



The V Word



Bites

The New Year's resolutions you can actually stick to...

January sees the start of the 'new year, new me' ethos. However, much of the time these resolutions get broken before the month is finished.

The top resolutions are most likely: weight loss, giving up alcohol and stopping smoking. However, I think there is another that people should start considering.

So, if you're a full on carnivore eating meat three times a day, who just so happens to be sitting on the loo reading your vegan cousin's

PlantBased magazine, it's time to stop and pause for thought. No, not your bowel movement, as a carnivore your peristaltic movement will be slow enough already. Instead, I mean make a New Year's resolution that you will reduce meat and experiment — become a flexitarian.

“After a hard day of work, having a drink can be pure joy and an appealing way of winding down.”

It is quite simple if you follow some of the recipes in this magazine. Did you know an autopsy of the average carnivore showed meat eaters have the highest risk of colorectal cancer? Get more veggie fibre in your diet and control your over consumption at least. Eating meat alternatives when you get your detox

craving will help.

This change will naturally lead to weight loss (and bowel movements to brag about).

WEIGHT LOSS

If you truly need to lose weight, and check with your doctor first, try following this plan and see amazing results. Forming a routine and getting in touch with your miraculous body is everything.

When you wake up: drink hot water with lemon, unless you have blood sugar or medical issues. It is best to work out on an empty stomach, or half a protein bar. It keeps you in touch with your core.

Go to the local gym or if on a tighter budget try walking or a free online work out video. Then have a shower and scrub with sugar oil scrub (you can make this quickly with melted coconut oil and sugar in an empty tub).

Get blood and lymph drainage going by dry brushing skin, moving the strokes up to the heart to push out the toxins. This is great after towel drying with a non-conditioned towel — another easy exfoliator. Finally, smother yourself in organic coconut oil.

Men should do this too, we do enjoy smooth skin whilst stroking a firm thigh, otherwise it is rather a one way street!

Prep is everything. Buy it, prep it, store it, have it with you — then it is easy peasy. If you don't you will most likely cheat. Get into a structured routine of healthy eating throughout the day, whilst keeping a balanced diet and you will soon see the results you want.

ALCOHOL

Now this is a hard one. For most of us, a lovely glass of wine or a cold beer can become a part of our staple diet.

Most quality wines now don't contain egg, milk, or fish bladder protein in the production process (yes, didn't you know that is how most of your wine is made?). If you prefer your wines to be pure throughout then check the bottle you buy.

After a hard day of work, having a drink can be pure joy and an appealing way of winding down. The most important thing is control

“ Looking and feeling fabulous comes with hard work and nothing else ”

and limiting it to the weekend and special occasions. If you are drinking every day, then it's best to seek help as I don't know any alcohol dependent people who can just cut down without help.

Trust me, if you can't go midweek without alcohol there is a problem. It becomes a habit, and only regular sport — especially of the dangerous kind — forces me away from a daily



glass. Plus the total vanity as I noticed the bags it gives you under your eyes when the kidneys and liver cannot detoxify quickly enough.

Why not get some sparkling elderflower water and have in your usual wine glass to trick yourself or get some alcohol-free beer? It always ensures a win when I'm playing a game of pool.

SMOKING

I have just one trick for stopping smoking: it also gets you mega fit. It works but only if you follow it through.

Spending a lot of time in Austria, I've come to adore Austrian people. They work hard, they are kind, but sadly they are not all snogable (even in their lederhosen) because Austrians are, generally, big smokers! I always find it incredible considering they live in some of the purest air in the mountains.

The son of my Austrian neighbour was a big smoker. However, knowing that young men like a challenge and are not keen on being told what to do when it comes to bad habits, I bet him that he could not run up and down the hill and do 20 press ups with me on his return. He laughed, ran up the hill, and panted his way back through the door exhausted. He barely managed to do five press ups.

I challenged him to do this whenever he wanted a cigarette and this ultimately resulted in him giving up smoking. He managed to make the connection between his body and his burning lungs and high heart rate to realise that his ego as a young man had been dented and that was more painful than giving up. His girlfriend has thanked me as she no longer has to kiss an ashtray.

As much as it may feel easier for the person next to you, you just have to persist. Looking and feeling fabulous comes with hard work and nothing else. We have one life, so enjoy it and let everyone else on the planet enjoy it with us.

Happy New Year! Make this one count. Trust me; you will bound into work with the confidence of Helen of Troy or Braveheart if you put in the work.

