

# DAILY STAR SUNDAY



take5 look good, feel great

## TRIED & TESTED Body scrubs

Anatomicals Seven Deadly Skins Body Scrub £1.97  
**Makes skin glow** 3/5

Australian Organics Exfoliating Body Wash £3.99  
**Lovely fragrance & banishes bumps** 4/5

buff up naked Rice Gentle Exfoliating Body Wash £3.99  
**Gentle yet effective** 3/5

St. Ives Renewing Body Polish £4.99  
**Luxurious to use & super smoothing** 5/5

Crystal Clear Body Polish £3.99  
**Blasts away dull skin** 4/5

# Diet demons

Don't let cravings ruin your quest for a bikini body

**T**rying to be healthy but craving chocolate? Always having seconds or grabbing a slice of cake when you're feeling down? Cravings, emotional eating and failing to recognise when you're full can scupper your attempts to lose weight.

Back in her Hear 'Say days, Suzanne Shaw struggled to keep her weight under control – but now she's a slim size 10. Suzanne keeps cravings at bay by nibbling nuts and has stopped over-eating.

"I was a 12/14 and people remarked on my size," she says. "It made me self-conscious. But bingeing, then trying to eat sensibly didn't help.

"I cut out wheat products and only ate when I was hungry. It was simple but it worked."

A poll by Appesat, an appetite suppressant, found a quarter of us were taught by our parents to clear our plates, leading to over-eating later on.

More than half of the adults questioned also boredom as their main of bingeing and 15% say they eat the same sizes as their male partners even though men need less calorie intake.

Other research by Hospital in Roshampton that half of all adults improve negative emotions and moods and their they comfort eat although argument with their We asked the experts how to stick to a diet without giving in to cravings and over-

- Nutritionist Mary Struger has these tips curbing your appetite:
- Buck the trend of having enormous dinner plates, and use smaller plates to avoid the temptation of over-filling your plate.
  - Chewing food slowly and properly improves the work of your digestive enzymes to break down and digest your meals much more easily.
  - Water can help the feeling of fullness – aim to drink one and-a-half to two litres per day.
  - Try eating these foods to help you feel fuller for longer: brown rice, oats, sweet potato, Jerusalem artichokes, broccoli, pineapple, apple, yoghurt and lentils.
  - Avoid these foods and drinks, which can cause energy and blood sugar spikes, making you feel hungrier: white sugar, sweeteners, fizzy drinks, caffeine and alcohol.
  - Try new Appesat £29.95 for 50 capsules from Boots. Made from seaweed extract, it should be taken half an hour before each meal with water. It swells inside your stomach to make you feel full.



Sandy Newbigging, a mind detox therapist and author of Life Changing Weight Loss, advises:

- Keep a food and mood diary. By logging your moods and reactions to them, you can identify your emotional triggers which lead to comfort eating.
- Work out the beliefs that are causing you to binge. If you believe you can't

by Dominique Ayling  
**AWARD-WINNING COLUMNIST**

**Spa of the Month**

**Ragdale Hall**  
Health Hydro and Thermal Spa, Leicestershire  
Ragdalehall.co.uk  
01664 434831

Australian Organics Exfoliating Body Wash £3.99

Lovely fragrance & banishes bumps 4/5