

## HEALTH

# EAT AWAY YOUR CELLULITE

Fight orange peel with these hero  
foods **By Catherine Bennion-Pedley**

**H**ands up if you suffer from bikini panic! A recent survey revealed three-quarters of us feel anxious about hitting the beach on holiday, and half try to avoid wearing a bikini altogether.\* Our biggest beach-body worry? Cellulite. Unsurprising, as an estimated 90 per cent of us suffer from it.\*\*

"The orange-peel effect is caused when your body wants to stop toxins getting to your vital organs and it stores them in your fat cells instead," explains Hollywood nutritionist Kimberly Snyder, whose A-list clients have included Drew Barrymore and Hilary Duff. "This causes the fat cells to expand. Cellulite is fat that has pushed its way through weak collagen in the skin and become visible."

The good news is you can do something about it. While losing weight can help shrink fat cells, it's also essential to fill up on collagen-boosting, toxin-busting foods, too. Read on for Kimberly's top plate fillers to fight the dimples...

### SCOFF HERBS



Parsley and coriander both help flush out toxins such as mercury (often found in fish) that lodge in and enlarge fat cells. Parsley, rich in vitamins A and C, and coriander, a source of essential oils borneol and linalool, aid digestion and bind to toxins to help remove them from the body when you urinate. Swap into your sarnies instead of lettuce.

### LOVE LEMONS

Citrus foods, which are high in vitamin C and help strengthen and rebuild collagen, are great cellulite fighters. The enzymes in lemons also help to repair your liver - the body's main detoxifying organ. To boost your liver function, begin your day by drinking the juice of half a lemon in a mug of warm water - if it's too hot, it will destroy the nutrients.



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### TRY CHIA

Chia seeds are rich in omega 3 fatty acids and high in antioxidants, but most importantly, they're also high in fibre. If you don't have enough fibre to aid your digestive tract and push toxins out of your body, they get reabsorbed into your blood stream. Just don't sprinkle the seeds dry on to salads, which can cause them to dehydrate your digestive system and leave you with constipation. Instead, mix them into a bowl of water and soak for half an hour to hydrate them first, then add a scoop to a home-made smoothie.

Photography: Getty Images Sources: \*Nivea survey 2013 \*\*Doherty

### CUT DOWN ON COFFEE

Ditch your morning caffeine fix because of its acid-forming properties. When your body's PH level is too acidic, your blood carries less oxygen and you store more toxins, which can lead to cellulite. It's time to ditch fizzy drinks, too - even diet versions are very acidic.

### SWAP CHEESE

Cheese made from cow's milk increases the body's acidity and contains the protein casein, which is hard for our bodies to digest. So, go for goat's cheese, which is easier for your body to process as it has 89 per cent less casein and similar enzymes to human milk.

● The Beauty Detox Foods by Kimberly Snyder is out now (£12.99, Harlequin).

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