2 million. But home is still where it's at. So what is life like when she's back there? Here, she reveals how she fuels her way through her increasingly crazy life.

## 5:30AM

### WAKEY WAKEY

I'm a morning person. If I'm training clients, then the alarm goes off early – if not, I might have another hour in bed. Nowadays I only train colleagues, friends and family or clients who have become friends. I wake up hungry – that's the way my body works – and will grab a piece of toast before the session.

## 10:30AM

### MORNING SNACK

My body is so used to the pattern of breakfast, snack, lunch, snack, dinner, that I'm hungry and irritable if I don't stick to it. I do try to keep to a routine every day. Now, when we're travelling we essentially build our schedules around food. I have to be super organised and know I have a time slot to eat in.

## 9AM

### WORK IT

I don't have a strict 9-5, but I'll be in and out of the office all day. Nowadays, a lot of my time is spent doing content creation, so I'll be filming moves and workouts in a nearby studio. It's amazing how the business has grown, but our headquarters will always be in Adelaide. I want to keep it all in-house; you don't get the passion or commitment when you outsource. There's no hierarchy in our office. When someone joins they get an email welcoming them to the family.

## 7AM

### BREAKFAST

I make sure breakfast gives me energy and won't leave me wanting something sweet half an hour later. So something like quinoa porridge with figs (recipe on page 102) gives me that little bit of sweetness so I won't want a piece of chocolate a bit later – which is actually really common for a lot of women.





**12:30PM****LUNCH**

My food varies every day, but something like pitta with chicken and veggies (recipe on page 102) or just a tuna sandwich is typical.

The health and fitness industry is confusing and I'm trying to take some of that confusion away. I feel like I'm succeeding, which is good – a lot of the girls have come up to me and said, 'Thank you, the book is full of normal food.'

All five food groups are included in my programme, because I didn't want women to be restricted. I got sick of trainers being like 'cut out this, and you'll be able to have this body'.

**2PM****ME TIME**

I block out an hour for myself. This is *my* time. No interviews or meetings or phone calls. I'll do a workout or a stretching session or go for a walk with the dogs around the local park (I have to let them off their leads, otherwise it's two huskies who weigh the same as me just dragging me along). Back when I was training clients all day, it would take over my life. Now my advice to PTs is to schedule in their priorities *first* – like family time or their own training – and then book in their clients around that.

**3:30PM****AFTERNOON SNACK**

Yep, I'm eating again. Like I say, I don't cut anything out. I see girls not eating carbs because they say they're 'bad', but then can't explain why. Sure, no gluten if you're coeliac, no dairy if you're lactose intolerant, but otherwise, if it doesn't affect you, it doesn't affect you.

**10PM****BEDTIME**

I used to go to bed at 9pm and still be looking at the clock at 10:30pm. I'd just lie awake thinking about everything that had to be done the next day. So now I have a simple ritual – before bed I write everything down in the Notes app on my phone. *Everything*. Whether it's making a hair appointment or checking in with a staff member. It just settles me and then I'll sleep right through.

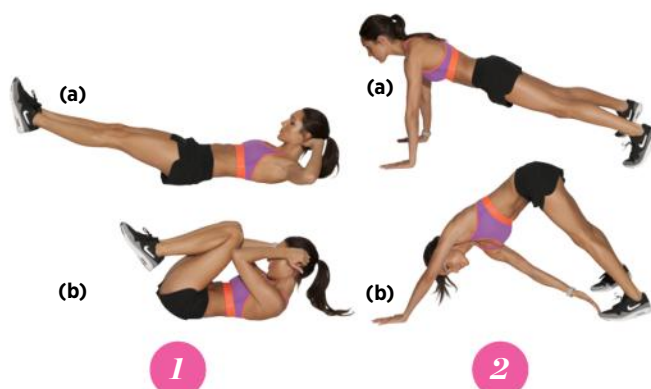
**6:30PM****DINNER**

I'll always eat dinner with Tobi. I'll wait for him to get home to eat with him, because that was one thing that my mum drilled into us – you sit at the table together as a family. It's our time to catch up and talk about our day.

**KAYLA'S SEVEN-MINUTE AB BLAST**

Found yourself with the same amount of time to work out as it takes to steam your broccoli for dinner? No problem. Abs may be made in the kitchen, but they can also be sculpted by these four core moves that can be mastered while dinner's cooking.

**SET A TIMER FOR SEVEN MINUTES AND COMPLETE THE CIRCUIT AS MANY TIMES AS YOU CAN.**

**BENT LEG JACKKNIFE**

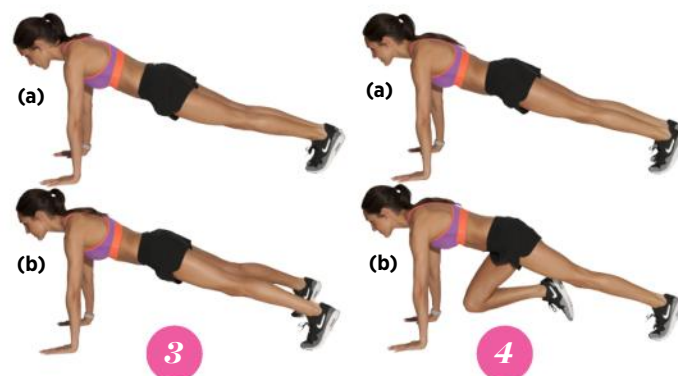
**Do: 15 reps**

- (a) Lie on your back, hands behind your head and legs out straight.  
(b) Lifting your upper body off the floor, bring your knees to your chest and elbows over your head towards your knees. Hold for a couple of seconds before reversing the movement to the start. That's one rep.

**PLANK TOE TOUCH**

**Do: 8 reps on each side**

- (a) Start in a high plank, with your core engaged, feet hip-width apart and ensuring your spine is neutral.  
(b) Pike up your bum and reach your right hand to your left foot, aiming to bend your leg as little as possible. Repeat on the other side.

**OUTWARD SNAP JUMP**

**Do: 15 reps**

- (a) Again, begin in a high plank position with your core engaged and feet together.  
(b) Keeping your navel pulled in, jump both feet outwards until they are wider than your hips, then jump them back together.

**MOUNTAIN CLIMBER**

**Do: 20 reps on each side**

- (a) As before, adopt a high plank position with your core engaged and feet together.  
(b) Maintaining a flat back, draw your right knee towards your chest, then replace it. Now do the same with your left knee. Move at a fast tempo as you keep alternating sides.



### BREAKFAST QUINOA PORRIDGE WITH FRESH FIGS

cals 581 sat fat 1.7g sugar 74.1g serves 1

#### INGREDIENTS

½ tsp **pure vanilla extract** • 125ml **semi-skimmed milk** • 60g **quinoa flakes** • 100g **low-fat plain yoghurt** • 2 tsp **pure maple syrup** • 2 **medium figs**, sliced

#### METHOD

1. Put 125ml water, the vanilla extract and half of the milk in a small saucepan and bring to the boil over a high heat.
2. Add the quinoa and reduce the heat. Simmer for 5 minutes or until thickened, stirring occasionally.
3. Meanwhile, place the yoghurt and maple syrup in a small bowl and mix until well combined.
4. To serve, pour the quinoa porridge into a bowl. Top with the remaining milk, sliced figs and the maple syrup and yoghurt mix.



### LUNCH MOROCCAN CHICKEN PITTA

cals 284 sat fat 1.2g sugar 8.4g serves 1

#### INGREDIENTS

¼ tsp **cayenne pepper** • ¼ tsp **ground cinnamon** • ½ tsp **ground cumin** • ½ tsp **ground coriander** • ½ tsp **smoked paprika** • 1 tsp **sea salt** • ½ **garlic clove**, crushed • juice of ½ **lemon** • 100g **chicken breast fillet**, cut into thin strips • 1 spray of **oil** • 1 small handful of **baby spinach leaves** • ¼ medium **red pepper**, deseeded and thinly sliced • ½ **carrot**, grated • ½ **tomato**, chopped • ½ **wholemeal pitta bread**

#### METHOD

1. Place the cayenne pepper, cinnamon, cumin, coriander, paprika, salt, garlic and lemon juice in a small bowl and stir until well combined. Mix in the chicken ensuring it's well coated with the spice mix. Cover with cling film and refrigerate for 30 minutes.
2. Heat a non-stick frying pan over a medium heat and spray lightly with oil. Add the chicken strips and cook for 4 minutes each side or until lightly browned. Remove from the heat and set aside.
3. To serve, layer the chicken, spinach, pepper, carrot and tomato within the pitta half.



### MORNING SNACK RICE CRACKERS WITH BEETROOT DIP

cals 193 sat fat 0.3g sugar 4g serves 1

#### INGREDIENTS

1 small **beetroot**, scrubbed and grated • 75g tinned **cannellini beans**, drained and rinsed • ¼ **garlic clove**, crushed • pinch of **ground coriander** • pinch of **ground cumin** • pinch of **sweet paprika** • juice of ½ **lemon** • **sea salt** and **ground black pepper**, to taste • 12 **plain rice crackers**

#### METHOD

1. Blitz the beetroot, cannellini beans, garlic, coriander, cumin, paprika and 2 tsp water in a food processor until smooth. Season with lemon juice, and salt and pepper, if desired.
2. Place the beetroot dip in a bowl and serve with the rice crackers.





#### AFTERNOON SNACK BERRY SWIRL

**cals** 238 **sat fat** 2g **sugar** 34.7g **serves** 1

##### INGREDIENTS

170g **frozen mixed berries**, thawed  
• 300g **low-fat plain yoghurt**

##### METHOD

1. Place half the berries and half the yoghurt in a high-powered blender and blitz until smooth.
2. To serve, place the remaining yoghurt in a bowl. Add the berry yoghurt and swirl through with a spoon. Top with the remaining berries. Simple, but delicious.

#### DINNER COCONUT CHILLI PRAWNS WITH GREENS

**cals** 483 **sat fat** 5.5g **sugar** 7g **serves** 2

##### INGREDIENTS

120ml **light coconut milk** • finely grated zest and juice of 1 **lime**  
• 1 **garlic clove**, crushed • 1 fresh, long **red chilli**, finely chopped • 2 tsp **fish sauce** • 2 tsp **reduced-salt tamari** or **soy sauce** • 20 **medium raw prawns**, peeled and deveined, tails intact • 120g **brown rice** • 240g **pak choi**, chopped • 15 **green beans**, trimmed and halved • 80g **sugar snap peas**, trimmed • 1 tbsp chopped **fresh coriander** • 20g **sesame seeds** • **lime wedges**, to serve

##### METHOD

1. Whisk the coconut milk, lime zest and juice, garlic, chilli, fish sauce and tamari (or soy sauce) together in a large bowl. Add the prawns and toss well to combine. Cover with cling film and pop in the fridge for 1-2 hours to marinate, if you have the time.
2. Soak 10 wooden skewers in cold water for 30 minutes. This will help stop them burning when cooking the prawns.

3. Place the rice and 300ml of water in a small saucepan over a high heat and bring to the boil, stirring occasionally. Cover and reduce the heat to medium-low. Simmer for 20-25 minutes or until the liquid is absorbed and the rice is tender. Remove from the heat and leave to stand, covered, for 5 minutes.

4. Preheat the barbie if the sun's out. Otherwise, whack the grill on a medium-high heat. Thread the prawns on to the skewers. Grill for about 3 minutes on each side or until cooked to your liking. Once done, brush over again with the marinade.

5. Fill a saucepan 5cm deep with water and insert a steamer basket. Cover with a lid and bring the water to the boil over a high heat, then reduce the heat to medium. Add the pak choi and green beans and steam for 3 minutes, covered. Add the sugar snap peas and steam for a further 2 or 3 minutes, or until the vegetables are tender-crisp.

6. Time to dish it all up and sprinkle over the sesame seeds and coriander. Serve with lime wedges on the side. Traditional Aussie cuisine the Kayla way. **WH**







# the turbo tone-up

Want a workout plan that's going to lift your mood, your energy levels and your ass? NYC wellbeing guru Vanessa Packer is saying yes to sustainable fitness

WORDS AMELIA JEAN JONES

W

hat do  
the words  
'fitness'  
and

'wellbeing' mean to you? An ab crack you could lose yourself in? Smashing out 50 killer back squats before breakfast? Or is it simply the ability to live life in a more energetic and happier way? NYC's Vanessa Packer, founder of modelFit wellbeing studios and Sweaty Betty collaborator, thinks it's the latter. 'Fitness is rooted in balance. I was tired of burning out in a gym class then spending the next week recovering,' she says. 'That's not my idea of healthy. My focus is on slower movement and working smaller muscle groups to yield lean, sculpted and toned results while getting the blood flowing to give your energy levels a boost – that's the way to ensure that you'll stick at it.' It's time to give your body – and mind – a lift.

## THE PLAN:

- Do each week's 30-minute workout five times that week
- Do the stated reps of each move, then rest for 30-60 seconds before moving on
- Do each four-move set three times in total for the full workout
- You'll need a resistance band and two 5kg dumbbells





# WEEK TWO



## TOTAL-CORE TWISTER

[illegible]

**Do:** 10 reps each side  
**(a)** Start in a plank with your shoulders over your wrists and your hips tucked under, with your core engaged. Now, bend into your right hand as you lift your left arm up, bending the elbow at a 90° angle and rotating your body a little to activate your core.  
**(b)** Push back down with your left hand as you do the same thing on the right side. Steady does it.



**Do:** 12-15 reps each side  
**(a)** From all fours, lift your left heel towards the ceiling, keeping your raised leg bent at a 90° angle.  
**(b)** From here, pulse the left thigh straight up, pushing through your heel to lift and lower your leg. This will burn before you know it. Bootylicious.



**Do:** 10 reps each side  
**(a)** Start standing tall with arms extended out to the sides at a 90° angle to the floor.  
**(b)** Step your left foot out wide as you raise your arms above your head. Bend into your right leg as you lean in towards your left side. Return to standing.



**Do:** 10 reps each side  
**(a)** Start in a side plank on your right side, with the bottom foot stacked in front, then push your right hand into the floor and raise your left arm.  
**(b)** Let your eyes follow your left hand as you lower it down and into the space beneath your right side, tipping your hips slightly and engaging the whole side body. Then bring your arm back up to the start.



**Do:** 15-20 reps each side  
**(a)** Start with your left leg bent and in front of you, with your right heel on the floor behind you. Hold a 5kg weight in each hand with elbows tucked into your waist.  
**(b)** Cross your right arm to the left in a diagonal punch downwards, then quickly draw the arm back into your chin and punch across at shoulder height. That's one rep. Take out your frustrations.



**Do:** 8-10 reps, adding 2 per day to build up to 20  
**(a)** Stand with your legs shoulder-width apart, then allow your hips, bum and thighs, as well as the muscle above your knees, to pull your body down slowly, sitting as far back as you can so that your knees are in line with your ankles – but no further than a 90° angle.  
**(b)** Raise up and down in a pulsing motion from the seated position. Go slow.



**Do:** 15-20 reps each side  
**(a)** Start with your knees bent, feet hip-width apart, holding a 5kg weight in each hand.  
**(b)** Rotate to the right, swivelling your left foot, and raise your left arm across your body to shoulder height. Refrain from rotating with your lower back and don't overextend your arms or legs. Got into the swing of it yet?



## CORE

### CORE FUSION

**Do:** 15-20 reps each side  
**(a)** Knees bent, lean slightly forward with a 5kg weight at shoulder height in each hand. Transfer your weight to your left leg and point your right leg to the side.  
**(b)** Use your hip, bum and thigh muscles to slowly rotate your leg behind you then out to the side. Lift your knee using your thighs, bringing the weight to meet it. Return to extended stance.



## ARMS

### 3-IN-1 ARM AND SHOULDER BLAST

**Do:** 20 reps  
**(a)** With elbows tucked into your sides and a 5kg weight in each hand in front of your hips, curl the weights up to your shoulders.  
**(b)** Next, bring your arms into a shoulder press, extending the weights straight overhead before bending your elbows to bring them behind your head in a tricep extension. Return to the start.



## GLUTES

### MODELFIT LUNGE

**Do:** 20 reps  
**(a)** Stand with your left foot behind your right, right knee bent and left heel off the floor, holding a 5kg weight in each hand in front of your hips.  
**(b)** Bend both knees, drop your body by no more than 10 inches, then lift the weight up to shoulder height before rotating to the right, letting your arms and head follow. Return to the centre, then repeat to the left.



## LEGS

### LEGS-FOR-DAYS LENGTHENER

**Do:** 12-15 reps each side  
**(a)** From all fours, extend your right leg behind you, keeping it in line with your torso.  
**(b)** Lift the leg then lower, crossing it behind your body to the left side of the mat. Tap down lightly and lift again, reversing the move to tap the mat to the right. Repeat.



## CORE

### ALL-FOURS BALANCED CORE

**Do:** 20 reps each side  
**(a)** Begin on all fours, then straighten and raise your right leg behind you and extend your left arm until they're both parallel to the floor. Draw your navel in towards your spine to engage your core.  
**(b)** Bend your left elbow and right knee towards each other, then extend your arm and leg once again. Add a small leg lift before bringing elbow to knee again. Easy, huh?



## ARMS

### MODELFIT DOUBLE ARM PUNCH

**Repeat:** 15-20 times  
**(a)** Stand with knees bent and arms at shoulder height with elbows bent. Punch with the right arm in an upwards diagonal movement and step forward with the right foot, making sure your toes are turned in, then return and repeat on the left side.  
**(b)** Repeat the move, but this time punch diagonally downwards, stepping backwards.



## GLUTES

### DIAGONAL LEG LIFT

**Do:** 20 reps each side  
**(a)** Start with knees bent and your torso leaning forwards, then move your right leg out and behind you on a right diagonal and tap your toe. Next, move your right leg behind the left one, tap, and then tap on the diagonal again.  
**(b)** Finish with a small leg lift to the right side before returning to the starting position. Sounds gentle? Just wait for that twentieth rep.



## LEGS

### EXTENDED LEG LIFT

**Do:** 20 reps each side  
**(a)** Start in a slight squat position with knees bent, then extend your right leg straight in front of you, slowly lift it, making sure your toe is pointed and your thigh is doing the work.  
**(b)** Tap the toe back down, bring the leg back in and return to the start. Fallen over? No? Good for you. **WB**





**GET  
THE KIT**

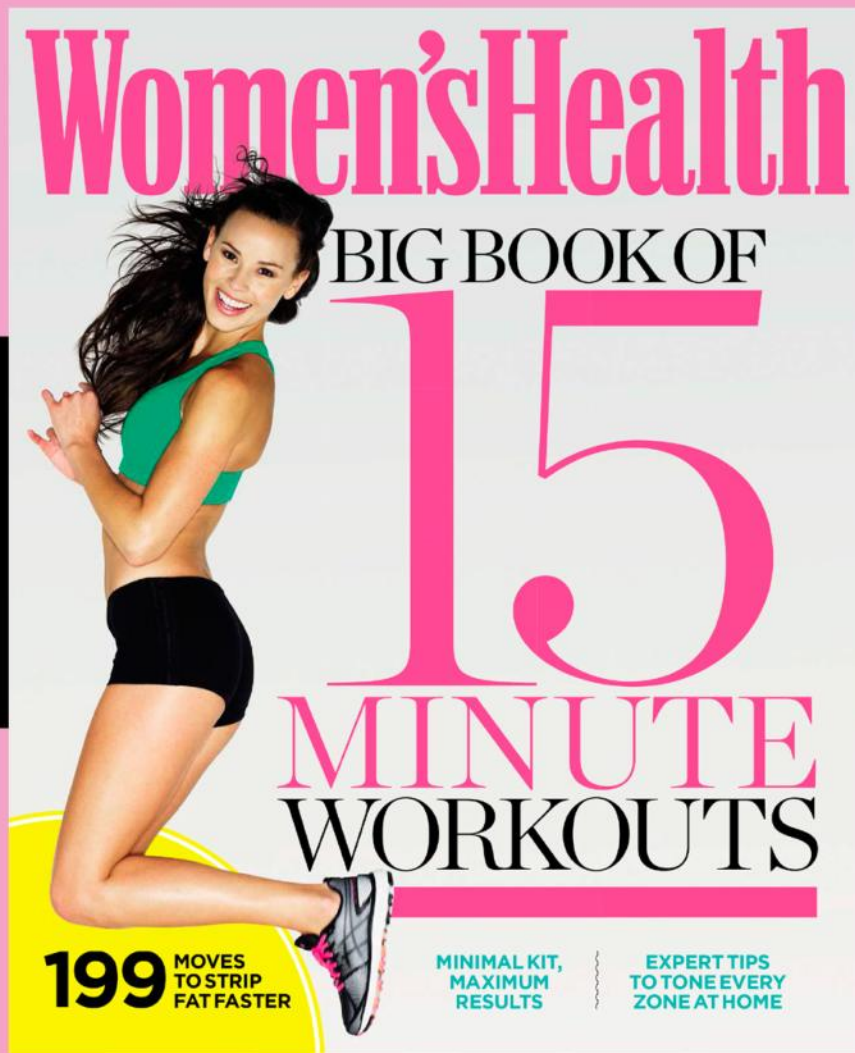
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THE  
*ENERGY* SPECIAL

# THE ENERGY CRISIS

Modern life's a bitch – and everything from your boss to your B12 intake can bring on burnout. Get to grips with our guide to energy zappers and learn to stop them in their tracks

WORDS TERRY BARBROOK    TYPOGRAPHY NATHALIE GIMSON



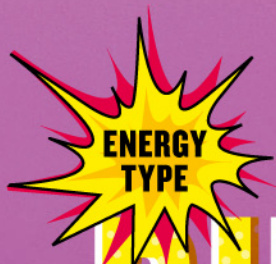


A

ny of this sound familiar: dozing off on the train to work to grab a few precious seconds of shut-eye; snapping at the barista in Pret because she asked you to repeat 'strong latte' for a third time; yawning in a meeting when you should have been pitching? If the answer is yes, it's all down to energy. Or rather the lack of it. That you need to keep your energy levels up to stay firing on all cylinders is hardly breaking news, but here's something you might not be so au fait with: there are distinct types of energy and each one can be drained by a gang of zappers. 'Energy can be categorised as physical, mental and emotional,' explains James Glover, head of faculty at The Energy Project, a consulting firm that works to improve employee productivity. You need to look after each one equally to make sure your energy levels are at their peak and you're at the top of your game. And how do you do that exactly? You just need to acquaint yourself with our step-by-step guide to identifying your own energy zappers – and then kill them before they kill you. (Or just slow you down a bit.)







# PHYSICAL

You've been up an hour but still feel sluggish, your body's a dead weight and the idea of hitting the gym? Forget it. Your physical energy is shot to sh\*t. Here's why...

## THE ZAPPER

### YOU EAT THE WRONG LUNCH

Breakfast = most important meal of the day, right? Not so fast. Sure, it'll set you up nicely, but choosing the wrong *lunch* will leave your physical energy tank running on low, especially if you're working late. Or you're socialising post-office. If you crave an afternoon catnap, you're probably not getting enough protein midway through the 9-5. 'If you're sat at a desk all day, a protein-rich lunch will keep your physical energy topped up through to the evening,' explains registered nutritionist Rhiannon Lambert (rhitrition.com).

## THE FIX

### MATCH YOUR PROTEIN AND CARBS

Rob Hobson, registered nutritionist and co-author of *The Detox Kitchen Bible* (robhobson.co.uk), suggests lunch with a 1:1 ratio of protein to carbs – with your protein serving the size of a deck of cards. Easiest way to nail it? Chicken, avocado and quinoa salad – protein, healthy fats and carbs in one – giving you the energy you need to power on to the end of the day (and then the bar). Veggie? Go for a mixed bean and feta salad. Done.

## THE ZAPPER

### YOU'RE NOT SLEEPING RIGHT

Hold the front page – don't get enough sleep and you'll be tired the next day. Yep, obvious enough. But it might not just be a case of not getting enough sleep – you may not be getting the *right* sleep (that means solid blocks of uninterrupted sleep). A study in the journal *Molecular Metabolism* found that, while waking in the night is natural, just one night of sleeping for only four uninterrupted hours increases insulin resistance. Which brings on the carb cravings, lining you up nicely for that mid-afternoon slump.

## THE FIX

### MAKE MAGNESIUM YOUR MATE

Researchers at the University of Edinburgh and the MRC Laboratory for Molecular Biology in Cambridge found magnesium can help your body play nicely with those circadian rhythms. The result? A night of blissful sleep. Your body needs 300mg a day and dark leafy greens should be your first port of call, but grab a daily 375mg magnesium supplement (£8.45 for 90; healthspan.co.uk) and you'll smash your RDA. Sweet dreams.

## THE ZAPPER

### YOU'RE NOT ACTIVE ENOUGH

Here's a catch-22: don't do enough exercise and your physical energy will tank which, in turn, means you'll have zero interest in doing any exercise. But Norwegian research<sup>\*</sup> found the physical energy drain caused by inactivity costs the global economy around £55.5 billion every year. So getting more under your belt will actually make you more productive. Jonathan Lomax, PT and founder of Lomax gyms (lomaxpt.com), agrees: 'Quick, time-efficient workouts will kick-start your physical energy, especially if you are desk-bound most of the day.'

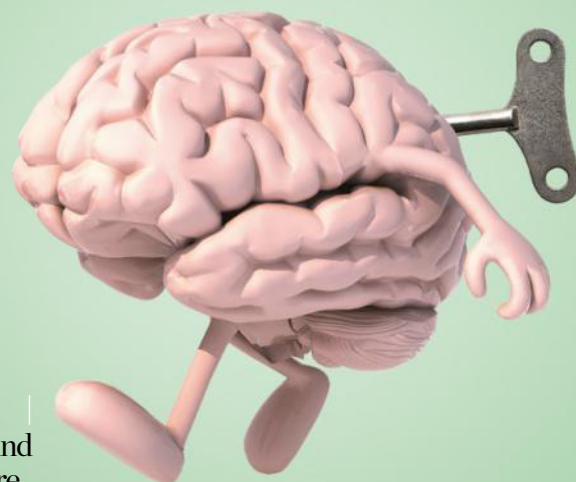
## THE FIX

### GRAB A LUNCHTIME HIIT SESSION

If you flag way before 3pm, a 30-minute HIIT session at lunch is your new energy saviour. Just need a quick pre-meeting pick-me-up? 'Grab five minutes,' says Lomax. 'Do four moves – a split squat, press-up, bicycle crunch and box jump – each for 30 seconds back to back, rest for a minute, then repeat. Do as many as you can in five minutes.' You'll refuel your body and nail that meeting. Wipe the sweat from your forehead first though, yes?



# MENTAL



Tired? Not quite. Just unable to concentrate. And focus. And remember your own name. Read on for the cause and the cure...

## THE ZAPPER

### YOU LACK VITAMIN B12

While a vitamin B12 deficiency could lead to anaemia, that's worst-case scenario stuff; simply not hitting your RDA (2.4mg a day, according to Mayo Clinic) will zap your mental energy and your attention levels and cognitive function along with it. 'Vitamin B12 is essential for blood formation,' says Lambert. 'And if you're not getting enough, it can have a negative impact on your levels of mental energy.'

## THE FIX

### BOOST YOUR B12

Your best B12 booster to kiss goodbye to mental fatigue is to get it from animal products; Lambert suggests upping your intake with shellfish or steak with eggs. Not a meat eater? Milk, cheese and yoghurt contain plenty to pep you up, but some plant-based foods are fortified with the vit, too. Or, you know, grab a supp: BetterYou Pure Energy B12 Boost Oral Spray (£11.99, hollandandbarrett.com) delivers your daily quota and then some in one spray. Worried you're actually deficient? Get yourself to your GP pronto.

## THE ZAPPER

### YOUR DESK ISN'T WORKING

A tidy desk equals a tidy mind, right? Not so. According to Dr Craig Knight, a psychologist at the University of Exeter who studies workplace productivity, the opposite is actually true: 'Studies show that the worst space to work in is actually clean and clutter-free. Forcing someone who's naturally messy to work in an area that's uncluttered is more damaging to their mental energy levels than forcing a tidy person to work surrounded by mess.'

## THE FIX

### EMBRACE THE MESS

Forget Scandi minimalism (unless that floats your boat) and personalise your desk safe in the knowledge it'll boost your mental energy levels; whether that's framed positive mantras or a stack of unopened post is your call. 'You should be able to put your stamp on your workspace,' says Dr Knight. So embrace your creative (ie messy) side and let the clutter pile up. Word to the wise: if you can spy some half-finished porridge with a crust so thick you'd need a claw hammer to get rid, it's time for a clear-out.

## THE ZAPPER

### YOU'RE TECH OBSESSED

Mobile's always within reach; it's under your pillow as you sleep. So far, so typical. But non-stop use of a device can do some serious damage to your mental energy levels. Research from the University of Illinois found constant use of a phone could lead to fatigue, anxiety and depression, while another study by Hokkaido and Chukyo universities in Japan found just the presence of a phone leads to distraction – bad news for that mental energy.

## THE FIX

### DO A DIGITAL DETOX

Full disclosure: there's not a single person in the *Women's Health* office who'd consider it, but next time you're about to swipe right, think about doing a 30-day digital detox. On day one, keep a digital diary (not on your phone, obv's) noting every time you check your texts, emails or Asos order. Then go cold turkey at all the times your checking was non-urgent. At dinner, on the bus, bingeing on *Narcos* – keep your device hidden. Embrace FOMO safe in the knowledge you're doing wonders for your mental energy (and wellbeing).

\*SOURCE: NORWEGIAN SCHOOL OF SPORTS SCIENCES. PHOTOGRAPHY: HEARST STUDIOS; GETTY IMAGES; ALAMY; SHUTTERSTOCK





# EMOTIONAL

If being awake means being irritated, impatient and intolerant of everything (and everyone) around you, it's time you nixed those emotional energy zappers



## THE ZAPPER

### ***YOUR FRIENDS ARE TOXIC***

Know an energy vampire? She's that toxic friend who sucks the lifeblood from your emotional energy. She'll only hit a bar she's chosen; she'll find an insult in a compliment no matter how glowing. The office is no safer – that colleague who craves constant validation? Yep, she's one, too. According to clinical psychologist Dr Jessamy Hibberd ([drjessamy.com](http://drjessamy.com)), 'Energy vampires are a drain, but don't personalise it – they're probably it with everyone.'

## THE FIX

### ***USE THE 80:20 RULE***

When you offer the support an energy vampire can't possibly live without, does it make a difference? Maybe for 10 minutes? Or not even a split second? Breakthrough: why waste your emotional energy? 'Manage the time and energy you spend on a toxic friend,' says Dr Hibberd. 'In most relationships, I recommend an 80:20 ratio; give 80% of your time and energy and keep back 20% for you. But with energy vampires, flip it; give 20% of yourself and keep back the other 80%. It's the only way to protect your emotional energy.'

## THE ZAPPER

### ***YOUR BOSS IS TOO CRITICAL***

Find yourself in the clutches of an overly critical boss and you can kiss goodbye to feeling energetic emotionally. 'The constant pressure of trying to meet the ideals of someone who will never be satisfied is a drain on emotional energy,' says Dr Hibberd. And it's not just while you're desk-bound; research from Lehigh University, Pennsylvania, found that being expected to answer emails out of hours can also lead to emotional exhaustion.

## THE FIX

### ***PUT UP OR SHUT UP***

Sorry for the tough love, but you just need to accept that your boss ain't changing. Sounds like bad advice? Hold your horses – sure, they're under more stress than you can imagine, but it's simply that that's their personality. 'Perfectionists grew up that way and there's nothing you can do to change that,' says Dr Hibberd. 'There's no such thing as perfect. Even if you give a task 99%, an overly critical boss will find fault in the missing 1%.' You can't change them, so change how you think about it. Move on, man. Life's too short.

## THE ZAPPER

### ***YOU'RE OVER STIMULATED***

No one wants to be sat on the train with nothing to read or scroll through – what on earth would you do with yourself? According to Dr Sandi Mann, senior psychology lecturer at the University of Central Lancashire and author of *The Upside of Downtime*, this constant quest for stimulation is a drain on your emotional energy. 'We're bombarded with information overload,' she says. 'We just don't know how to handle our downtime.'

## THE FIX

### ***DO NOTHING (SERIOUSLY)***

'We're constantly looking for new experiences,' says Dr Mann. 'As soon as you have a spare minute, the fear of boredom kicks in and you start looking for a new experience. Your reward centre lights up and you get a hit of dopamine. But that hit is addictive: the more you have the more you want.' And that's when the draining happens. So set aside 15 minutes every day to do nothing – literally nothing. No Instagram, no TV, no emails. Stare into space if you want. It'll boost your emotional energy and that's reward enough. **WH**



# HIGH VOLTAGE FOOD

If you're only just emerging, bear-like, from your winter bunker – all bleary eyed and bloated – these nutrient-packed veggie recipes from chef Lily Kunin's new recipe bible *Good Clean Food* will give your body the boost it deserves

PHOTOGRAPHY:  
GEMMA AND ANDREW INGALLS



**cal**  
550

**sat fat**  
6.7g

**sugar**  
12.8g

**serves**  
4

# Sesame noodle bowl with PAN-FRIED TOFU

Soba noodles – you know, the thin buckwheat variety – pack a rich, nutty flavour. Bonus: they're loaded with manganese, which can improve your metabolism of fats and carbs, regulate blood sugar levels and neutralise ageing free radicals. Result.

## INGREDIENTS

250g **soba noodles**

**For the sesame dressing:** 3 tbsp **tamari** • 2 tbsp **sesame oil**

• 2 tbsp **olive oil** • 2 tbsp **apple cider vinegar** • ½ tsp **coconut sugar** or **honey** • pinch of **red pepper flakes** • squeeze of **lime**

**For the tofu marinade:** 2 tbsp **tamari** • ½ tbsp **apple cider vinegar**

• 1 tsp **honey** • 1 tsp **fresh ginger**, peeled and grated • 1 **garlic clove**, minced • 1 tbsp **coconut oil**

1 tsp **sesame oil** • 455g extra-firm **organic tofu**, drained and cut into 2.5cm cubes • 3 **courgettes**,

peeled, shredded and blotted dry • 2 small **red bell peppers**, deseeded and cut into matchsticks • 4 **spring onions**, thinly sliced, plus more for garnish

• 4 handfuls of **spinach**, roughly chopped • 1 handful of **tamari almonds** (optional)

## METHOD

1. Cook the noodles in boiling water, according to the packet instructions.

2. While the noodles are cooking, whisk the dressing ingredients in a bowl and set aside.

3. Combine the tamari, apple cider vinegar, honey, ginger and garlic in a bowl and set aside.

4. Heat the coconut oil and sesame oil in a non-stick pan over a medium heat. Add the tofu cubes and fry until browned. Reduce the heat and stir in the tamari mixture, ensuring the tofu is well coated. Set aside.

5. Combine the noodles with the courgettes, bell peppers and spring onions. Add the sesame dressing and toss to combine. Serve on a large platter or in individual bowls topped with the tofu, spinach and additional spring onions. Scatter over tamari almonds\* if you're trying to be particularly impressive.





# Spaghetti Squash *AND* MUSHROOM MEATBALLS

cals  
194sat fat  
0.6gsugar  
5.2gserves  
6

Squash is great for your cardio, and you don't even need a racket for this type. The low-carb pasta swap-in is high in potassium and magnesium, which increase blood flow and reduce stress on your heart. It's also rich in pectin, a type of fibre that scrapes excess cholesterol from the walls of arteries. Making this dish a perfect pre-HIIT filler.

## INGREDIENTS

1 spaghetti squash • 1 small onion, diced • 1 tbsp extra virgin olive oil • 225g cremini (or button) mushrooms, sliced • 2 garlic cloves, minced • 45g rolled oats • 55g almonds, chopped • 275g cannellini beans, rinsed and drained • ½ tsp freshly ground black pepper • pinch of red pepper flakes • juice of ½ lemon • 20g basil, chopped • 13g flat-leaf parsley, chopped • 1 tsp salt

## METHOD

1. Channel your Italia Mama, Sophia Loren-style, then bake the spaghetti

squash in the oven at 190°C for 1 hour or until nice and tender.

2. Meanwhile, sauté the onion in the oil for 5 minutes. Add the mushrooms and garlic and cook for another 2 minutes, until soft. Strain and drain the mix to ensure your meatballs aren't too wet. No one likes a soggy ball.

3. Squash baked? Let it cool. Halve it and remove the seeds – be careful as the steam will be hot. Use a fork to pull out the flesh and form noodle-like strands. Keep it warm.

4. In a food processor, pulse the rolled oats and almonds until they

form a rough flour. Add the beans, black pepper, red pepper flakes, lemon juice, basil, parsley and 1 tsp salt; pulse until the ingredients are combined. Add the mushroom mix and pulse again until it forms a chunky purée. Season to taste and leave to rest for 10 minutes.

5. Form the mixture into balls, placing them in a lined baking dish. Brush the tops with oil and bake for 30 minutes, flipping them halfway through.

6. Serve the meatballs on top of the spaghetti squash. Add a basic tomato sauce and vegan Parmesan\*, if you like. Delicious.



# Lentil Tacos AND AVOCADO SALSA

cal  
258

sat fat  
2.4g

sugar  
6.2g

serves  
4

Small, powerful and brilliant in *Top Gun*. Oh, hang on, that's Tom Cruise. We're talking about lentils. Which are brilliant in tacos, it turns out. And also for your energy levels, since they contain protein, complex carbs, fibre and a relative shed-load of iron. Make them your wingman.

## INGREDIENTS

280g pack of **sprouted corn tortillas**\* (can't get 'em? Regular work, too)

**For the taco filling:** 1 tbsp **oil** • 1 **onion**, diced • pinch of **salt** • 2 large **garlic cloves**, minced • 1 tsp **chilli powder** • ½ tsp **ground cumin** • 190g **brown lentils**, rinsed • 480ml **vegetable broth** or **water**

**For the salsa:** 1 **avocado**, diced • 140g fresh or frozen **corn** (kernels from about 2 ears) • 30g **red onion**, diced • ½ **jalapeño**, seeded and finely diced • 10g chopped **coriander** • juice of 1 **lime**, plus extra to taste • **sea salt** or **pink salt**, to taste

## METHOD

**1.** To make the filling, warm the oil in a pan, then sauté the onion with a pinch of salt for 5-7 minutes. Add the garlic, chilli powder and cumin, and cook for another minute, stirring constantly. Pour over the lentils and broth and simmer, partially covered, for 25 minutes. Remove the lid and continue simmering for 5-10 minutes until the liquid has nearly evaporated. Check the lentils are cooked – they should be soft but retain a slight bite. Drain any excess water, then lightly mash.

**2.** For the salsa: stir together all the ingredients. Season, then set aside.

**3.** Place a tortilla in a non-stick pan over a medium heat and warm for about 30 seconds each side. If it's a bit stiff from the fridge, spritz it with a little water before placing it in the pan – this will soften it and encourage it to heat through more quickly. Place the warmed tortilla in a clean folded tea towel until you're ready to serve. Repeat with the remaining tortillas.

**4.** To serve, pile the tortillas with the lentils and salsa. Add a simple slaw and lime crema\*, if you like.





# Cookie dough BARS

cal  
138

sat fat  
6g

sugar  
3.8g

makes  
12

If your chocolate cravings are out of control, don't resist them, say the experts at the University of Guelph. Just upgrade from the rubbish stuff to cacao, which, btw, can raise levels of the happy hormone serotonin.

## INGREDIENTS

3 medjool dates, pitted • 90g raw cashews • 45g rolled oats • 45g unsweetened coconut flakes • ¼ tsp sea salt or pink salt • 1 tbsp pure vanilla extract • 30g cacao nibs  
**For the chocolate sauce:** 20g raw cacao powder, plus extra as needed • 2 tbsp coconut oil, plus extra as needed • 1 tbsp raw honey or maple syrup, plus extra as needed • pinch of sea salt or pink salt

## METHOD

1. Soak the dates in hot water for 5 minutes. Line a deep baking tray with parchment and set aside.
2. Blitz the cashews, oats, coconut flakes and salt in a food processor to form a fine meal. Add the dates, 3 tbsp water and vanilla extract. Pulse again until the mix is doughy. Then fold in the cacao nibs.
3. Use your hands to evenly press the dough into the tray, then put it in the freezer while you make the sauce.
4. Set a bowl over a pan of simmering water and combine the cacao powder, coconut oil, honey and salt. Heat and stir until runny.
5. Drizzle the sauce over the dough and then return it to the freezer for 20 minutes to set. Cut it into 12 squares and store in the fridge for up to a week (or eat it all in one go – we're not judging).

# Morning matcha SMOOTHIE BOWL

cal  
326

sat fat  
8.2g

sugar  
35g

serves  
2

In the market for a pre-workout pump-you-up brekkie? Then get yourself some matcha. Studies show it can increase exercise performance by up to 24%. How? It encourages your body to use fat as an energy source, so you can beat that PB and slim down at the same time.

## INGREDIENTS

240ml unsweetened coconut milk or almond milk, plus extra if needed • 4 handfuls of spinach • 2 tsp culinary-grade matcha powder • 165g frozen mango • 1 banana, cut

into chunks and frozen • ½ avocado • ½ mango, cubed • 1 kiwi, sliced • unsweetened coconut flakes • bee pollen (optional), to serve

## METHOD

1. In a blender, combine the milk, spinach and matcha powder until the mixture becomes smooth.
2. Add the frozen mango, banana and avocado, and blitz again. Add more milk to loosen the mixture if it's looking a bit thick.
3. Pour the smoothie into bowls and top with the fruit, coconut flakes and, if you like, bee pollen. Obviously, take a picture before you dare to actually eat it.





# Peach AND raw Brazil CRUMBLE

"For the recipes for the tamar almonds, tomato sauce, vegan Parmesan, corn tortillas and slaw and lime crema, go to [womenshealthmag.co.uk/marchrecipes](http://womenshealthmag.co.uk/marchrecipes)"



cals  
241

sat fat  
4.3g

sugar  
25.6g

serves  
4

A pudding so simple, even you can't mess it up. Bonus points: aside from the vitamin-C-rich peaches, the Brazil nuts in the crumble are rich in selenium, which, say University of Copenhagen scientists, can promote a healthy immune system. Just one or two nuts a day should do it. Don't say we don't spoil you.

## INGREDIENTS

1 tbsp **balsamic vinegar** • drizzle of **raw honey** (optional) • 4 **peaches**, halved and pitted

**For the raw crumble:** 70g **Brazil nuts** • 5 or 6 pitted **medjool dates** • ½ tsp ground **cinnamon** • pinch of **sea salt** or **pink salt** • **coconut yoghurt**, to serve

## METHOD

1. Drizzle the balsamic vinegar and honey over the peach halves. Managed that? You're off to a good start.

2. Place the peaches face down in a parchment-lined baking dish. Bake at 175°C for 35-40 minutes, until they're softened and lightly browned.  
3. Meanwhile, make the raw crumble. Place the ingredients in a food processor and pulse until the nuts become large crumbs. The mixture should hold together when you pinch it.

4. Serve the peaches with lots of crumble sprinkled on top and a big dollop of coconut yoghurt – or coconut ice cream, if you like. (Of course you like.) **WH**



Lily Kunin's book *Good Clean Food: Super Simple Plant-Based Recipes for Every Day* (£14.99, Abrams Books) is out on 7 March.

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# MEET YOUR NEW MOTIVATION

If there's a physical embodiment of 'positive energy', it's Annabelle Breakenridge: primary school teacher, weights room boss and the woman you voted this year's *WH* Body winner – the nationwide search to find the UK's fittest females. Discover how she's using her love of exercise to inspire others and steal the secrets that sculpted her cover star abs

WORDS ROISÍN DERVISH-O'KANE PHOTOGRAPHY IAN HARRISON

**F**or someone who's been leaping around set for the past six hours in athleisure smalls, Annabelle Breakenridge, 27, shows little sign of flagging. Professional fitness models struggle to maintain this sort of stamina, but she's pulling off pose after pose (which involves an inexplicable amount of tensing) without complaint and with the enthusiasm that only someone who schedules in 6am abs workouts every morning can muster. Between takes, she throws her head back with laughter, giving off an infectious energy every bit as powerful as that sculpted physique.

The best bit though? This isn't a demeanour reserved for shoot day. Despite possessing all the ingredients for being professionally good-looking, Annabelle spends

Monday to Friday teaching 10- and 11-year-olds at Kingswood Primary School in Gypsy Hill, south London. Following that at-home pre-dawn abs session (crunches, leg raises, V-sits and a two-minute plank finisher), she cycles to work. Three evenings a week, she hits the weights room at her local leisure centre where she's trained for the past seven years, then every Tuesday there's netball practice – she's been playing since she was 12. But rather than leaving her love of exercise at the school gates, Annabelle decided to share her passion in a bid to motivate and empower her students. 'Knowing I could run the fastest or score a match-winning goal meant I grew up confident in my physical ability and proud of my muscular body,' she says. But some of my Year Six girls never even





*The WH Body*

SPONSORED BY ARLA PROTEIN



ANNABELLE WEARS: TOP: KORAL; PANTS: ERES; TRAINERS: NIKE

used to bother bringing in their PE kits. They avoided exercise at all costs.' Through creating a girls' lunchtime HIIT circuits class (a heart rate-raising mix of sprints, mountain climbers, star jumps and sit-ups) 'Miss Breakenridge' has recruited even the most stubborn young female fitness refuseniks. 'One girl who'd never done PE before came along to a HIIT session and then asked me, "Why do I feel so happy after it?"' I explained about endorphins, and that her body is releasing them because it enjoys moving.' Three months later, the same 10-year-old is turning up every week. Becoming involved in the *Women's Health* Body competition has given Miss B's message serious clout, and in the weeks after the five finalists were announced back in October 2016, her lunchtime class was packed. 'That's when I realised that this was the best use of my body,' she says. 'To help the girls I teach build a better relationship with theirs.'

It's not just the kids who benefit. The Kingswood Primary staff also make the most of having The Body in their ranks. Every Thursday at 5pm sharp, Annabelle can be found leading an informal HIIT session in the school hall. 'It's so rewarding when a colleague comes up to me and says she's finally seeing muscle tone in her arms, or when another says he wakes up with more energy,' explains Annabelle. She loves all that exercise and sport can do

for your body and mind. And she's at her happiest on the court with her Tuesday night netball squad. 'I look forward to training with those girls all week,' she enthuses. 'There's nothing more motivating than a supportive team with a shared goal.'

## STRIKING A BALANCE

It's not all selfless, of course. The aesthetic benefits are obvious, sure. But if that's not going to inspire you, how she talks about the internal shifts will. Like how she feels after a weights session: 'It's as if I'm on fire!' she laughs.

'That's when, psychologically, I'm most robust, because I know I'm physically powerful enough to push my body to the next level.'

Her plan is straightforward but focused. 'I do weights three times a week and choose a different muscle group to focus on each session so I can push it as hard as possible,' she says. 'On Mondays and Fridays, I'll squat and deadlift 70kg to exhaust my legs

and glutes. Then at my Wednesday session, it's back-to-back bench presses, commandos and dumbbell lateral raises to really cane my abs and arms,' she says. And she wears her sweat-induced self-assurance long after the endorphin high dips. 'Because I'm physically confident, I'm able to communicate more clearly at work,' she says. 'I know what I think of me so I don't waste time worrying what others might.' But no one is immune

from confidence dips – and rebuilding hers post-relationship breakup last summer was Annabelle's motivation to enter the Body competition. 'I've often been in relationships where I was the most muscular,' she says. 'I think some of my exes were intimidated and would discourage me from working out. But I'm sluggish, unhappy and just not *me* without exercise.' So rather than rebound on to the dating scene, Annabelle chose to spend last summer doing that most clichéd of things: working on herself. 'Lots of people exercise for maintenance but I train to progress,' she explains. 'My rule is that if I can finish the last set, I'm not working hard enough.'








It might all get a bit boring at this point if impressive-but-obsessive gym goer was her only schtick. Happily not. Weekends are spent out with friends in south London (several rums included) or feasting on Caribbean food with her family. 'I take weekends off so that on Monday I'm hungry for a workout,' she says. How did she get so good at compartmentalising? 'As a teacher, I have to,' she explains. 'By the end of the school day I'm mentally exhausted, which can be confused with physical exhaustion. So I have to lock down that part of my mind and locate the other part, which tells me how buzzing I'll feel after a workout.'

And so before Annabelle departs for a celebratory negroni ('short and strong – like me!') and a Thai meal with her extended family and new boyfriend (a sports-mad cyclist who matches her raring-to-go energy), I ask her to share the best lesson she's learned in becoming the WH Body. 'Don't ever let fear of what could go wrong stop you from going after what you want,' she says. 'And *never* underestimate yourself.' Received and understood. ➤

**'I DON'T WASTE  
TIME WORRYING  
WHAT OTHERS  
MIGHT THINK'**

## MY DAY ON A PLATE

How does 24 hours in food look for the WH Body?

						
<b>7:00 BREAKFAST</b>	<b>10:30 SNACK</b>	<b>12:30 LUNCH</b>	<b>3:15 SNACK</b>	<b>5:00 PRE-WORKOUT SNACK</b>	<b>8:00 DINNER</b>	<b>EVERY 20 MINS REHYDRATION</b>
Scrambled eggs on wholemeal toast with smoked trout and spinach	Greek yoghurt with raspberries, blueberries and agave syrup	Pork meatballs in tomato sauce with courgetti and grated Cheddar	Handful of blackberries and handful of mixed nuts	Wholemeal toast with peanut butter and Cheddar	Chicken and lentil casserole with steamed broccoli	Four litres of water spaced out across the day

ANNABELLE WEARS (CLOCKWISE FROM TOP LEFT): SPORTS BRA; PRIMARK; PANTS: BETH RICHARDS; TRAINERS: SAUCONY; SPORTS BRA; VARLEY; PANTS: BUFFALO; SPORTS BRA; KORAL; PANTS: BUFFALO; SPORTS BRA; CHARLIE COHEN; PANTS: STYLIST'S OWN; TRAINERS: SAUCONY





# THE BODY WORKOUT

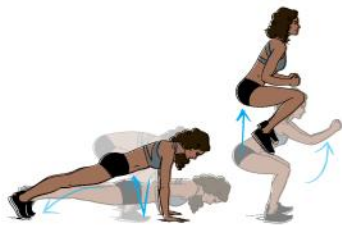


Achieve Annabelle's cover star-worthy tone with this short and (sort of) sweet HIIT workout she created with PT Craig Knowles. It'll be over in no time...

## CIRCUIT ONE

Do 2 sets of 7 minutes, with a 1-minute break.

1



### BURPEE & TUCK JUMP

**Targets:** Full body

**Do:** 10 reps

**(a)** From a high plank, jump your feet to your hands and stand up in a squat. Jump your knees up to meet your hands.

**(b)** Land in a squat, place your hands on the floor, jump back out to high plank and do 1 press-up. That's one done!

2



### JUMPING LUNGE

**Targets:** Quads, glutes

**Do:** 15 reps on each side

**(a)** Begin in a lunge, with your left knee bent at a 90° angle and your right knee bent and hovering just above the floor.

**(b)** Jump up and switch legs in the air so that you land with your right foot forwards in a lunge.

3



### WEIGHTED SQUAT

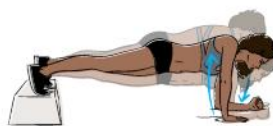
**Targets:** Quads, glutes, calves, hip flexors

**Do:** 15 reps

**(a)** Hold a dumbbell with both hands, feet slightly wider than hip-width. Keep your chest upright and lower your bum back and down.

**(b)** Push up through both heels to straighten your legs. Warm yet?

4



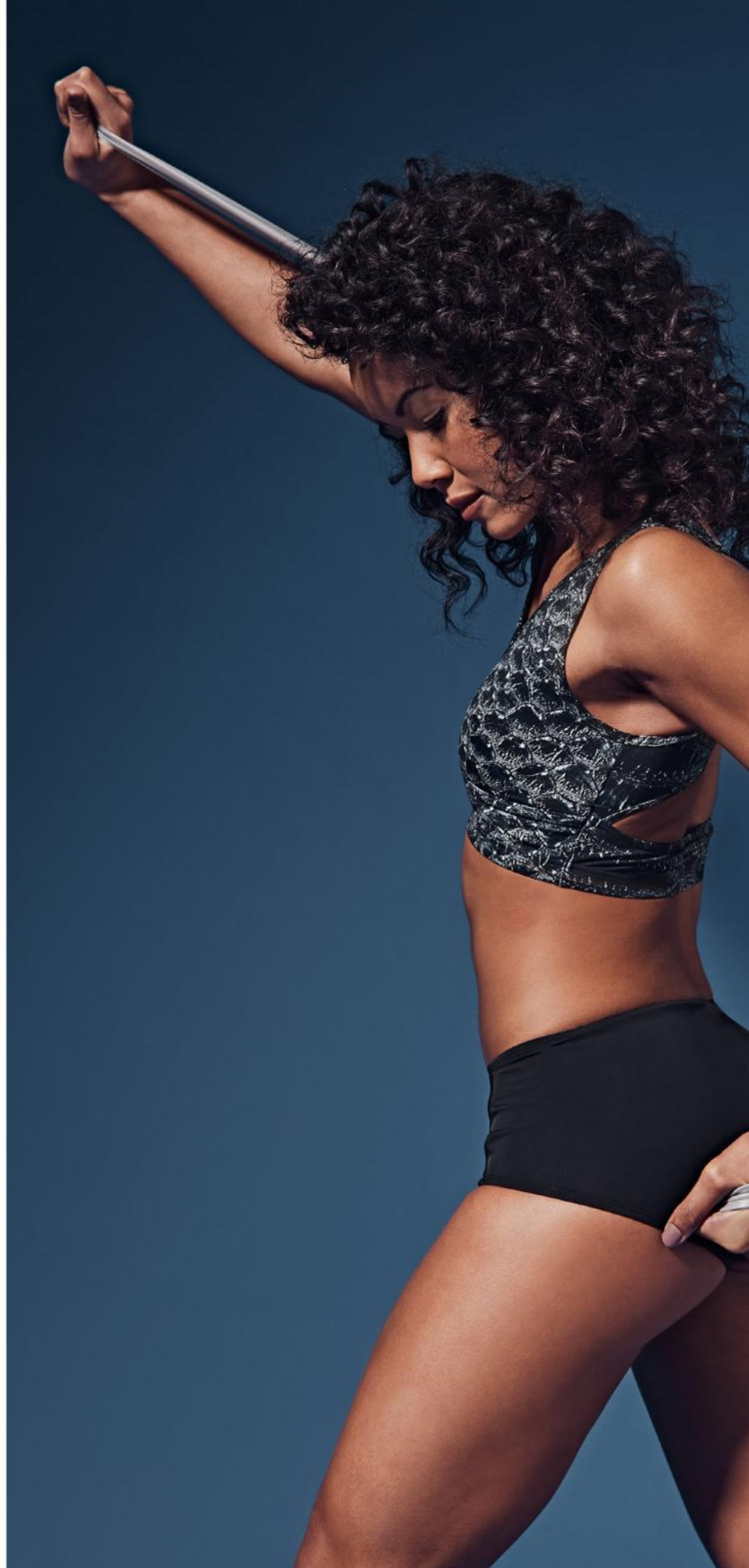
### RAISED COMMANDO

**Targets:** Abs

**Do:** 24 reps

**(a)** Start in a forearm plank with your feet on a step. No, we're not kidding. Push up on to your right hand, then up on to your left hand.

**(b)** Return to the starting position by lowering back down on to your forearms one by one.





## CIRCUIT TWO

Do 2 sets of 7 minutes, with a 1-minute break.



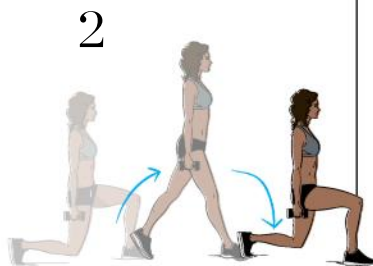
### SKIPPING

**Targets:** Legs, glutes

**Do:** 60 seconds

(a) Stand with your feet together. Holding a skipping rope, obvs.

(b) Okay, you know how to skip. Just make sure you keep your elbows close to your sides. Now get jumping.



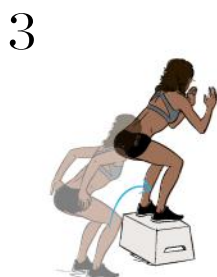
### WALKING LUNGE

**Targets:** Legs, glutes

**Do:** 10 reps on each side

(a) Holding a dumbbell in each hand, take a large stride forwards, bending your front knee 90° and lowering your back knee almost to the floor.

(b) Stride your back foot forwards into a lunge.



### BOX JUMP

**Targets:** Legs

**Do:** 10 reps

(a) With feet hip width, squat then push through both heels and jump up on to a box or step.

(b) Squat, then jump backwards off the box or step and return to the starting position.



### JUMPING SQUAT

**Targets:** Glutes, legs

**Do:** 10 reps

(a) With feet hip width, push your bum back and down into a squat.

(b) Swing your arms back and then up as you jump explosively into the air. Land in a squat and repeat. Yes, immediately.

## SUPERSET

Do each for 30 seconds in 2 sets with a 1-minute break.

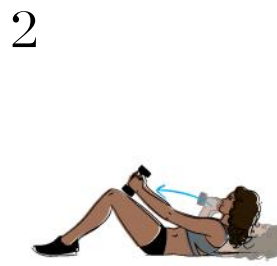


### RAISED LEG CRUNCH

**Targets:** Upper abs

(a) Lie on your back with both legs raised straight up, the soles of your feet facing the ceiling.

(b) Crunch your upper body up and reach for your toes. Lower your upper body back down to the starting position.

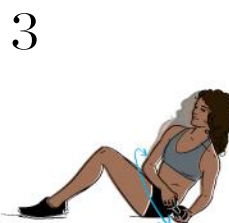


### WEIGHTED CRUNCH

**Targets:** Upper abs

(a) Lie on your back, knees bent, holding a dumbbell at your chest.

(b) Crunch your upper body up and straighten your arms to bring the dumbbell towards your knees, then lower back down. Feel the burn.

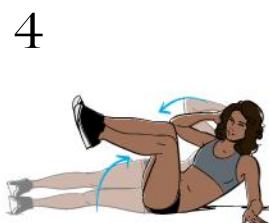


### RUSSIAN TWIST

**Targets:** Abs

(a) Sit on the floor with your knees bent, holding a dumbbell in front of your chest. Lean back to a 45° angle, keeping your spine straight.

(b) Rotate to the right and tap the dumbbell on to the ground, then repeat twisting to the left.



### SIDE LEG RAISE /CRUNCH

**Targets:** Abs, obliques

(a) Lie on your left side with your left forearm propping up your upper body. Rest your right hand on your head.

(b) Bend your knees into your chest while you bring your right elbow towards your knees. Simple, right? Do 15 seconds on each side.

## CORE FINISHER

Sprint for 30 seconds on the spot, then do each move for 30 seconds for 5 sets with a 1-minute break.



### V-SIT

**Targets:** Lower abs

(a) From seated, lean back and lift your legs so your body makes a 'V' shape.

(b) Reach your arms out in front of you and hold. Challenge yourself by lowering your legs so they hover just above the floor.



### SCISSOR KICKS

**Targets:** Lower abs

(a) Lie on your back with straight legs, arms by your sides. Lift your legs slightly off the floor.

(b) Criss-cross your legs one over the other in a scissor-like motion.

You're done! Hallelujah. **WH**

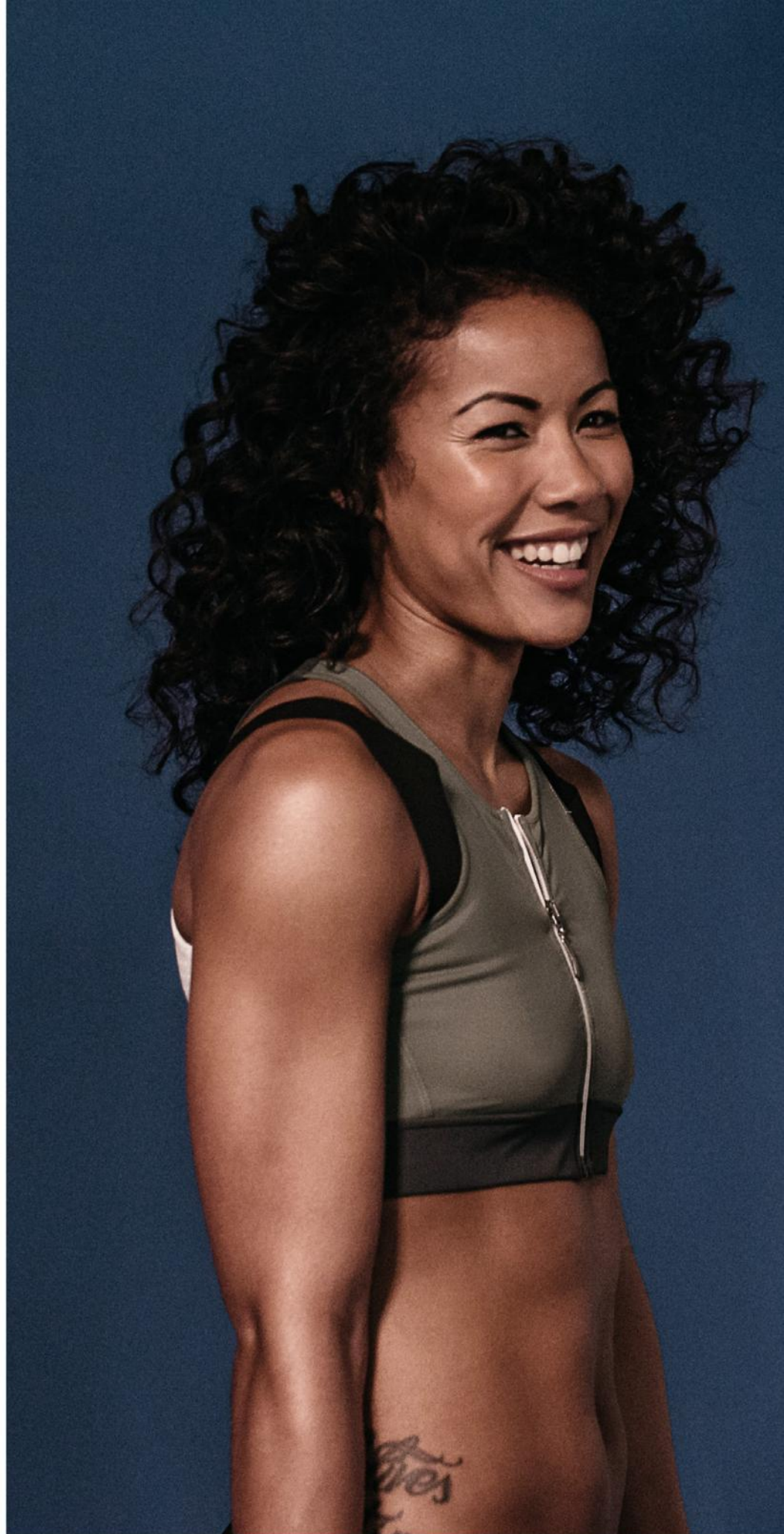
Women'sHealth

PROMOTION

# Winning Formula

Thousands of you applied and thousands more of you voted, but there could only be one winner of The Body competition

Meet the bundle of explosive energy that is Annabelle Breakenridge; primary school teacher and proud owner of the most impressive physique in the UK. But *WH*'s annual The Body competition is about more than finding the woman with the most shredded six-pack. The Body needs the athletic mindset and dedication to achieving a healthy, balanced lifestyle that *WH* stands for. For Annabelle, it's mission accomplished.



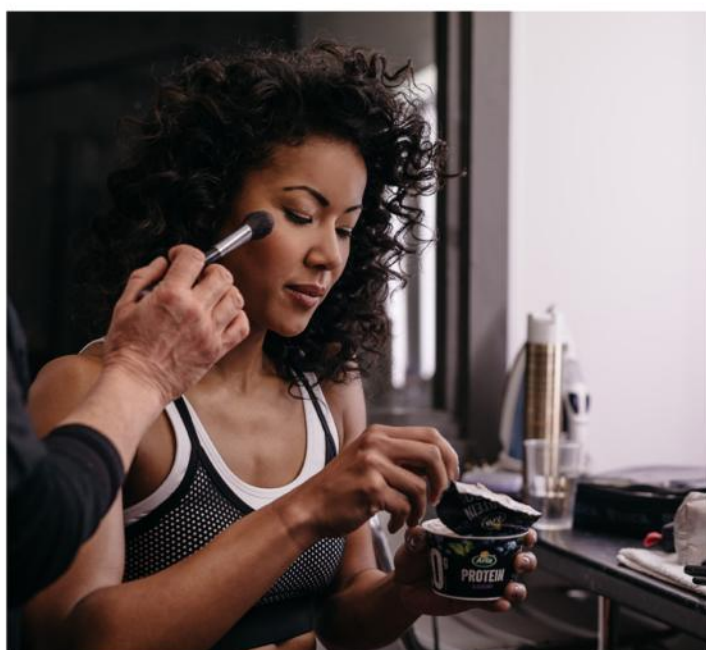




# PROTEIN

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## Women's Health THE BODY COMPETITION



**"I WORK, PLAY AND  
TRAIN HARD, SO I NEED  
ENOUGH PROTEIN TO  
KEEP ME ENERGISED"**

Annabelle's schedule is intense, so she needs enough quality nutrition to fuel her from 6am abs blasts to post-work netball matches and heavy weights sessions. Her eight-hour *Women's Health* cover shoot left little time to kick back, consisting of kettlebell swings, resistance band lateral pull-downs and skipping until the photographer got the perfect mid-air shot. Her secret for keeping satisfied, energised and bloat-free? Protein. Swigged in a shake or scooped from a pot, Arla's grab-and-go high-protein snacks contribute towards her winning formula for a champion body. Cheers to that!

**For your chance to win high-protein Arla snacks, a personal trainer and a *Women's Health* subscription, head to [womenshealthmag.co.uk/arlacomp](http://womenshealthmag.co.uk/arlacomp)\***



### **SWIG THIS**

Hit your cravings and your fitness goals in one. Arla Protein milkshakes are fruit flavoured and pack 20g of protein into a small 225ml bottle, perfect for a quick fix after your workout. Sold? Find them in the chilled aisle for **£1.30**.



### **SPOON THIS**

Packing 20g of protein and zero fat, Arla Protein pots are the perfect pick-me-up to help your muscles repair post-workout. Choose from your favourite fruit flavours – strawberry, blueberry, passion fruit & papaya and raspberry – each just **£1.25**.

\*T&Cs APPLY

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PROMOTION

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## 03

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## 04

### SELECTABELLS

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THE  
*ENERGY* SPECIAL

# BODY POPPING

Put your all-black safety net back in the drawer – this season is all about being confident in colour. Here's how to do it without looking like a toddler on acid

STYLING CHARLIE LAMBROS | PHOTOGRAPHY IAN HARRISON

Dress, £182,  
No Ka'Oi



A woman with blonde hair is crouching on a wooden floor in a gymnasium. She is wearing a blue and orange windbreaker jacket, white socks, and blue sneakers. She is looking towards the camera with a slight smile. The background shows a large indoor sports hall with wooden floors and bleachers.

### **STYLE IT**

Tougher than it looks, this lightweight jacket is made of a nylon-spandex fabric. So? It's windproof *and* lets you move. Planning to pair it with (very) short shorts, *WH*-style? Best get that wax in first.

**Windbreaker**, £120, New Balance x J Crew  
**Bikini bottoms**, £25, Buffalo Swimwear  
**Trainers**, £189, Pretty Ballerinas  
**Socks**, stylist's own

CREDITS HERE PLEASE



### **STYLE IT**

Prepare yourself for news: the tracksuit is back. Team the latest incarnation with flat pool slides and a neon vest to inject a bit of council estate chic into your wardrobe. Heard it here first.

**Jacket**, £90; **trousers**, £95, both Sweaty Betty  
**Top**, £30, Björn Borg  
**Slides**, £35, Lacoste





### **STYLE IT**

Want to don a hoody without a side order of ASBO? Who doesn't. Easy – choose one in the colour of 2017: baby pink. Wear it with trainers, wear it with heels; just don't go shoplifting in it.


**Hoody**, £24.99, H&M  
**Jacket**, £145, Hunter  
**Skirt**, £195, Monreal London  
**Sunglasses**, £129, Emporio Armani  
from [sunglasses-shop.co.uk](http://sunglasses-shop.co.uk)  
**Shoes**, £255, Adidas Y-3

CREDITS HERE PLEASE









**Jumper**, £225, Palm Angels  
**Shorts**, £135, LND R  
**Backpack**, £49.99, Mi-Pac

### **STYLE IT**

A tough sesh needs a comfy cool down. Enter the oversized sweatshirt. It'll take you from gym to lunch date with nary a sideways glance. Also good while 'gramming last week's workout from the sofa.

HAIR AND MAKE-UP: JO GILLINGWATER USING KIEHL'S SINCE 1851 AND YSL BEAUTY. FASHION ASSISTANT: NICOLA GOODWIN. MODEL: DARIA STADLER AT PROFILE MODELS. "I'VE YOUNG TO GET THE REFERENCE? GET DOWN BLOCKBUSTERS PRON TO... OH..."



### STYLE IT

Channel your inner Emilio Estevez circa *The Breakfast Club*\* because it's all about varsity jackets now, baby. For an office-appropriate look, wear with a crisp white shirt, skinny jeans and flats. **WH**

Jacket, £520; shorts, £195, both  
Koza at [net-a-porter.com](http://net-a-porter.com)  
Shoes, £245, No Ka'Oi

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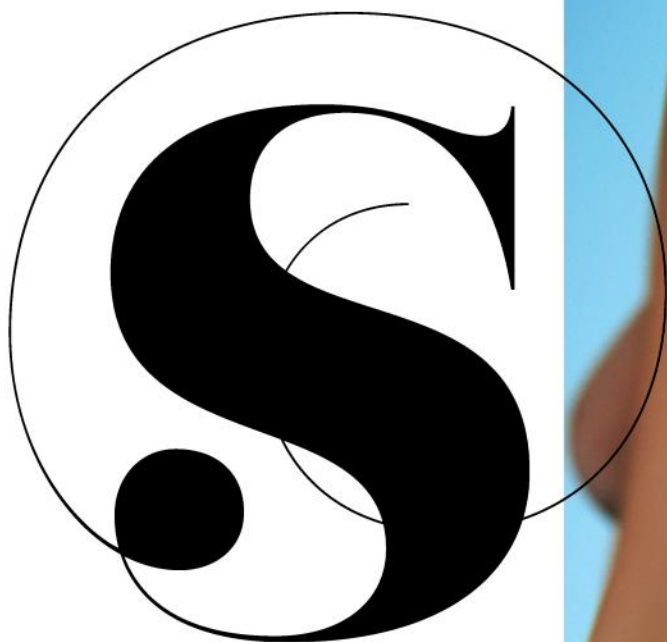




# CAN STRESS BREAK YOUR BODY?

There are those who believe that too much stress can destroy your biological coping mechanisms, wrecking your health and pillaging your energy. Yet, so-called adrenal fatigue continues to be one of the most maligned and misunderstood of modern maladies. *WH* investigates what happens when your body's batteries run out...

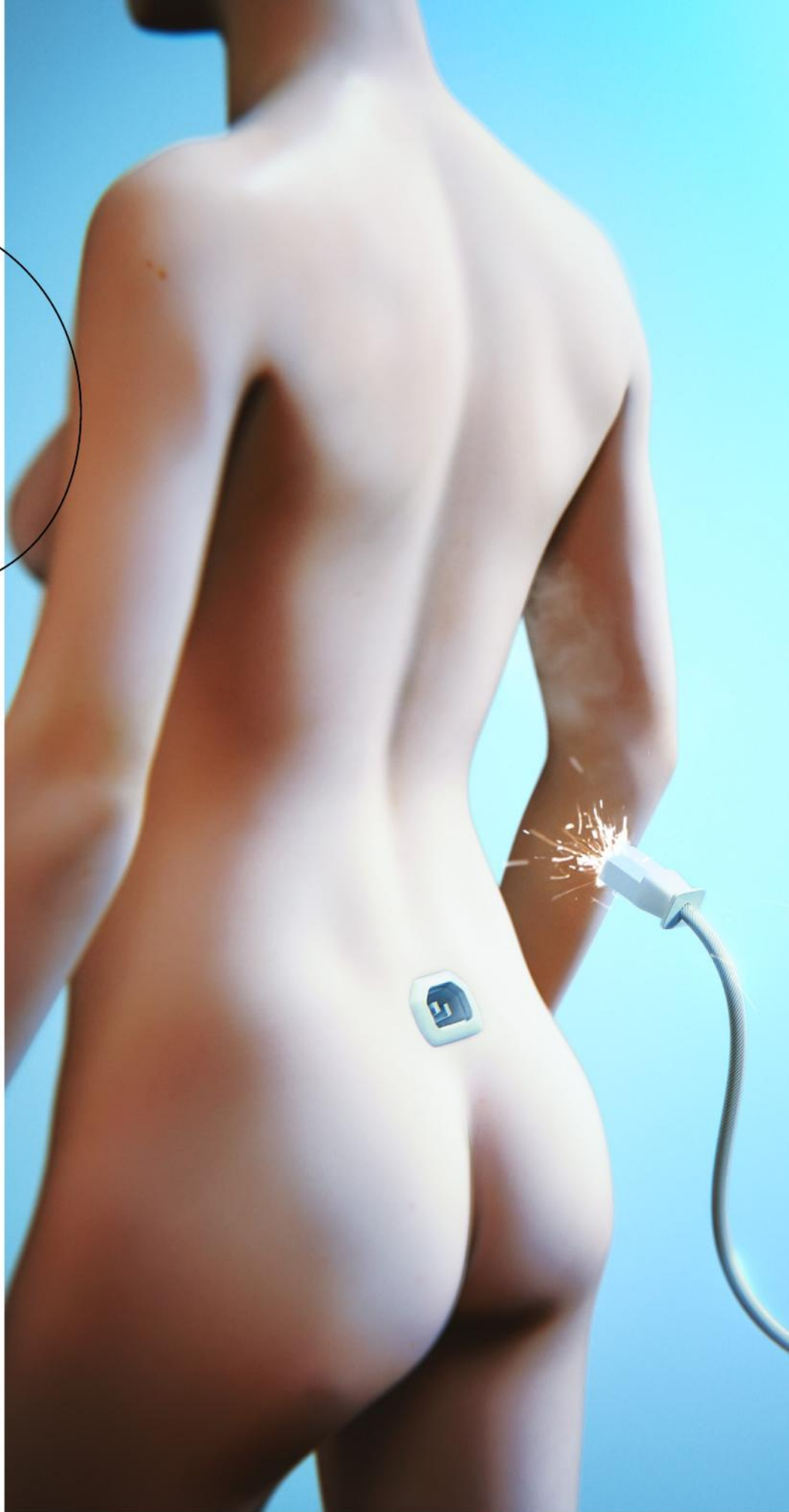
WORDS NAOMI REILLY ILLUSTRATIONS PETER CROWTHER



he knew the tiredness had become something more. For months it had been like a heavy fog creeping through her, leaving her too exhausted to exercise, enveloping her thoughts so she could barely keep hold of them. She had thought she was just stressed – running two businesses, dealing with some personal stuff – and that it would pass. But now, as Rosie Millen fell to the ground, it seemed to have toppled her completely. ‘I felt dizzy, then my knees buckled and I just collapsed,’ she recalls. ‘Luckily, my boyfriend was with me, so we took a cab home thinking it was something I could just sleep off. Three months later, I was still in bed.’

She did the sensible thing, of course, and went straight to her GP. ‘I was told I was depressed and given antidepressants,’ says Rosie, 33. ‘I didn’t take them – I knew that wasn’t it.’ A qualified nutritional therapist, she was used to suggesting a diagnosis based on symptoms presented to her. So on the days she could manage it, she began to research her own: that run-down feeling she’d had for ages, the recurrent infections and now, most of all, the aching, bone-crushing exhaustion. ‘It wasn’t that I just felt tired; I was shattered beyond belief. Even lifting myself up to take a sip of water was so much effort.’

One condition rang true time and time again. It was called adrenal fatigue – and occurs, so the books and websites said, when, under the unrelenting bombardment of chronic stress, the adrenal glands can no longer pump out the necessary amount of hormones the body requires to function optimally. ‘I know it can be risky to diagnose your own condition,’ she admits. ‘But I really felt I had no other choice. The doctors just





didn't have any answers. I visited alternative practitioners who confirmed my conclusion.' Perhaps that's because adrenal fatigue – a term coined by Dr James Wilson, clinician and expert on alternative medicine, in his 2002 book *Adrenal Fatigue: The 21st Century Stress Syndrome* – still isn't recognised by the majority of the mainstream medical establishment. Though it was classified as an illness by the World Health Organization in 2010, GPs will neither test for it nor diagnose it, so anyone experiencing the same sort of symptoms as Rosie is forced to find their own answers – often at the alternative end of the medical spectrum.

### ALTERNATIVE APPROACH

That's how, after three years of sleep problems, piercing headaches and intermittent but debilitating exhaustion, Karen Wade, 44, found herself visiting Dr Zhang, a specialist in Chinese medicine at London holistic treatment centre The Hale Clinic. He listened to her describe her symptoms and the roll call of stressful events that had punctuated the last few years – a miscarriage, bereavement – and diagnosed adrenal fatigue. 'In addition to weekly acupuncture, Dr Zhang suggested that I take regular rest periods and practise meditation, as well as cutting out stimulants like coffee,' she says. 'My life changed for the better after that.'

Karen may have received a similar diagnosis from Dr Sohère Roked, a GP with a special interest in integrative medicine and one of the few traditionally trained medical professionals who believe that adrenal fatigue actually exists. 'Conventional NHS doctors are overstretched and have a lot of work to do treating disease and illness, and not a lot of time and resources to look into lesser-known conditions,' says Dr Roked, author of the *The Tiredness Cure*. 'A lot of the time GPs are simply firefighting – so it's natural that they don't have the resources to explore adrenal fatigue.'

*Butt  
plug*

## HEAL WITH FOOD

*Snacks that support your adrenals from nutritional therapist Eve Kalinik*

### BREAKFAST



#### EGGS ON SOURDOUGH WITH A SIDE OF SAUERKRAUT

Balancing your macros is essential, so try to have healthy fats, carbs and protein at each meal. The eggs cover healthy fats and protein and the sourdough has good-quality carbs. Sauerkraut boosts beneficial bacteria, which impacts on the adrenals.

### LUNCH



#### CHICKEN AND VEG SOUP

Whip out your Hemsley + Hemsley book and get a batch of bone broth on the hob. Use as a base, add organic, grass-fed chicken and pack with veggies for a boost of vitamins and minerals. Broccoli and other greens are great as they're naturally high in B vitamins and vitamin C.

### DINNER



#### SWEET POTATOES AND HALLOUMI

Sweet potatoes are a great source of carbohydrates. Chop into wedges, shove them in the oven, and serve with griddled halloumi, chopped fresh herbs and a simple dressing of tahini and lemon juice for a quick and easy supper. Balanced and delish.

*Pulling  
power*

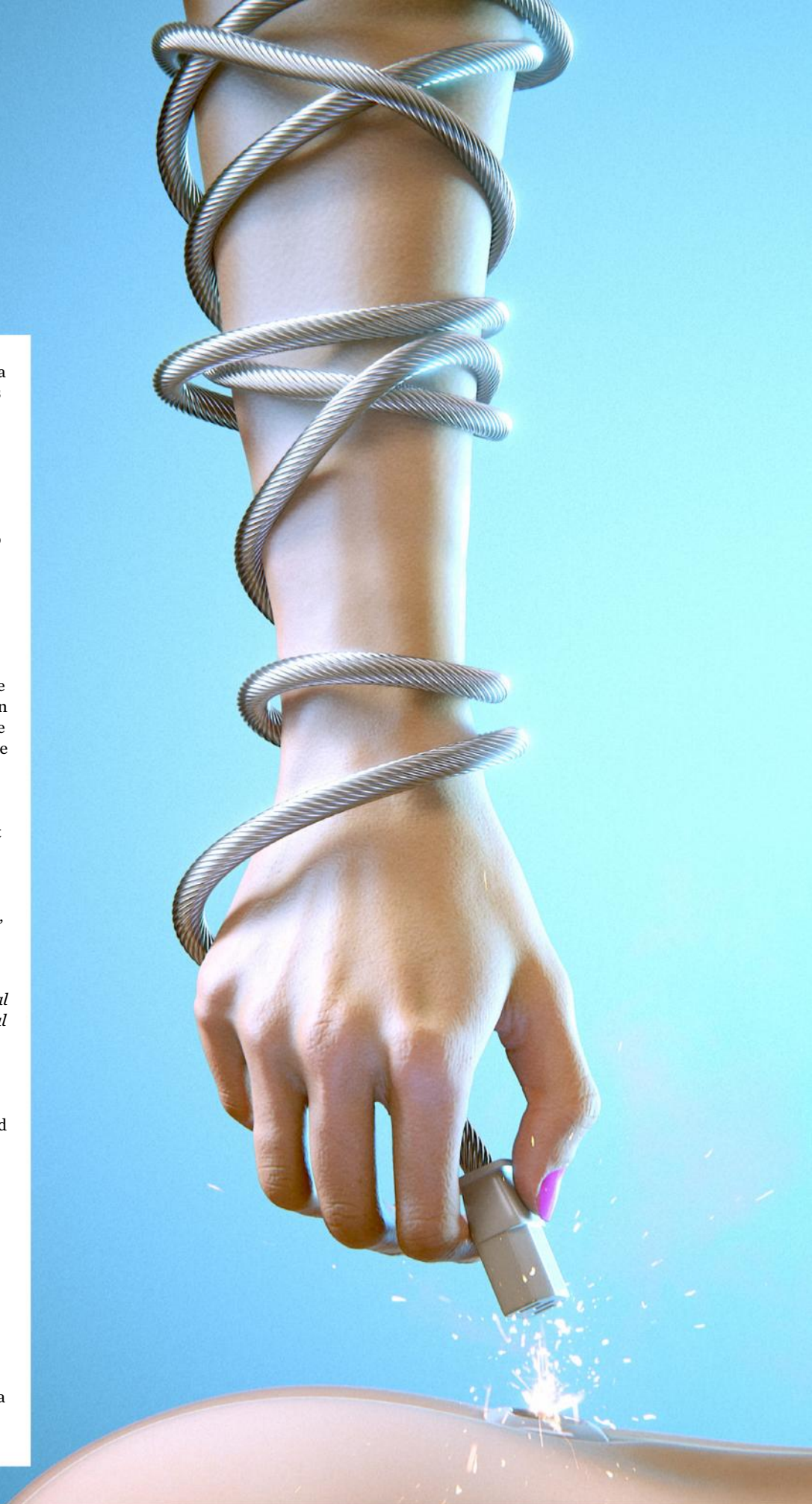
Roked tests for adrenal fatigue with a saliva test that measures the body's levels of stress cortisol over a 24-hour period. Cortisol has a bad rep, but just as too much of it in your system is dangerous, so is too little, leaving you with anything from muscle weakness and dizziness to fatigue and depression. 'Prolonged periods of stress stimulate the adrenals to produce cortisol in order to help cope with the added demands placed upon the body,' explains Dr Vaibhav Sharma of Harley Street's The London General Practice. 'The adrenals are designed to cope with most stresses placed upon them, but over time they can become compromised, which can make you feel run-down and more susceptible to illness. The result can be that in instances of acute stress, they may be unable to produce the required hormones to manage it. This is when adrenal failure occurs.'

Ergo, too little cortisol from your saliva tests suggests to Dr Roked that the adrenal glands aren't functioning properly. 'The test can prove that things are happening to sufferers' bodies for good reason and can be the validation they have been looking for,' she says. 'Once I can see it's an adrenal issue, I recommend various lifestyle strategies and things tend to improve from there.'

Studies support the theory. Research published in 2013 in the *International Journal of Occupational Medicine and Environmental Health* reported that those with burnout symptoms were found to have lower levels of cortisol. And a 2010 study from the Department of Public Health and Clinical Medicine at Umeå University, Sweden, found that burnout leaves objectively measurable changes in the brain – including reduced activity in the frontal lobes and altered regulation of the stress hormone cortisol.

### **LACK OF EVIDENCE**

And yet leading medical experts don't buy it. Professor Richard J Ross, head of the Academic Unit of Diabetes, Endocrinology and Metabolism at the University of Sheffield is one of them. 'There are a lot of alternative doctors promoting what are, in my opinion, poorly validated urine and saliva tests where cortisol levels seen to be a little low will be taken as evidence that you have





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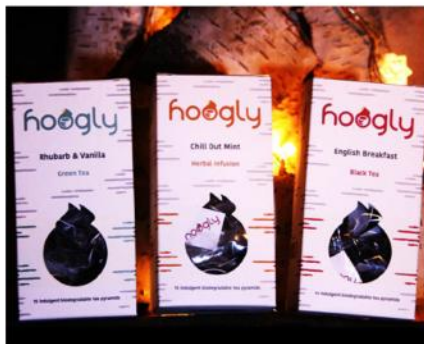
# STYLE EDIT

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YOURSELF  
THIS MONTH



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# My week on a plate

Chloe Madeley, 29, PT, nutritionist and founder of [fitnessfondue.com](http://fitnessfondue.com)

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<b>9.30am</b> Small steak, two scrambled eggs and hot sauce	<b>9.45am</b> Three-egg omelette with green vegetables and hot sauce	<b>9.30am</b> Protein pancakes with one egg, almond milk and honey	<b>9.45am</b> Bowl of porridge oats with protein powder, plus a plain rice cake	<b>9.30am</b> Protein pancakes with one egg, almond milk and honey	<b>9am</b> Three-egg omelette with mixed green vegetables and hot sauce	<b>10am</b> Two slices of white toast with butter
<b>1pm</b> Tin of tuna and a boiled egg on a mixed salad with balsamic dressing	<b>1.30pm</b> Chicken breast with mixed salad and balsamic dressing	<b>1pm</b> Salmon fillet with vegetable stir-fry and soy sauce	<b>1.15pm</b> Bowl of Rice Krispies with protein powder and almond milk	<b>1.30pm</b> Chicken breast with a mixed salad and one grated head of cauliflower	<b>1pm</b> Chicken breast with vegetable stir-fry and soy sauce	<b>1.30pm</b> Sushi
<b>4pm</b> Chocolate flavour protein shake with almond milk	<b>4.30pm</b> Chocolate flavour protein shake with almond milk	<b>4pm</b> Greek yoghurt with honey	<b>4.15pm</b> Four rice cakes	<b>4pm</b> Greek yoghurt with honey	<b>4.30pm</b> Protein shake with almond milk	<b>7pm</b> Cheeseburger and fries with half a bottle of red wine
<b>7pm</b> Chicken breast with grilled bacon and asparagus	<b>7.15pm</b> Salmon fillet with grilled asparagus	<b>7pm</b> Wagamama salad with chicken, cashews and sweet chilli sauce	<b>7.30pm</b> Tin of tuna, a celery stick and a bowl of white rice	<b>7pm</b> Chicken salad at Nando's	<b>7.30pm</b> Salmon fillet with grilled asparagus	<b>9pm</b> Half a tub of Ben & Jerry's Chocolate Fudge Brownie ice cream
<b>My diet is made up of 50% protein, 25% carbs and 25% fats. Tracking my macros and calories helps me monitor what I'm eating. And it's worth it: I can see the results in my body shape.</b>	<b>I do my morning workout fasted at around 9am, then I'll eat my breakfast as soon as I'm back from the gym. That way, I'm eating when my metabolic rate is up and my body is burning more calories.</b>	<b>Dairy foods are delicious, particularly cheese, but I don't think they're essential to a healthy diet. Green leaves, like the spinach I've used in my stir-fry, contain all the calcium I need.</b>	<b>I eat quite a lot of starchy carbs to give my muscles the glycogen they need to perform. I train hard: high-intensity cardio in the morning and lifting weights six evenings a week – so I need the fuel.</b>	<b>When I'm trying to eat within my calories and macros, I don't let it stop me from eating out. I just choose an option packed with vegetables and lean protein – there's usually one on every menu.</b>	<b>I eat at regular intervals, including an hour before I train and straight after to ensure I have enough fuel. I'm strict most days, keeping my calories to around 1,800 each day. But on Sunday I totally relax.</b>	<b>Cheat days allow me to find balance. I used to be very strict for weeks, then eat everything in sight, but it left me feeling rubbish. Having a day when I can eat what I want is a healthy middle ground.</b>



**WH nutritionist Eve Kalinik gives her verdict:** 'On the whole, this is a really healthy, protein-rich diet – essential for someone who trains as much as Chloe and needs her muscles to recover quickly. However, on that note, I'd like to see her getting more omega-3 to aid that muscle recovery and to avoid inflammation. Wild salmon and other unfarmed oily fish, organic and grass-fed meat and poultry and free-range eggs all contain high levels;

tinned tuna has much less. Honey is best raw and local to avoid high amounts of processed sugar. It'll also support her immune system, which may get depleted from intense exercise. For the same reason, Chloe could interchange almond milk with kefir to give her a boost of beneficial bacteria. Sourdough, quinoa and buckwheat would make more nutrient-dense swap-ins to the rice cakes, white rice and Rice Krispies Chloe currently eats.'

AS TOLD TO LAUREN CLARK. PHOTOGRAPHY: GETTY IMAGES



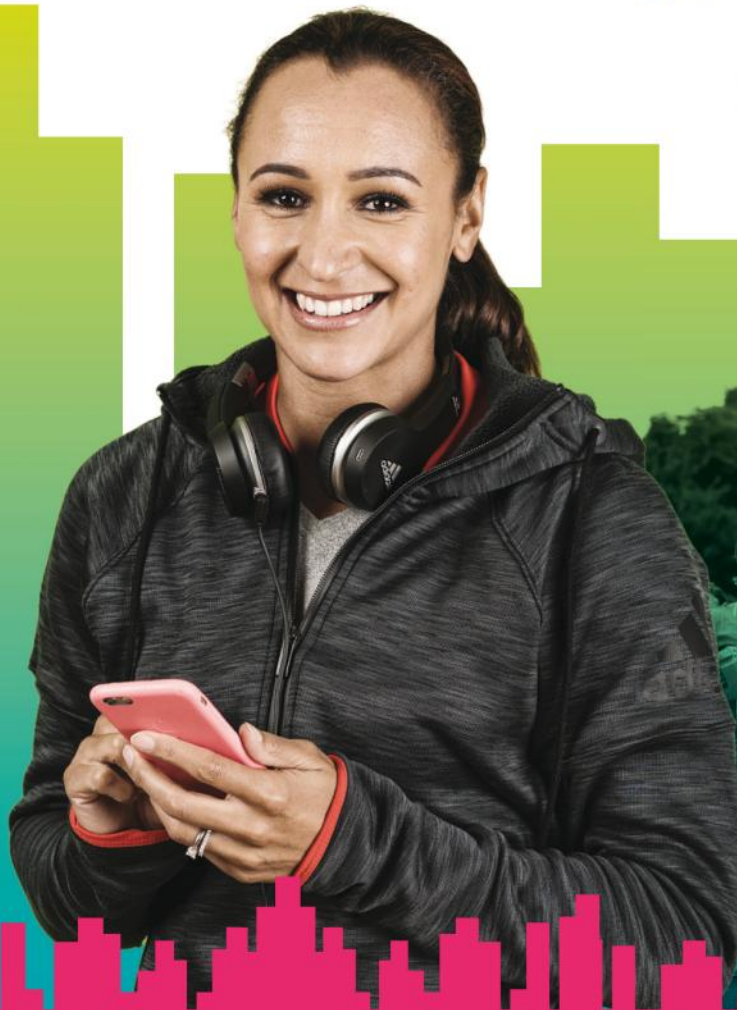
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