

WIN!
A FEEL-GREAT
BOOK

BLAST THAT 5KG!

IT'S A RELATIVELY SMALL AMOUNT OF EXTRA WEIGHT WHICH IS SO VERY EASY TO PUT ON AND JUST AS EASY TO IGNORE. BUT A NEW BOOK FULL OF HANDY HINTS AND RECIPES CAN HELP YOU LOSE THAT LAST 5KG, WRITES GAIL SEDORKIN ...

If I was to be extremely kind to myself, I needed to lose about 5kg, give or take a kilo, before Christmas.

However, a very merry extended festive season and overly happy and slothful new year added about another 5kg to this first "five" or so, so Susie Burrell's book really was going to be put to the test. I can still recall the

look of horror on my friend's face when she realised I had quietly but systematically demolished all but one row (which she had eaten I would like to point out) of a block of fruit and nut chocolate during one TV program.

As dietitian and nutritionist Susie points out: "There's nothing wrong with eating some chocolate." However, she adds: "It's eating the whole block that brings things undone."

That would account for a lot.

The author of *Losing the Last 5kg: Simple steps to get the body you want now*, Susie agrees it's essential to start any concerted weight loss effort with a detox of about five days.

And if sweets are a problem (lucky you if they are not) a mini sugar detox won't go astray at the same time.

It's not rocket science and Susie has made it all even simpler with her tips, recipes and detox plan – all backed up with nutritionally sound information.

When asked to choose her most important piece of advice from her book, Susie does not hesitate: "Eat more vegetables. This leaves less room for rubbish and a lot less calories. Half of your plate at any meal should be vegetables."

Other tips include eating five vegetables and two fruit each day, smaller slices of bread, a large, protein-rich breakfast before 8am, no food after 8pm, two litres of water each day, no carbohydrates at night especially for the first month and more.

The weight loss has to be started with a detox and for me, also a sugar detox. This definitely got the weight loss going. The book does work and just as easily, if you stray, you can see the scales stay firm or start to creep up. To be honest, I have strayed, but the effects of a few late dinners with carbs quickly lets you know it's time to get on the straight and narrow again.



WINWINWIN

PUBLISHERS OF LOSING THE LAST 5KG, HARDIE GRANT BOOKS, TOGETHER WITH CAIRNSEYE, ARE GIVING READERS THE CHANCE TO WIN FIVE OF SUSIE'S BOOKS (VALUED AT \$19.95). COMPETITION CLOSES 5PM ON WEDNESDAY, MARCH 16. FULL TERMS AND CONDITIONS ONLINE WWW.CAIRNS.COM.AU/COMPETITIONS



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