

# Herald Health

YOUR WEEKLY 8-PAGE PULLOUT



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Sex advice  
from clinical  
sexologist  
**Emily  
Power  
Smith**

Dr Michelle  
Braude, founder  
of The Food  
Effect



## Feel good and lose fat with *The Food Effect*

### NUTRITION

Ditch the fad diets, juice cleanses, 'detoxes' and all the other crazes out there — that's the message of this fresh approach to nutrition. Based on real science, this method of relating to food separates the facts from the fads. Its creator, **Dr Michelle Braude**, tells you everything you need to know...

**M**OST people who lose weight through dieting do not keep the weight off in the long term. This is certainly something I have seen with countless desperate clients who were in this position until they adopted The Food Effect approach and have since never looked back — or put the weight back on. People try the latest fad diet or follow ad-

vice to cut out certain food groups, stick to it for a few weeks or months, and drop some pounds, but sooner or later they 'come off' the diet and return to their old eating habits. They regain the weight — and possibly increase it — and when the next 'miracle' diet comes along, they start the whole disheartening process again.

Most diets fail because they are overly restrictive and mind-numbingly lacking in



### Dear Doctor...

**GP JENNIFER GRANT**  
OFFERS ADVICE ON  
POSTNATAL DEPRESSION  
AND NAIL INFECTIONS



### My day on a plate

**MUSICIAN ÁINE DUFFY TELLS  
NUTRITIONAL THERAPIST  
ROSANNA DAVISON ABOUT  
HER TYPICAL DAILY DIET**



## HEALTH CHECKS

## WHY YOU SHOULD LISTEN TO YOUR GUT FEELINGS

HUMAN brains are interconnected through a type of 'Wi-Fi' which allows us to pick up far more information about other people than we are aware of, a leading professor claims.

Prof Digby Tantam, Clinical Professor of Psychotherapy at the University of Sheffield, believes that this explains a 'gut feeling' or intuition about a person or situation even if you cannot logically determine why.

Prof Tantam describes the phenomenon as 'The Interbrain' and outlines the theory in a new book of the same name. However, he believes the internet could have a damaging effect on such communication, which has evolved over millions of years, and is what probably sets humans apart from other animals. "What is lacking in this vast network is an interbrain connection between its human participants," he said.



## NURTURING YOURSELF IS NOT SELFISH — IT'S ESSENTIAL TO YOUR SURVIVAL AND YOUR WELLBEING



**RENEE PETERSON TRUDEAU**  
AUTHOR, BALANCE COACH AND PRESIDENT  
OF CAREER STRATEGISTS

## APPLE URGED TO ASSESS IMPACT OF PHONES ON KIDS



TWO large Apple shareholders have asked the technology giant to assess the impact its products are having on young people, amid a growing concern over the effect smartphones are having on their mental health.

Activist investor Jana Partners LLC and the California State Teachers' Retirement System (Calstrs), which control around \$2bn of Apple shares or 0.2pc, published an open letter on Saturday urging the Silicon Valley company to respond to the widespread phone-addiction phenomenon, which psychologists have suggested may become a public health crisis in years to come.

The shareholders worked with Professor Jean Twenge, psychologist at San Diego State University and author of the book *iGen*, to assess smartphone usage in young people, and identified "a clear need for Apple to offer parents more choices and tools to help them ensure young consumers are using your products in an optimal matter".

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variety. This makes it impossible to stick to these diets in the long term.

Bearing this in mind, The Food Effect philosophy grew from my desire to teach people how to eat normally and healthily in a way that can continue for the rest of their lives. It is based on the belief that healthy eating is an essential, pleasurable, colourful and vibrant way of life — and one that can be achieved by everyone, if they are shown how.

In the course of building up a successful practice, and treating hundreds of happy clients, I developed The Food Effect diet and lifestyle plan to show you how you can eat more, weigh less and both look and feel better — without compromising your lifestyle.

The Food Effect Diet presents a simple, delicious and satisfying way of eating that sheds weight, boosts energy, lowers cholesterol and blood pressure, and gives you glowing skin, increased brain power and optimal health and vitality. It teaches the simple secrets of long-term practical success for weight loss, but it does not require you to cut out any food groups or do any specific exercise.

Instead, you'll be encouraged to eat carbs at every meal, have a late-night treat and avoid the faddish route of cutting out wheat, gluten, dairy, carbohydrates or fats.

What's more, you'll be allowed to dine out and enjoy coffee, alcohol and chocolate from day one — without it compromising your weight-loss goals.

## THE FOOD EFFECT DIET ENCOMPASSES:

- Two simple stages (The Food Effect attack phase and Food Effect lifestyle phase) that are incredibly easy to stick to
- A wide array of food choices, including surprising sources of 'good for you' carbs
- Menu options for breakfast, lunch, dinner and snacks based on a variety of taste preferences, lifestyles and nutritional needs
- Seventy delicious and easy recipes, plus a complete set of simple meal ideas for those who don't like to cook, or don't have time to do so
- Practical, comprehensive food tables, featuring every food group (from proteins, carbs, fruit and vegetables, to beverages, condiments and alcohol), in clear, practical 'eat this', 'be careful' and 'stay away' categories
- Dietary recommendations (with no calorie counting involved) to ensure you achieve your weight-loss goals
- Plenty of variety to keep things interesting
- Up-to-the minute tips and advice, including supplement advice and recommendations (this is much more straightforward than you think)
- Advice on overcoming potential obstacles and common challenges, including tips on managing cravings and overeating.

## THE FOOD EFFECT DIET — WHAT MAKES IT UNIQUE

These days, we seem to be gluttons for fad diets, but while they may appear to be a 'quick-fix solution' and lead to weight loss in the short term, over time they slow down your metabolism, are unsustainable and simply cause you to pile the pounds back on straight after you come off them. The Food Effect approach, in contrast, is based on scientific understanding of the human body, and doesn't change with the tides of fad dieting, juice cleanses, soup diets or detoxes.

Many diets, nutrition plans, cleanses and 'detoxes' will enable you to lose weight, but leave you with dull, lifeless skin, lacking in energy, and often feeling hungry, tired, dizzy and even faint. Not only are such diets inadvisable from a health perspective, but they are unsustainable. In contrast, The Food Effect lifestyle plan recognises that weight loss is just one benefit of healthy eating.

When properly planned to include all the key nutrients, what we eat has a dramatic impact on how we look, feel and



function. Weight loss should not come at the expense of overall health and optimal physical functioning.

In my book, I share the simple strategies that I have used to help hundreds of clients shed weight and — more importantly — keep it off, while at the same time improving their health, energy and vitality.

Simple and effective without being overly complicated, The Food Effect diet delivers a painless and proven way to achieve your weight-loss goals and get you on the road to optimal health. It's all about eating more of the right things. That means packing in as much good, wholesome nutrition as possible via delicious healthy meals and snacks so that there's no room for the bad stuff.

What's more, by eating delicious, whole-

some, tasty foods (not dry tuna and sweet corn) you won't find it difficult to stick to, either, and you certainly won't be expected to go hungry. It's all about making simple changes that don't feel like a sacrifice.

The Food Effect diet is not low carb; nor is it low fat. It teaches you to rely on the right carbs and the right fats, combined with the best proteins, while avoiding the wrong things — and shows you how to live very happily without them. As a result, you get healthy and lose weight — around 6–12lb in the first four weeks alone (during The Food Effect attack phase), and thereafter 1–2lb a week (following the Food Effect lifestyle) until you reach your goal weight. Better yet, your new way of eating and the Food Effect lifestyle will ensure that the weight stays off — so that you get slim and stay slim.

You'll do this by eating normal-sized helpings of chicken, turkey, fish, dairy foods, nuts and eggs, combined with ample good carbohydrates and fats. You'll have plenty of fruit and vegetables, with no nonsense telling you that you should cut out fruit because it has too much sugar in it, or that you need to go dairy and gluten free.

You will need to cut out red meat (lamb, beef, pork) initially, but you'll be allowed coffee, dairy foods, carbs, chocolate and alcohol from day one. The science behind all this is explained.

You'll eat three balanced meals a day, as well as two healthy and enjoyable snacks.



## Fundamental principles of The Food Effect diet

● **Eat whole, natural foods.** Avoid packaged, processed foods as much as possible. This means eating whole, natural foods that are close to, if not in, their natural state. For example fresh fruit, vegetables, wholegrains, nuts, eggs, dairy products and fish. The shorter the list of ingredients on a package of food, the better it is.

and-go you need to stay active and full of energy, while keeping your metabolism going strong and steady all day (and night). They are also great sources of fibre and various other essential nutrients.

● **Make sure you never get too hungry.** Long gaps between meals disrupt your blood-sugar levels, leading to excessive hunger, cravings and stress eating. The outcome is that when you do eventually eat, you're so hungry that it takes a lot more food to feel satisfied, and it's unlikely that you'll binge on celery sticks. Eating small, healthy snacks between meals will help keep your blood sugar stable and your metabolism going strong.



● **Stay well hydrated.** Often when we think we're hungry, we're actually just thirsty. Water aids weight loss by keeping your cells functioning at their fat-burning best, and also helps your kidneys flush out excess toxins and chemicals, which may be slowing down your metabolism. Make sure you drink plenty of water throughout the day, as well as one to two glasses before every meal or snack you have.

● **Slow down your eating and enjoy your food.** Focus on the food you're eating and don't wolf it down. Avoid eating dinner in front of the TV or lunch in front of your computer; take time out to enjoy your meal and actually pay attention to what you're eating. This will ensure that your brain registers when you've eaten enough — before it's too late.

● **Eat healthy fats — don't go fat free.**

This means eating good, healthy unsaturated fats found in nuts, peanut butter, avocados, olive oil and various other healthy oils. Incorporating good fats into your diet will help reduce sugar cravings, increase energy levels and keep you fuller for longer. While too much fat can cause weight gain, too little of the right fats prevents your cells from functioning properly, which affects fat metabolism, hormone balance and energy — all leading to weight gain.



● **Don't shun carbs.** Instead, stick to whole-grain, unrefined carbohydrates such as oats, wholemeal or rye bread, brown rice, sweet potatoes and quinoa. Slow-release carbs from wholegrain sources will give you the get-up-

● **Know yourself and be realistic.** Each of us has different needs, goals and preferences, combined with different body types and genetic make-up. You have to recognise your individual needs and be realistic about the changes you can make. For example, if you enjoy having your evening snack late at night, there's no point trying to force yourself to eat it earlier in the day. Evidence has refuted the myth that calories eaten late at night are 'worse', and has proven that a calorie is a calorie is a calorie. Whether you eat it at 7pm or midnight, there's no difference; it's your overall daily consumption that counts, which is why you're allowed an evening treat every night.

● **Eat a rainbow.** Whether they are fresh, frozen or tinned — try to increase and vary your intake of fruit and vegetables. You'll feel so much better and your body will benefit from all the added vitamins, nutrients, antioxidants and fibre. Diets rich in fruit and vegetables have been proven to decrease the risk of heart attacks, strokes and a variety of cancers, and healthy, glowing skin is another by-product of eating a colourful, varied diet.

● **Know your portions.** Just because it's healthy, it doesn't mean that it can't make you gain weight. Even if you stick to healthy foods, you still have to watch your portion sizes and quantities when consuming foods such as nuts, hummus, avocado, olive oil and dark chocolate. They may be healthy but that does not mean that you can eat them freely. There's definitely a benefit in consuming a little olive oil, but pouring it liberally over your pasta and dipping your bread in it will lead to excessive calories and weight gain. The same goes for nuts — learn what a normal serving size looks like (it's very easy to eat a whole big bag of nuts) and limit yourself to that.

● **Don't give up or get despondent.**

We're all human and have our ups and downs. While you are aiming to be disciplined in your food choices, The Food Effect healthy-eating lifestyle is not intended to starve or deprive you. If you do slip up, it's certainly not the end of the world. Don't feel as though you've failed and then set yourself back further by going on a total binge fest — just accept it and move on.

Everything in the plan is designed so you won't go hungry.

Nothing undermines a weight-loss programme more than the distressing sensation of feeling unsatisfied and hungry — which inevitably ends in bingeing or the need to 'break' the diet. On The Food Effect plan you will have a snack mid-afternoon, whether you feel hungry or not. You'll also have a treat every night at whatever time you wish, be it after dinner or at midnight.

If you're the kind of person who 'lives for' bread, pasta and carbs, you won't have to give them up; and if you're the type that can't get through the day without a sugary chocolate bar, sweets or crisps, this plan is going to painlessly help you ditch those urges and cravings for good.

I can say this with confidence because I've seen it with so many overweight people, unhealthy eaters and sugar or junk-

food addicts who have succeeded on The Food Effect programme. There's also a whole chapter of tips and tricks for helping you to manage cravings and avoid overeating.

When it comes to sustainability, the benefit of The Food Effect lifestyle is that it is self-reinforcing. The more we eat in a wholesome way, the better we look and feel, and the more we want to eat in a wholesome way. You will quite literally feel The Food Effect.

A diet like this then ceases to be a diet, and instead becomes a fully fledged way of life.

**The Food Effect Diet by Dr Michelle Braude is published by Piatkus, (£16.99). See thefoodeffect.co.uk. Dr Braude qualified as a medical doctor from University College London and holds a BSc in Nutrition at King's College London**

