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ENERGY-BOOSTING SECRETS OF THE STARS

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Five Ways to Stay

Fit & Fierce

by Janene Mascarella

Energy-Boosting Secrets of Celebrities



Yeah, we know, diets are draining. But when you look at svelte celebs with super-hercic schedules (no different than our own, really!) whipping around town, you can't help but wonder, "How do they do it?" Well, we scored some (not so) secret tips from celebrity nutritionist Paula Simpson. She has helped Sandra Bullock, Drew Barrymore, Gwyneth Paltrow, Kellie Pickler, and numerous models keep their waistlines low and their energy up.

NOPE, there's no magic wand, not even in Tinsel-town. Here, Simpson shares her best energy-boosting and beauty advice.



- 1. DON'T NIX BREAKFAST.** Make a habit of eating a high-fiber, carbohydrate-rich breakfast, to start your day more focused and energized. A half-cup of high-fiber cereal can contain as much as 14 grams of fiber, and some high-fiber bread has 6 grams per slice. Aim for a total of 25-30 grams of fiber daily to best stabilize energy levels. Not a breakfast eater? Try a berry protein smoothie instead. "By excluding breakfast, you start the day off with low blood sugar," says Simpson. "This could set you up for a day of energy highs and lows, leading to the likelihood of cravings and making poor food choices."
- 2. SNACK WISELY.** Look for whole grain crackers with nut butter (almond, peanut, or cashew). Or, go for an all-natural protein/energy bar. Make sure it has between 10-15 grams of protein, 5 grams of fat, and 20 grams of carbs. "High-protein Bars can be hard on the digestive system to break down and assimilate," says Simpson. "Watch out for energy bars, too, as they can pack in a lot of simple sugars. Look for natural-based bars with a balance of macronutrients (protein, carbs, fats) for optimal nutrition."
- 3. CHOMP ON ALMONDS.** Like all nuts, almonds are a great source of protein. They are high in fiber and vitamin E and contain more calcium than any other nut. Their source of protein and fat helps to satisfy hunger and sustain energy longer. Almonds come in lots of varieties, so if you're looking to keep your sodium levels low, Simpson suggests raw almonds as your healthiest bet.
- 4. CHOOSE LIVING FOODS MORE OFTEN.** Living foods are alive, colorful, fresh, and raw. They don't contain artificial ingredients and they provide lots of vitamins and minerals. Plus, most veggies and fruit tend to contain more than half water - so they keep your body hydrated. "By increasing your intake of raw and preferably organic produce, for example, you retrieve a synergy of nutrients and enzymes from the raw food that is often destroyed during processing or cooking (heat)," explains Simpson. "People who slowly change their eating habits toward 'living foods' often feel more energized with reduced food cravings vs. when eating a highly-processed diet."
- 5. TRY A NUTRITIONAL SUPPLEMENT.** If you can't get everything you need via food when you're busy, consider an antioxidant-charged nutritional supplement like a multivitamin for energy, clarity, and to help minimize the risk of excess bulge. An extra super-star beauty tip: Simpson says balanced eating should always be the foundation to attain optimal health, however, when hectic agendas and nonstop lifestyles define your day, a nutricosmetic - ingestible products that are formulated specifically for beauty and skin health purposes - can help to bridge the gap between moderate nutritional deficiencies and optimal skin health. "Seek

Get Some Hollywood Glam at Home

Shhhhh... Here are some sensational celeb skin secrets:

A. DRINK COCONUT WATER

For a great hydrating and weight loss booster, consider coconut water. It's a natural isotonic beverage that contains trace amounts of copper, phosphorous and sulfur, says Simpson, making it an excellent source of water to help correct electrolyte imbalance. "The vitamin C content of the water is enough to meet the daily requirements of the body," she explains. "The fats in coconut water are metabolized efficiently and help to stimulate fat metabolism. With its premium nutritional profile, drinking coconut water on a regular basis may help to reduce wrinkles and sagging skin, giving strength and elasticity to the skin."

B. JOIN THE NUTRICOSMETIC CRAZE

Oral beauty supplements work along with topical beauty products by providing the critical nutrients "from within" to feed the body with the right nutrients to support healthy skin cells, says Simpson. Topical products cannot penetrate deep enough to rejuvenate and support the structural building blocks of healthy skin. She recommends using GlISODin Skin Advance Detoxification Formula followed by the Advance Daily Formula. The detox formula helps cleanse the body while the daily formula aids with rejuvenation and hydration to the skin and while protecting from damaging radicals.

C. CONSIDER LYCOPENE

Lycopene is the red pigment that gives tomatoes their bright red color –and it's a powerful antioxidant. Simpson says 6mg per day has been shown in clinical studies to help protect the skin (from within) from the damaging effects of sun exposure. 1000 IU of Vitamin D helps to support skin health, too.

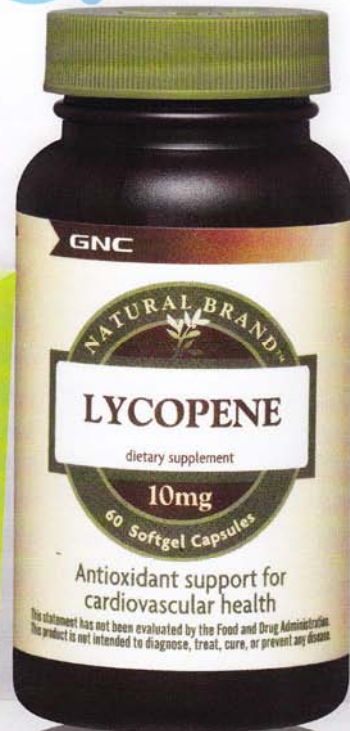
A.

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