

TOP TIPS

1. Keep up the exercise

With all that sitting on the sofa, you need to keep moving. You are more likely to burn fat exercising before a meal than after, so have your walk before lunch.

2. Take digestive enzymes

Our bodies require digestive enzymes to break down food but they decline with age, stress and a poor diet. Taking a supplement can be helpful.

3. Eat more veg

The greater variety of plant foods you eat, the more diverse your beneficial bacteria. Crudite and home-made dips are good while pickles, sauerkraut and fermented foods are beneficial for gut health.

4. Don't snack

Having breaks between meals will allow your digestive system to have a break giving you an energy boost. Plus, your body will tap into stored energy sources such as fat.



Glynis Barber

Stay slim this winter

Have a healthy, happy Christmas with these holistic tips from our new columnist

It's a bit like groundhog day isn't it? We all start the holiday season with childlike enthusiasm, determined not to repeat the bad habits of the last one and promising ourselves that there will be no more overeating and drinking, no more slouching on the sofa and no more inevitable weight gain. Yet despite our best intentions, we end up doing it every Christmas and start the new year feeling that we need to start a diet. This was certainly the story of my life until four years ago, when I met Fleur Borrelli, a clinician of psycho-neuro-immunology and nutritionist. She looks at nutrition from an evolutionary view point and she completely changed the way I eat. In fact, her advice worked so well we ended up writing a book together (*The In-Sync Diet*). With a few adjustments using some of the In Sync principles, it's entirely possible to enjoy the festive season and come out the other end feeling energised and healthy.

In our evolutionary history, winter was a time of compulsory fasting as there simply wasn't enough food around. Nowadays however, it is a

time of lots of food with a large amount of refined carbohydrates and sugar. All these cakes and biscuits will produce fluctuations of blood sugar levels which will create more cravings, lower immunity and weight gain.

The first thing you can do to combat this is to not snack between meals. You can then have three good sized meals (two meals would be even better). I used to spend all day grazing and drinking endless cups of tea. By simply cutting these out and sticking to meals you will have more energy and gain less weight.

The trick is to also have some good quality protein with each dish. Organic eggs, fish, chicken and all the wild birds and game that are in season are excellent sources of protein and are also high in omega 3 oils for healthy skin, hair, joints and brain. Include lots of healthy fat (such as olive oil, raw nuts, coconut oil and avocados) to keep you full and satisfied too. Despite decades of bad press, it is now accepted that fat is vital for maintaining health and can even help you lose body fat.

The In Sync Diet also recommends keeping grains to a minimum as well as sugar, as these are what will cause weight gain. The same goes for alcohol – have a little bit of it with a meal and try not to over do it. Choose a treat with each meal but don't have it all.

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