

# LONDON

THE ART OF CITY LIVING - JANUARY 2005 - £3.30

**Boldie Hawn**

WHY SHE'LL NEVER  
GET MARRIED AGAIN

**Star quality**

MICHELIN IN DANGER OF  
LOSING ITS CREDIBILITY?

*Elegantly*  
**waisted**

Have your cake and eat it with our  
tested and tested 1950s diet plan



**PLUS: TANZANIA'S  
FIVE-STAR SAFARI  
THE ORGANIC  
PUB PIONEER  
OZ CLARK'S BEST  
BOUTIQUE WINES  
SAY GOODBYE  
TO BOTOX**



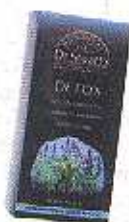
THE PRODUCT

Trying to kick the caffeine habit? Substitute one of the following teas instead:

**Dr Stuart's Detox Tea, £1.89** (tel: 01903 740530). A liver-boosting, albeit slightly bitter-tasting, mix of dandelion, burdock, sage and milk thistle.

**Clipper Ayurvedic Organic Detox Tea, £1.99**, (tel: 01308 863344). A surprisingly drinkable mix of organic herbs and spices, including rosemary, ginger, aloe vera and lime. Very refreshing.

**Pukka Herbs Detox Tea, £1.99** (tel: 0845 6585050). With aniseed, fennel and cardamom to cleanse the digestive system.



It's official, the waist is fashion's new erogenous zone. Actress Stefanie Powers keeps hers svelte with a simple side stretch. 'Stand with your feet hip-width apart holding a towel taut above your head,' she advises. 'Exhale as you stretch to the side, inhale as you return to the centre. Repeat eight times.' Her book *Powers Pilates* (£14.99, Gaia) is out now.

# Fitness News

THE LATEST WAYS TO FEEL GOOD AND GET YOUR BODY IN SHAPE.

## PRESSURE CHECK

If you suffer from high or low blood pressure, Braun's Sensor Control BP 2510 (£65, call 0800 7837010 for stockists) is a foolproof way to monitor the situation. Special sensors ensure that you hold the monitor at exactly the right position over your heart to take a reading.



## FIVE SUPER FOODS

According to Margot Marone, nutritionist and founder of the Organic Pharmacy, the following five foods have super-detoxifying powers:

- 1 Beetroot cleans the blood, detoxifies the liver and is high in iron.
- 2 Artichoke detoxes the liver, lowers cholesterol and helps the body to digest fat.
- 3 Celery stimulates the kidneys and helps to eliminate excess water.
- 4 Grapefruit has a cleansing effect on the liver and helps the body to process fat.
- 5 Turmeric is a very powerful anti-oxidant and liver detoxifier. The spice also reduces inflammation in the body. Add to soups and sauces.



## ICE MAGIC

Every medicine cabinet should have a pot of Moa – an organic skin balm from Iceland (£38.50 at Harvey Nichols, tel: (020) 7235 5000). It contains Icelandic yarrow, along with coconut, almond and tea tree oil to soften and help heal damaged skin. Especially beneficial during the winter, it's excellent for rashes, burns and dry patches, and can also help soothe eczema and mild psoriasis.



## INSIDE OUT

Feeling sluggish, low in energy and bloated? A seven-day colon cleanse using a supplement called Oxy-Powder (£27.95 for 120 capsules, tel: 01428 642266) could put a spring back in your step. The capsules help to flush out impacted intestinal waste and toxins and cleanse the intestinal tract. Take between five and 10 capsules at night with plenty of water while, ideally, cutting down on processed foods.

