

# HENLEY

JANUARY 2017

# Life



**SUE COOK**  
TV presenter

**CULINARY  
CREATIONS**  
with chef  
André Garrett

**HYGGE**  
and how to  
achieve it

**TRIBUTE**  
David Bowie  
on film

**GETTING  
IN SHAPE**  
with Pilates



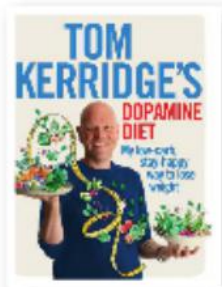
## Have a healthy New Year

The New Year is traditionally the time when we look to new beginnings, particularly with our health and wellbeing. However, it is easy to get hooked into another fad, regime or a new diet that only lasts six weeks. Cindy Burrowes has picked out some new things to try this January from healthy diets to skin care and supplements...

### Happy Eating:

Tom Kerridge is a local, Michelin-starred chef. He has the pub restaurant The Hand and Flowers in Marlow, and The Coach. However, over the past three years Tom has shed no fewer than 11 stone in weight. His Dopamine Diet Book is released this month to help others find a happier way of eating. He advocates ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, but the key is that his ingredients trigger the release of the 'happy hormone,' dopamine. So this is a diet for anyone wanting to really shed unhealthy pounds, but to stay happy.

**Tom Kerridge's Dopamine Diet Published by Bloomsbury, 12 January 2017 £20 hardback**



### COMPETITION PRIZE

For your chance to win a copy of Tom's *Dopamine Diet* book simply email your name, address and phone number to [vmclark@higgsgroup.co.uk](mailto:vmclark@higgsgroup.co.uk) with Tom Kerridge in the subject line. A winner will be picked at random on Monday, January 30.

T&Cs: entrants must be aged 18 or over. Only one entry per person. No cash alternative to this prize. Our decision is final. No correspondence can be entered into.



### Lean For Life:

There are diet gurus, and then there is the Figure Magician, Louise Parker. I am a huge fan of her ethos – she just gets it.

She understands that we are too busy, too stressed, and too reliant on yoyo dieting. Her *Lean for Life Method* (her first book released last year) is to get all aspects of our life in line, gently and methodically, so that it all works in harmony: our work and home environments, our stress levels, our peace of mind, our productivity and our happiness.

Once tackled, over a six-week period, combined with moving more and eating 'beautifully' this becomes a habit

for a lifetime. It works. And now she has released a cookbook of recipes to go with the theory.

Granted, you need to put a little more in to get more out, but the planning ahead, extra movement and more sleep is definitely worth it.

*The Louise Parker Method – Lean for Life: The Cookbook* by Louise Parker, published by Mitchell Beazley, £20 [www.octopusbooks.co.uk](http://www.octopusbooks.co.uk)

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### Skincare as it should be:

The Ordinary by Deciem is a range of anti-ageing skincare that does exactly what it should do, without the price tag. Unsurprising therefore that it has become a global sensation because for the same results you can buy their Hyaluronic Acid serum 2%+B5 for £5.90 rather than a minimum of £30 elsewhere.

Their top selling products are: Niacinamide 10%+Zinc, the serum, and Advanced Retinoid 2%. The science is all there – without the perfume, hype or padding ingredients – simple. Their most expensive product is around £12.50. The Ordinary skincare range is available in the UK from Victoria Health at [www.victoriahealth.com](http://www.victoriahealth.com)



### Lumity:

If, like me, you are someone who has to take a lot of supplements to avoid medical intervention you'll be thrilled to find one that seems to have most of what you need in one package.

Lumity is a new, specially-formulated supplement for women to tackle the nine processes of ageing, simultaneously.

There is a lot of science behind it but no 'nasties' in the three softgels to take in the morning, and three in the evening.

However, the proof is in the pudding – and after two months on Lumity my hair is growing, my skin does have that inner glow (looks like I am wearing make up when I am not), I am sleeping better and feel better. The evening softgels are designed to help a restful night's sleep, which we forget, is incredibly important to our wellbeing and hence our youthful glow.

Lumity is sold as a month's package for £79 per month on auto-replenish or £90 for one month at a time. For more information and to see the list of ingredients go to [www.lumitylife.co.uk](http://www.lumitylife.co.uk)

