

So your job now is to make the decision to take action and stick to it. And I'm going to show you how to do it: how to eat, how to exercise and how to ensure that you stay motivated.

You don't have to follow every single rule religiously - it's better that you stick wholeheartedly to those you can manage and which make the most difference to your energy levels, waistline and life. Just try to stick to as many as possible, and you'll be blown away by the results. My approach to health and a healthy weight is non-gimmicky and is straightforward. It works from the inside out - clearing the body and the mind.

In terms of supplements and whole foods, I am a huge fan of spirulina, I swear by it and believe it to be an extremely important supplement. If there is one thing you absolutely should be taking it's spirulina, I like research and real human clinical trials, so I always make sure with any supplement that it can really hold its own ground and do what it claims.

So what am I going on about? For one, It's the richest and most complete source of nutrition in the world. It contains over 100 nutrients and the full spectrum of all of the essential amino acids, chlorophyll, enzymes and antioxidants. Virtually everything you need for a healthy body and active lifestyle.

It contains the highest carotenoid levels available naturally - complete nutrition and an excellent source of Vitamins A, K and B12, as well as iron, manganese and chromium.

It also promotes the body's natural cleansing processes. You feel fitter, more cheerful, and you have more energy when taking it regularly. One of the key aspects for me is that it compensates for deficiencies in the diet and stimulates the metabolism.

Your physical condition improves noticeably and you recover faster after exercise. Spirulina boosts resistance and activates the body's natural defence mechanisms. You feel stronger and are better able to deal with the stresses of life. You receive essential nutrients in a concentrated form without excess calories. It balances your blood sugar levels and gives you the energy you need during weight loss, which once you start restricting calories, more often than not you start to feel listless, tired, irritable and hungry. **SG**

VANESSA'S DAILY TIP

After waking up drink a glass of hot water with the juice of ½ a lemon with five spirulina tablets

Breakfast

½ cup rolled oats with some berries or grated apple with cinnamon and a little honey

Or

1 Chopped apple or pear, 15 almonds (raw with skins), 100g fat-free, plain yogurt or cottage cheese, add some cinnamon.

Or

1 slice of rye, some fresh tomato and a boiled egg or some cottage cheese.

Lunch

5 spirulina tablets - grilled or baked/fish or tinned tuna. Have a large mixed salad of your choice which includes vegetables. 1 Tablespoon of cold pressed olive oil.

Or

Quinoa or sweet potato with a large raw salad and some vegetables.

Snack: hummus and veggies or an apple with 15 raw almonds or a tablespoon of sugar-free natural peanut butter.

Dinner

Large raw salad and cooked vegetables with 120g of a lean protein of your choice (ostrich, fish, chicken, or a healthy egg white omelette with vegetables) add 1 tablespoon of cold pressed olive oil.



Quinoa porridge: the powerhouse breakfast (Serves 2)

2 cups water • 1 cup quinoa, rinsed • flaked almonds • 3 tbsp nettles, dried
1 apple, grated or some fresh berries • 1 tsp cinnamon • 1/2 tsp vanilla essence

Serve with: thin slices of apples or berries and some chopped raw almonds.

Bring the water to a boil in a medium-sized pan. Add the quinoa, lower the heat and cook gently for 5 minutes while stirring. Add the rest of the ingredients and cook for a couple of minutes more.