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# slim pickings

with  
 Erica Watson



POOR old Madonna. Since celebrating her 50th birthday she has had a pretty rough trot. First there was the quickie divorce from film director hubby Guy Ritchie, then allegations of an adulterous affair with star New York Yankees baseballer Alex "A-Rod" Rodriguez. It is little wonder the material girl wants to take a leaf out of Cyndi Lauper's book and have fun. In a bid to knock 12 years off her appearance, Madge has reportedly traded the surgeon's knife for the salmon "retox" diet. High in protein and Omega 3, it involves eating lots of oily fish as well as increasing her cardio fitness workouts.



Although it is unlikely high quantities of fish in her diet will have the same effect as other wrinkle busters such as botox and dermal fillers, accredited practising dietitian Susie Burrell says that salmon — particularly the deep-sea variety — is very good for us. It can also aid cell regeneration. "Atlantic salmon is one of the richest natural sources of long chain polyunsaturated fats, which are a powerful anti-inflammatory and are shown to reduce blood pressure and triglycerides." Katbalah water, eat your heart out.