



The Grapefruit Diet

If you wanted guaranteed weight loss in the 80's the grapefruit diet was the plan to follow. The diet claimed that Grapefruit had 'fat-burning' properties and so the dieter could eat as much as they liked, accompanied by boiled eggs on dry toast and black coffee. Whilst this might not seem too bad at breakfast time, imagine having to eat it at every meal for a week! Whilst there's no denying that weight loss occurred on this diet, it was largely due to a massive restriction in calories rather than the amazing ability of grapefruit to burn fat!

Would it work today?

New research has shown that adding grapefruit and grapefruit juice to your diet, really can aid weight loss. The researchers believe grapefruit contains unique plant compounds that reduce insulin levels, which in turn promotes weight loss. The best news of all is that grapefruit will have this effect without cutting other foods out of your diet. By all means add it to your daily meal plan but aim to have a balanced diet overall.

The Cabbage Soup Diet

The cabbage soup diet has to be one of the most extreme diets of the last 30 years. The rules of the diet permit you to 'fill up' on cabbage soup as well as eating other restricted foods throughout the week. Daily calorie intake is cut to a minimum and although weight is lost, it is more likely to be from water and muscle than fat reserves. This diet can actually hinder real weight loss but putting the body into a state of starvation causing it to hang onto its fat reserves at all costs!

Would it work today?

Whilst cabbage soup is relatively healthy, starving the body is not. Even advocates of this diet do not recommend that you follow it for more than a week. It might seem like an attractive option, offering rapid weight loss in a short space of time but as soon as you resume a normal diet the pounds will probably just pile back on!



1990s

South Beach

This diet came with huge hype from the states, promising weight loss of up to 13lb in just two weeks. It also claims that most of the weight you lose will be from around your stomach which adds to its popularity! You don't have to cut out any food groups, just simply choose the 'right' carbs and fats. It's split into 3 phases, where several foods are restricted in phase 1 and gradually re-introduced throughout phases 2 and 3.

Would it work today?

The South Beach Diet was actually re-launched this year which is a testament to its staying power. Its recommendations to swap saturated fats for healthier unsaturated ones and sugary carbs for whole-grains are very sensible. Phase one of the diet however is highly restrictive and lacks certain nutrients. Whilst phase two is much healthier, such an extreme, rapid weight loss is unlikely to be sustainable.

Swedish Massage

improves circulation, respiration, detoxification, and also muscle & joint mobility



Indian Head Massage

can be helpful in deep relaxation through opening of vital energy centres linked to the brain

Reiki Treatments and Teaching

brings deep relaxation, balance and a sense of well being. Sue also teaches Reiki

Sound and Colour Therapy

works harmonically to lessen the effects of stress and everyday living and can help alleviate some chronic conditions

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