



# THE 'ECO DIET'

Your entire body is made from the food you eat and the water you drink. The human body is roughly 63% water, 22% protein, 13% fat, 2% minerals and vitamins. Eating the highest quality food in the right quantity helps you to achieve your highest potential for health, weight control and vitality. Vanessa De Ascencao reports.

**T**his is a holistic approach in terms of nutrition and lifestyle; I am a strong believer that a healthy self-regulating body and mind is naturally slim.

This approach starts by identifying toxins present in the body and in the foods you consume daily, which inhibit your desired results. For example, you may suffer from water retention, have uncontrollable cravings or feel lethargic and depressed. You could also be lacking zest for life or may be in need of stimulants and sugar to get you through the day. These are all clear signs that the body is not functioning at its peak.

The first step is cleansing the body of these toxins and supporting it with cutting-edge nutrition and supplements which then create the optimum condition to 'lean' the body through the correct nutritional and exercise regime. It's not a case of telling people 'don't do this, or don't eat that', but providing achievable alternatives.

The more natural, fresh and whole your food is, the better it is for you – not only for your waistline, but your overall health and wellness, which is really what we all should be focusing on. The cleaner you eat, the leaner you'll be. We always build health first so if your body is healthy you're going to be leaner.

Looking good is available to everyone, even the time-stressed and overworked. It really isn't that complicated and there is no magic to it either. You don't have to starve, you don't have to drink broccoli juice or spend endless hours on a treadmill. When we understand the basics, commit to follow through and keep it simple, there is no way results cannot be achieved in good time.

Equip yourself with the best knowledge and tools – you can't go wrong.

The fastest and quickest way to looking good is to be healthy from within. It shows in your hair, your nails and your skin and in how you feel and function. In other words, beauty and health go hand-in-hand. I am a strong believer in the link between what we put in our body and how we end up looking. There is scientific evidence that the food we eat alters our body chemistry, especially these days where food is laced with chemicals, sugars and hormones.

## Pure Food

Organic, unadulterated wholefoods have formed the basis of the human diet through the ages. Only now in the 20<sup>th</sup> and 21<sup>st</sup> centuries has the human race been subjected to countless man-made chemicals found in food and the environment.

One foundation of health is to eat foods that provide exactly the amount of energy required to keep the body in perfect balance. A good deal of energy is wasted trying to disarm alien and often toxic chemicals, some of which are incapable of elimination and accumulate in body tissue. It is now impossible to avoid all such substances as there is nowhere on this planet that is not contaminated in some way from the by-products of our modern chemical age.

Eat organic food as much as possible, but if this isn't possible, don't sweat it – just make sure all your animal products, including chicken, meat and dairy, are all hormone-free. Make sure at least half your diet is raw fruit, vegetables, nuts and seeds, the rest coming from lean, hormone-free protein sources and some wholegrains.