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PICS!**

**MEG RYAN'S
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**OPRAH CHEATING
SCANDAL**
'I'M SO ASHAMED'



Diet is the quickest way to change your looks. Even minor alterations can have a huge impact on the skin.

Are you feeling less than your best as summer celebrations take their toll? Could your skin and body do with a boost?

Well, you can do it – and much more quickly than you think.

Australian nutritionist Erica Angyal, author of *Gorgeous Skin In 30 Days*, has

come up with a natural, anti-ageing plan for youthful skin, which will also help you shed kilos.

"I've always been really passionate about nutrition," Erica says.

"And being a woman, I'm particularly interested in natural ways to keep my skin looking as good as possible for as long as possible.

"Few women place much importance on the role that a healthy lifestyle plays in their skin's appearance. Even fewer women realise the condition of their skin is a direct reflection of their diets and their lifestyle."

Erica's book is for anyone interested in slowing down their body clock naturally,

improving health and vitality and achieving the best possible skin without expensive skincare or surgery.

Your skin is an organ, like your liver or heart, "so whatever you do for your skin will have a great affect on the health of every single organ in your body", Erica advises.

"And it's not just for women either. There are quite a few men in Australia following the program!"

How does it work?

Skin needs to be healthy in order to look its best, according to Erica.

"The Gorgeous Skin program is specifically designed to provide optimum nutrition for the skin. These nutrients come in the form of fresh fruits and vegetables, along with essential fats from fish, nuts, seeds, herbs, wholegrains, olive oil, eggs and low-fat dairy foods."

As Erica puts it, women can spend all the money in the world on

expensive cosmetics, but if they are eating a diet high in refined ingredients, saturated and hydrogenated fats, sugar, preservatives, pesticides and alcohol, caffeine and junk food, they will find it hard to achieve good skin.

"Diet is the quickest way to change your looks," she explains. "Even minor changes can have a huge impact on the skin."

Easy slimming

Although the Gorgeous Skin diet is designed to improve your skin, Erica says it will also aid weight loss.

"Losing weight and getting your body in



It sounds too good to be true, but go natural and you can do it!

Great skin & a hot

super foods

→ We've all heard of "super foods", but what exactly are they?

"The super foods for gorgeous skin are natural whole foods which supply an abundance of nourishing natural vitamins, as well as minerals, healthy fats, amino acids, plant enzymes and antioxidants," says nutritionist Erica Angyal.

Add the following super foods to your shopping list...

- Raw nuts (walnuts, pecans, almonds, macadamias)
- Flaxseeds and flaxseed oil
- Fish (especially deep-sea varieties, such as salmon, sardines and mackerel)
- Whole soy products (soy, miso, tempeh)
- Prunes and plums
- Dark-green leafy vegies (spinach and cos lettuce)
- Brown rice and wholegrains
- Legumes (chickpeas, beans and lentils)
- Organic eggs
- Avocados
- Garlic
- Herbs
- Parsley
- Berries
- Broccoli
- Carrots
- Olive oil
- Tomatoes
- Rockmelon
- Citrus fruits

better shape has certainly been a welcome side effect for many people on the program," she says.

"If you are already overweight and tend to eat a lot of processed food, takeaways, sugar and bad fats and do not exercise, you very likely will lose weight."

→ **Gorgeous Skin In 30 Days**
by Erica Angyal, Lothian Books, rrp \$29.95.

Diet plan

BREAKFAST

- ¾ cup of natural yoghurt with sliced fresh fruit (choose one or mix rockmelon, honeydew, berries, peaches, plums or pears). Sprinkle with sliced almonds or walnuts, and drizzle with a little raw honey to sweeten if desired. Add two tablespoons of freshly ground flaxseeds.
- Green or herbal tea.

OR

- Half an avocado mashed on a piece of wholegrain rye toast. Drizzle with a little olive oil and black pepper.
- Soft-boiled egg.
- Two slices of rockmelon.



LUNCH

- Salad of lettuce, rocket, tomatoes, mushrooms, fresh herbs, crumbled goat cheese, slices of pear and chopped walnuts. Drizzle with extra-virgin olive oil, balsamic vinegar and lemon juice.
- One tin of salmon in brine/water/springwater.
- One slice of wholegrain dark rye or pumpernickel.

OR

- Fresh lentil and veggie soup.
- Serve with tossed greens and ¼ avocado. Dress with extra-virgin olive oil and a splash of lemon juice.
- One slice of wholegrain toast or pumpernickel bread.
- Handful of raw almonds, pecans and raisins.



DINNER

- Grilled red snapper with tomato salsa.
 - Steamed spinach and broccoli.
 - Mixed green salad with avocado, fresh herbs, garlic, extra-virgin olive oil, fresh lemon juice or balsamic.
 - Two dried figs and half-a-dozen almonds.
- OR
- Grilled miso salmon.
 - Steamed vegetables with fresh herbs, drizzled with olive oil and crushed pumpkin seeds.
 - ½ cup organic brown rice.
 - Grilled fresh figs with macadamia nuts and ricotta.



SNACKS

Choose from the following...

- Wedges of organic apples dipped in almond butter.
- Raw almonds, unsalted macadamias or walnuts.
- Low GI fruits, such as pears and apples.
- Bowl of fresh blueberries sprinkled with almonds.
- ½ cup of red grapes.
- Dry-roasted soy nuts.

Quick tips

- Eat more good fats
- Relax with yoga or meditation
- Up your intake of fruit and veg

- Edamame (whole green soy beans, boiled in their skins for 10 minutes in salty water).
- Raw vegies dipped in nut butters like almond or hummus.
- Hard-boiled organic egg.
- Whey protein shake.
- Half a cup of natural yoghurt (with no added sugar) with fruit and raw nuts.
- A cup of cherries.

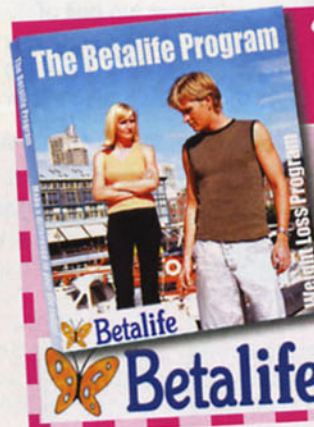


A glass of wine?

"The occasional glass of red wine is fine, as is a cup of coffee a day," Erica says. "But... caffeine and alcohol do sap your skin's moisture levels."

Woman's Day DIET CLUB

Are you ready to give your body a complete overhaul? Join other Woman's Day readers in beating the bulge for good by visiting our online Diet Club. Members have access to menu plans and tips from food coach Judy Davie. Be inspired by others... www.ninensn.com.au/womansday



'It's the best weight loss program ever!!'

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body... in 30 days!