

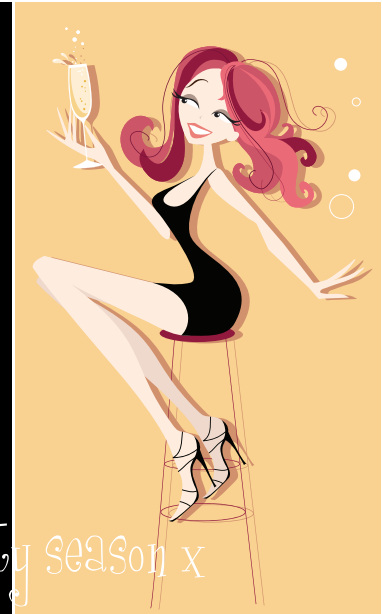
SIX WEEKS TO LBD HEAVEN

Prepare to bare!

We have 6 weeks to shape up, slim down, slip in to your LBD and look sensational this party season.

xOXO The Diva

Look sexy and cellulite free this party season x



It's never too late, we have six weeks until the Christmas Party Season kicks off: To get you Trimmed, Toned, and Glowing, raring to slip into or out of your LBD xxx

Tummy Toners

Many women and men feel more uncomfortable with their weight because they tend to hold onto toxins around their tummy.

A Good detox is an excellent start to any weight loss plan. We particularly like Viridian's Detox Box, which contains: a fibre complex to support the bowel, Milk Thistle to cleanse the liver and Cleaver to help eliminate excessive water. This magical box also contains dietary advice to get you feeling slimline and sexy!

Madal Bal Lemon Detox, is the quick fix option of a variety of stars including Beyonce Knowles who is known to favour the detox for a few days before red carpet moments. This flexible program helps the body cleanse itself naturally of accumulated toxins.

Whether you want to do a full detox, or support yourself whilst dieting, the Lemon Detox can help your body to achieve its optimum health & weight.

Madal Bal Natural Tree Syrup mixed with lemons, water & a pinch of cayenne pepper gives your body all the nutritional value it needs to support you over a short period of time.

A detox is brilliant way to get rid of troublesome cellulite. The Diva recommends starting the day by massaging with Weleda's Birch Cellulite Scrub and Oil, leaving your skin feeling more toned and invigorated. Follow this

with Alva's Intensive Refining Cream (Voted 9/10) for sexy smooth legs.

The Herb Gota Kola is fabulous for improving cellulite and skin health from the inside out.

Be aware of your food choices. Foods which you have difficulty digesting can create toxicity, and symptoms such as increased bloating, wind and water retention. Common food sensitivities include Wheat, Dairy Products, Yeast, and Sugar, which can ferment in your gut. Ask the Diva for a Nutritionist near you, to help you develop the best dietary plan for your needs.

Feeling nibble some

Nibbling in-between meals can have a detrimental effect on your waistline.

Many of us turn to sugary, high carb treats as a result of stress or boredom.

Simple dietary strategies help binge eaters; eating small regular meals help keep sugar levels on an even keel.

The signs for hunger and thirst can often be confused; try drinking a glass of water first before you hit the sweetie cupboard.

Snack on healthy options such as oatcakes, blueberries and organic yoghurt both of which help balance sugar levels.

Hydroxycitric acid (HCA) is thought to help curb appetite, burn fat and result in significant weight loss without side effects. It also promotes healthy blood lipid levels and reduces Body Mass Index, an indicator of healthy body weight. The most exciting news of all is that HCA is thought to increase levels of serum serotonin, a neurotransmitter involved in mood, sleep and appetite control, which

may help address many of the emotional issues overweight people face, including binge-eating and depression.

HCA works well with Chromium, which, when taken with meals, helps the healthy function of the Insulin Receptors on the surface of the cell, helping to regulate sugar levels and easing sugar cravings.

Spirulina is the ultimate super food, made up of natural plant enzymes. This powerful nutrient is rich in magnesium, and b vitamins, and helps to curb the appetite, whilst improving your nutrient levels. A six week trial used German slimmers following a weight reduction diet. They took Spirulina tablets before each meal three times a day for four weeks. Taking Spirulina showed a reduction of body weight. There was also a significant drop in serum cholesterol levels.

Sometimes we just need Chocolate! The Aztecs regarded cocoa as the nourishment of the gods and used it as a tonic. With 70% organic dark chocolate you're actually getting the good quality cocoa, with less sugar and fat than your average milk chocolate bar. Chocolate is also rich in magnesium and B vitamins so a little of what you fancy is a good thing, tag it on to a main meal, to offset any sugar hit.

Shimmering Beauty

For a final flourish always remember a little sparkle xxx.

Burt's Bees radiance body lotion leaves your body shimmering and ready to PARTY!

XOXO The Diva