

Lean and Healthy with the "Eco Diet"

Nutritional consultant Vanessa Ascencao has developed the "eco diet" encompassing mostly organic, natural and raw food and supplements and aimed at healthy weight loss, increased energy and looking and feeling great.

Vanessa's "eco diet" is the result of years of work in healthy and sustainable weight loss. It is eco-friendly in that it advocates mostly organic and a high percentage of natural and raw food, and natural supplementation -- in particular, Spirulina. In addition to slimming, the eco diet is aimed at:

- Increasing energy
- Decreasing stress
- Reducing signs of ageing
- A mind/body connection, i.e. feeling good and looking amazing

The eco diet is aimed at long term results and embraces a lifestyle change rather than a quick fix. Vanessa says a holistic approach begins with

- eliminating toxic foods from the diet
- feeding the body the correct food to eliminate long term toxic and chemical build up
- supporting this with cutting edge nutrition and supplements
- this creates the internal environment to get your body lean through the correct nutritional and exercise regime.

The fastest way to your perfect body

For all the details and recipes, go to: www.ecodiet.co.za



About Vanessa

Vanessa Ascencao is a dynamic, inspirational and highly qualified nutritional consultant. She brings a fresh and revolutionary approach to health, wellness and personal growth, having spent 10 years studying, researching and working with some of the greatest minds in metaphysics, nutrition, health and fashion. She's helped celebrities, business executives and others transform their lives through a unique mind-body approach to health and nutrition. Vanessa holds a Masters of Science in Nutrition, a Bcom in Marketing, a degree in Fashion Design and consults to top local and international health and natural food companies.

Why Vanessa chooses Marcus Rohrer Spirulina®?

Vanessa was inspired by Marcus Rohrer's journey to discover a top quality Spirulina and has since researched this multi-nutrient, discovering its incredible potency.

- Spirulina is 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. All you need for a healthy body and active lifestyle.
- It promotes the body's natural cleansing processes.
- It compensates for deficiencies in the diet and stimulates the metabolism.
- It boosts resistance and activates the body's natural defence mechanisms.
- It helps balance blood sugar levels and provides the energy needed during weight loss.
- It's considered the most complete naturally cultivated nutrient in the world.

with the "Eco Diet"

Vanessa's top 10 tips for Winter

- Balance blood sugar levels – avoid stimulants and sugar. Start the day with some protein and a wholesome carb. Think oats with fat free milk or yogurt. Even a boiled egg on rye toast, or a pancake.
- Eat natural and whole food – avoid over processed food. Ditch the comfort food like biscuits, cakes, bread, cheese sauces with pasta and the like.
- After 3pm, make veggies your carbs. Have oatmeal, rye bread, brown rice, sweet potatoes, fruit, and quinoa early in the day and salads and steamed vegetables later.
- Eat good fat, especially Omega-3-rich food. This helps you stay full and your craving for fatty foods is curbed. Always use olive oil on your salads and veggies, add some avocado to your meals and sprinkle seeds and nuts on your yogurt or oats!
- Keep your dinner lean – protein and greens. Make your last meal of the day very simple -- chicken and vegetables, fish and vegetables, ostrich and vegetables.
- Eat balanced snacks and meals. Eating wholesome carbs, protein and fat at every meal keeps blood sugar levels from spiking and crashing. This controls energy levels and keeps cravings at bay.
- Eat & drink food for the soul – in moderation – what would winter be without hot chocolate! But use fat free milk, sugar-free hot chocolate.
- Drink water. Stay away from chemical and artificial drinks. Have hot water with a few drops of fresh lemon juice thought out the day. Green tea is amazing and bursting with antioxidants.
- Sleep for at least 7 – 8 hours every night. This is essential as it controls stress levels which often leads to emotional eating and high cortisol levels which make you retain water and put on weight. Don't eat heavy or sugary food in the evening as your sleep will be affected.
- Exercise! At least half an hour every day – whether it's a brisk walk or a gym workout – just move.



Marcus Rohrer Spirulina® is available at health shops, independent pharmacies, Dis-Chem, Clicks, Pick n Pay, Medi-Rite and Springbok Pharmacy. Visit www.otcpharma.co.za or see www.spirulina-mr.com Call: 0861 998 880

10 lucky readers can each receive a bottle of Marcus Rohrer Spirulina®. Simply send your name and contact details to info@otcnews.co.za and answer this question: Name one outlet which stocks Marcus Rohrer Spirulina®. Write "Foschini Club" in the subject line. Competition closes 30 June 2011.