

The oil that leaves no greasiness behind

Barbassu oil is used in some moisturisers for its ability to plump up the skin without making it too greasy. It smells like coconut oil but has a rich and dry texture. Look out for it in moisturisers formulated for oily skins.

Health & lifestyle

Keep cosmetics cool when the temperature rises

In hot weather keep facial toners cool in the fridge. It's also a good idea to make sure make-up, perfume and skincare products are out of the sunlight. Heat damages the preservatives in cosmetics, making them less effective.

IT'S BATTLE OF THE BULGE

LOW-CARBOHYDRATE diets are the latest way to lose fat. But how effective are they? And how sustainable?

We asked for five readers to volunteer to take part in a programme of diet and exercise under the supervision of fitness consultant Chris Ball, who runs the Fitness Suite in Elland.

Four weeks ago they adopted a strict, low-carb, high-protein diet and promised to exercise every day. After two weeks they were allowed to extend their diet to include some complex carbohydrates and have weekends free to indulge themselves.

Chris, who has a degree in sports performance, has devised a scientifically-based diet, the C19 Fat Loss System, and promised the women that it would work if they stuck to it.

"It will be hard," he told them at the start, "but it's only two weeks of your life and worth it for the results."

His words proved to be prophetic. Within a fortnight all of our volunteers lost inches, weight and body fat.

Chris takes quite a different approach to diet and nutrition from conventional slimming clubs. He doesn't calorie count or use weighing scales, preferring to measure body fat at certain points on the body using a pair of special calipers.

This, he says, is a better indication of whether fat is being lost. Conventional diets, based on calorie intake, can result in slimmers losing water and muscle tissue as well as fat. "Also, when someone steps on the scale it doesn't take into effect their height or build," he says. (Although he accepts that all our volunteers would be weighing themselves, as indeed they did).

In common with other low-carb diets, Chris has based his plan on the fact that eating carbohydrates triggers the production of the hormone insulin, which releases the energy from foods for use or to store as body fat. Overeating, particularly the consumption of sugars, causes the over-production of insulin and, ultimately, a condition known as insulin-resistance, which can lead to diabetes. Depriving the body of carbohydrates reduces insulin production and leads to the loss of fat.

It's probably safe to say that in the Western world many people eat too many refined carbohydrates and that's one of the causes of the growing obesity epidemic. Unlike the famous Atkins diet, the C19 plan does not allow the consumption of dairy products. Our volunteers stuck to a diet of meat, fish, eggs, green vegetables, nut and seed oils for 14 days. They also drank protein shakes, walked every day for 20 minutes and attended personal training and Zumba classes whenever they could. Alcohol, tea, coffee, salt, fruits and sugar in all its forms were forbidden but they had to drink two litres of water a day.

Our volunteers are winning as they learn how to fight fat the scientific way

After just two weeks, our five fat loss volunteers, who have been taking part in a supervised programme of diet and exercise, lost an astonishing 41 lbs in weight between them and reduced their body fat percentages by an average of 9%.
Hilarie Steffox reports



Here's how they fared:

● **Mina Parmar**, 51, a senior advertising manager for a business-to-business fashion magazine, lost 7 lbs and reduced her body fat by a staggering 13%. Although Mina, who lives in Bradley, appeared to have little weight to lose, she has an 'apple' shape and lays down body fat around her waist and abdomen. She wanted to slim down for her daughter's wedding in August and is delighted to have taken the first steps towards regaining the size 8/10 figure she once had.

"The first couple of days were hard," said Mina, "and I had headaches because I was a coffee drinker. It was giving up sugar and salt that I found the most difficult and I had to spice my food up a lot."

But she says her clothes are looser and she has lost more weight in two weeks than in the previous year of trying to cut down. Exercise was not a

problem for Mina, who attends regular Zumba classes. "I feel as if I have more energy," she added.

● **Liz Smith**, 42, from Outlane, an administrator for Kirklees, lost 11lbs and 8% of her body fat. She was delighted with the results, especially as she developed a bad cold in the second week of the programme and couldn't exercise. "I didn't find the diet hard at all. I have been making tea for my family as usual and putting out a smaller plate for myself. I've realised what a lot of junk I was eating before."

A side effect of the diet, that all our volunteers noticed, was that the nut and seed oils improved the condition of their skin, hair and nails.

"I went to the hairdresser and she said I was looking great. My skin is definitely better, sort of glowing," added Liz, who has dropped a dress size from 16 to 14 but still wants to get down to a 12.

● **Natasha Maskery**, 34, who works in marketing, was astonished by the improvement in her skin. "I have suffered from dry skin for ages. The oils have been a revelation because I can feel the difference in my skin," she said. "I'd been on a low fat diet for two years, using a Fry Light spray for cooking, but now I'm an olive oil convert." She is also acquiring an exercise habit for the first time in her life and has been enjoying her daily lunchtime walks. Natasha, from Gledholt, says she too can feel a difference in her body shape. She lost 7 lbs in weight and 8% of her body fat. "I was between a size 14 and 16 but now I'd say I'm a 14," she added.

She wants to shape up because she's planning to get married next year. "The first stage of the diet is not sustainable for long periods because it's too restrictive," she says, "but it's a good start. I don't think I'd have any problem with the second stage because I can be good during the week and have whatever I want at weekends."

● **Emma Jennings**, 24, from Lindley, a young mum with a toddler, lost 7 lbs and 7% of her body fat. For Emma, who works part-time in advertising, it was a question of shifting her post-baby weight and firming up her waistline. She found the diet difficult because it affected



WINNING THE WAR: Our fat loss volunteers, from left, are Mina Parmar, Liz Smith, Natasha Maskery and Emma Jennings, pictured at the Fitness Suite, South Lane, Elland. Diane Haigh is pictured inset. Left: Fitness consultant Chris Ball

her ability to socialise with friends. "I missed going out for a meal with my friend on her birthday," she said. Although she never drinks tea or coffee, Emma had a serious fizzy drink habit, which she has kicked into touch. "I'm now drinking a lot more water and I'm going to stick to it," she said. "Also, I'm going to keep coming to the Zumba classes because I enjoy them."

She lost 11 lbs and 8% of her body fat, dropping a dress size in just two weeks. She is now a size 10/12 and well on her way to looking good on holiday. "It became second nature to prepare my food to take to work," said Diane "and I didn't feel hungry at all." Unfortunately, during phase one of the fat loss plan Diane had to go into hospital for a breast biopsy and this prevented her from joining the exercise classes. She suffered from breast cancer back in 2008 and was understandably anxious when she found another lump. "But I've been given the

clear," said Diane, "and when I went back to work everyone said how well I looked." "For the diet you need to be well organised and have enough willpower to resist what everyone else is having. I am very pleased with the results, it's definitely been worth it." She is continuing with phase two, which allows complex carbohydrates and some fruits. "It's a lot easier," said Diane. At the end of their first two weeks, Chris allowed the women to have a weekend off their strict diet and told them: "You will have all noticed that nobody has been hungry on

the diet, even though you were complaining about the small portion sizes. "This is because your bodies' insulin systems are now regulated and you are not getting spikes of hunger. The next stage is to introduce low glycaemic foods that keep you feeling fuller for longer. That's why protein works, it makes you feel full. "By the end of the first two weeks the hope is that they have learned what they need to know to change their diets and be healthier." ● Further details about the C19 Fat Loss System can be found at www.c19fitness.com



AWARD: Jill Yvette, winner of the beauty industry's Entrepreneur of the Year

Jill wins top award

CROSLAND Moor holistic therapist Jill Yvette is the winner of the Beauty Industry Entrepreneur of the Year Award. Jill, who has a salon on Blackmoorfoot Road, picked up her award at a glittering black tie dinner in London.

The event was organised by BABTAC (The British Association of Beauty Therapy and Cosmetology), which is the industry's professional body.

Jill, who has been in the beauty therapy business for 30 years, was recognised for her newly-developed "I wish..." full body facial treatment. A BABTAC statement said: "She has done ongoing intensive

research into the demand and effectiveness of the treatment."

Jill was also praised for her "excellent" business and marketing plans, brand image and website. She is currently launching training courses to teach the treatment to qualified therapists.

"I am over the moon and very proud," said Jill, who has faced many health problems over the years and fought hard to re-build her career.

"By the time I reached the podium I was speechless and had to be shuffled round the stage," she added. "But I am very, very happy."

Get up and go

THE girls-only leisure club, The Sportz Factor, (featured on this page earlier this year) is moving to a new home at Huddersfield Sports Centre from this weekend.

Founded more than a year ago and originally based at The Zone, the club meets every Saturday evening, providing sports activities for girls aged between 13 and 19.

The move will allow girls to participate in everything from martial arts and swimming to netball, cricket, climbing and Zumba. There is also an opportunity to join an arts and crafts class.

Participation costs just £1 per evening and sessions runs from 5.30pm to 7.30pm.

