

MARCH 2006  
COMPLIMENTARY

*Life's essential luxury*

# WORKPLACE ALERT

WHEN CO-WORKERS  
GET TOO CLOSE  
FOR COMFORT

IN A DIET RUT?

- \* YOUR 4-DAY GUIDE TO DETOX
- \* 18 NUTRITION MYTHS DEBUNKED
- \* CELEBRITY DIETS EXPOSED

# The & Highs & Lows

REACHING FOR THE SKY: A WOMAN PILOT TAKES FLIGHT \* IN HER VOICE: HEALING THE SCARS OF CHILDHOOD INCEST \* HITTING ROCK BOTTOM: A DRUG ADDICT'S ROAD TO RECOVERY

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Life behind  
the lens

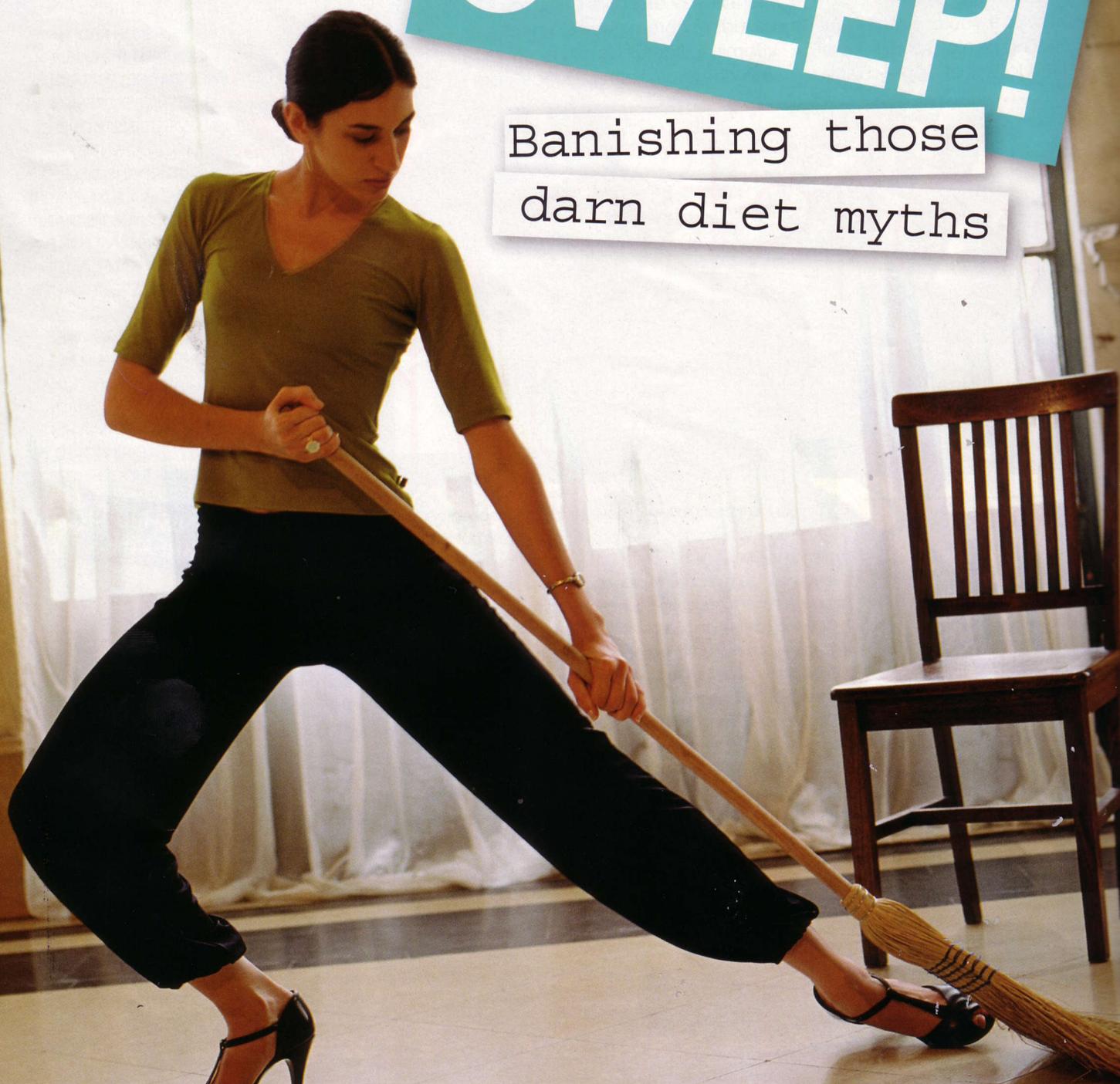
DON'T WAIT FOR  
THE PROPOSAL...  
BUY YOUR  
OWN BLING

JORDAN EDI

Do you curb your cravings at 6pm sharp? Eat celery because it makes you lose weight? We all have our quirky 'food rules', but is there any truth behind them? Here, **Tatyana Kour** helps dispel our culture's most common nutrition myths

# CLEAN SWEEP!

Banishing those darn diet myths



**B**eliefs and practices about food, nutrition and nutrition-related topics are very common in every culture. While some of these may have an element of truth to them, many others have proven to be incompatible with sound nutrition principles. To help make your life easier, we've rounded up 18 common food myths and, once and for all, brought the truth to the surface.

## TOP 18 NUTRITION MYTH-TAKES

► **MYTH 1: Skipping meals gives a weight-loss edge.**

**FACT:** Skipping meals can cause severe calorie restriction which can actually make your body more energy deficient and cause your metabolism (the rate at which your body burns energy from food) to slow down. You then require fewer calories to perform the same bodily processes. This slowdown in metabolic rate is your body's strategy for survival

► **MYTH 2: Eating certain foods like grapefruit or cabbage soup burns fat.**

**FACT:** Digestion of any food requires a small source of energy. But neither food nor any food component has any special ability to melt away your body fat.

► **MYTH 3: Concentrated sweets like knafeh before bedtime is more fattening than the same knafeh eaten for lunch.**

**FACT:** The clock does not make a difference. No matter when they are eaten, calories seem to have the same effect on the body. Evidence does suggest that eating regular meals, especially breakfast, helps to reduce fat intake and minimise impulsive snacking, which can add up to excess calories over the course of a day.

► **MYTH 4: Every food you eat needs to be low in fat or calories.**

**FACT:** Not really. Balance low-fat and high-fat, high-calorie foods over the course of a day, or even a few days, so your average fat intake is about 30 per cent or less of your total calorie intake.

► **MYTH 5: You shouldn't eat after 6:00pm.**

**Hint:** Just how much fat is 30 per cent of your calories from total fat? The amount varies because it is based on your energy needs. To figure calories from total fat per day, multiply 30 per cent (or 0.3) with your daily caloric requirements. For example, if your daily caloric requirement is 2,000 calories, then your total calories from fat should be 30 per cent (or 0.3) x 2,000 calories = 600 calories.

**FACT:** It might be uncomfortable to go to bed on a full stomach, but if you are exercising enough and eating well, feel free to eat as your schedule allows.

► **MYTH 6: Carbohydrates always turn into fat.**

**FACT:** In a balanced diet, carbohydrates fuel your muscles and your body needs them to function properly. Remember, any foods eaten that exceed your energy expenditures will turn to fat, so don't always blame the carbohydrates!

► **MYTH 7: Fasting is an excellent tactic for jumpstarting weight loss.**

**FACT:** Fasting deprives the body of energy and nutrients needed for everyday functions. Any rapid weight loss at first is mostly water and muscle loss. Fasting may also cause fatigue and dizziness, thereby leaving you with less energy for being active.

► **MYTH 8: Fasting cleans out the system and removes toxic wastes.**

**FACT:** On the contrary, body chemicals called ketones build up in the body when carbohydrates aren't available for energy. This puts a burden on the kidneys, and ketones that accumulate can be harmful to health.

► **MYTH 9: High protein/low carbohydrate diets are the best way to lose fat and build muscle.**

**FACT:** Surprisingly enough, low carbohydrate/high protein diets often do not provide enough carbohydrates to fuel muscles for the training it takes to build muscle mass.

► **MYTH 10: Olive oil has fewer calories and less fat than butter.**

**FACT:** Oils, including olive oil, generally contain slightly more fat and calories than equal amounts of solid fat, such as butter. Per tablespoon, olive oil contains about 14 grams of fat and 120 calories compared to butter, which has about 12 grams of fat and 100 calories.

However, the main difference is in the types of fatty acids. Olive oil has a higher proportion of monounsaturated fatty acids which may help lower blood cholesterol levels; butter has more saturated fatty acids which may clog your arteries if consumed in excess.

► **MYTH 11: Eating too much sugar causes diabetes.**

**FACT:** You will not get diabetes from eating sugar. The risk of diabetes increases with regards to several factors including family history, obesity, and lack of physical activity.

► **MYTH 12: People with diabetes should never eat sugar!**

**FACT:** Sugar can be enjoyed as long as you know how to fit it into your total carbohydrates for the day.

► **MYTH 13: Spinach makes you strong and is the best source of iron.**

**FACT:** It is true that spinach does contain

iron. But another food component in spinach, called oxalic acid, binds with iron, impairing its absorption. So it is not the best source.

Only physical exercise, not iron or any other nutrient, builds muscle strength.

► **MYTH 14: Vitamin pills give you extra strength.**

**FACT:** As a source of energy from food, only three nutrients (carbohydrates, fat and protein) supply energy or calories. Vitamins do not. Boosting the amount of vitamins you consume, perhaps with pills or liquid dietary supplements, will not cause your cells to produce extra energy. However, B vitamins do help body cells produce energy from carbohydrates, fat and protein; they just don't boost energy themselves.

► **MYTH 15: Snacking makes you fat!**

**FACT:** There is no direct link between snacking and body weight. The issue is total calories, not how often you eat. Your calorie balance at the end of the day — based on the number of calories you ate and the number you burned — determines whether you gain, lose, or maintain weight.

► **MYTH 16: All brown bread is whole-wheat.**

**FACT:** Whole-wheat bread is always brown, but all brown bread isn't necessarily whole-wheat. Instead, the colour may come from molasses or caramel colouring, and the flour used may be mostly white flour. To be labelled 'whole-wheat', bread must be made from 100 per cent whole-wheat flour.

► **MYTH 17: It is safe to use the same cutting board and knife used for preparing meats for the grill and for preparing salads if you rinse with lots of water.**

**FACT:** Rinsing with plain water will not properly clean your board or knife. You will risk 'cross contaminating' the raw vegetables with bacteria from the uncooked meat. It is best to use a separate cutting board and knife for raw meats and vegetables that do not get cooked.

► **MYTH 18: If you are craving a particular food, it is your body's way of telling you it is experiencing a nutrient deficiency.**

**FACT:** This is not always the case. Craving (the desire to eat a specific food) is experienced when attempts to restrict intake of certain foods cause the desire for that food to become more prominent. Psychological factors such as mild depression and dissatisfaction with body image are strong determinants of foods craved that tend to be high in fat and sweet-tasting, the sensory attributes of which are perceived as providing emotional satisfaction.

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**A**claimed film? Check. Designer dress. Check. Size six figure. Of course! When they roll out the red carpet and the award season hits town, no A-lister worth her Jimmy Choos hasn't spent the previous few weeks whipping her body into shape. A fitness and diet guru is almost as essential as a make-up artist to the modern-day celeb, yet when asked about their toned arms and flat stomachs, many stars deny ever having set foot on a treadmill, claim they eat junk food in front of the TV like everyone else, and insist that their to-die-for figures are a lucky fluke of genetics.

Fact is, of course, almost all of them are lying. Most supermodels, singers and Hollywood actresses spend more time in trainers than heels and eat less in a week than we'd have at one brunch. But there are a few who are willing to spill the beans on the true torture they go through to stay pose-perfect...

It's hard to take six raisins seriously as a snack, particularly if you're more of a muffin and latte kind of girl, but that's what Liz Hurley

allows herself when hunger strikes during the day. Which it presumably does quite a lot as since giving birth to her son Damian, Liz has stayed slim by eating, well, practically nothing. "I only eat one meal a day really," says the actress. "I had to lose 60lb [27kg] after Damian was born which hasn't been easy. Now I eat very little breakfast. During the day I might have really boring snacks like a banana or six

**“ I ONLY EAT ONE MEAL A DAY, AND REALLY BORING SNACKS LIKE RAISINS. I'M GOING TO BED HUNGRY ”**

raisins. The only actual meal I have is dinner. I'm going to bed hungry.”

The details of Gwyneth Paltrow's strict brown rice, lentils and legumes diet turned "macrobiotic" into a swear-word. Apparently she relaxed the rules slightly after becoming a mum and now indulges in a little cheese and white flour, but she still avoids all sugar and sticks mainly to wholegrains, vegetables and fish.

Mother of two and face of Mango Claudia Schiffer is one of those who makes it sound like she can have her cake and eat it - but she's so meticulous and sensible about it that you can almost believe her. "Dieting messes up your metabolism so I don't diet," says Claudia. "I always make sure to eat three meals a day. And I eat everything organic because I like my food as natural as possible and to be

unpolluted by chemicals. For breakfast I have lots of fruit because it is quickly digested and it is very cleansing to the system. I try really hard not to have any snacks in between meals but then denial makes you crave things more so if I really want some chocolate, I'll have some."

Those without such self-control, or who lack the time and motivation to plan their own regimes, turn to the experts to do it for them. LA-based fitness and nutrition advisor Harley Pasternak actually specialises in training "those in the entertainment industry who require dramatic physique transformations for specific film or television projects". He works with the likes of Eva Mendes, Rachel Weisz and Orlando Bloom, as well as Halle Berry, who's been a firm follower of his 5-Factor Fitness plan. So she can look hot in the latest Elie Saab creation, Halle works out for 25 minutes (divided into five phases), five days a week, and eats five meals a day - each comprising five foods and taking only five minutes to prepare. Pasternak says that this is the best way to help you shape up because, "If you're eating three meals a day, exercising an hour or more a day at the gym, and not getting results, you're eating too little and working out too much".

David Kirsch is another man the big names turn to when they need to lose weight fast. The New York fitness guru has whipped Liv Tyler, Linda Evangelista, Sophie Dahl and Naomi Campbell into shape, and was responsible for the rapid disappearance of Heidi Klum's baby bulge.

"I've never been a stick figure. In fact, if I could pay someone to go the gym for me, I would," says Heidi. "But I have to work at it. And when I need to get in shape fast, I turn to my trainer David." When she was due to appear at the latest Victoria's Secret catwalk show just six weeks after giving birth to baby Leni, she put herself in Kirsch's hands. He put her on a 1,700 calorie a day diet, giving carbohydrates a wide berth but encouraging her to chomp on piles of broccoli, spinach and sprouts. "Being fit is not just about having a perkier butt," Kirsch says. "It's about taking control of your diet as

## SO COULD YOU DO IT? LIZ HURLEY'S ONE MEAL A DAY DIET

**■ WHAT'S IT ALL ABOUT?** Whether a nutritionist encouraged Liz to follow this diet or she devised it herself we're not sure. But Liz tucks into just one balanced meal a day, at dinner time, and snacks on bananas or six raisins.

**■ VIVA NUTRITIONIST TATYANA KOUR SAYS:** "This is not a wise approach. You are doing your body more harm than good. This diet is too difficult, restrictive and tedious to follow. Plus, if you cut back so drastically on your calories your body goes into starvation mode and your muscles will begin to waste away as your body starts to look for sources of energy. While it is possible to have one balanced meal a day, what counts is your daily caloric intake as defined by your age, sex and physical activity level. By eating one meal and few monotonous snacks, you are depriving your body of important nutrients needed to fuel your body and keep your cells alive and functioning. Never eat below your minimum calorie needs or you will slow your metabolism down, not meet your vitamin and mineral needs, and this will cause you to binge eat."



well, but you do have to eat three meals a day.”

Of course some celebrities really do have a penchant for pizza or a Häagen-Dazs habit - but they make up for it with the kind of exercise regimes that would leave Olympians begging for mercy. Susan Sarandon keeps in shape by doing Bikram Yoga - a 90-minute vigorous yoga routine in a room hot enough to be a sauna. And Jennifer Lopez, who says her biggest weakness is cookies, never misses a 5.30am workout with her celebrity trainer Gunnar Peterson. “I am the type of person who will eat whatever she wants,” she says. But then she also works out and does lots of cardio and light weights to keep her 35-25-38 frame in shape. There’s one part of her body Jennifer’s not keen on shrinking, though. “She won’t do any exercise that would make her bottom smaller. She loves her curvy bottom,” Peterson confirms.

It’s not only female celebrities who endure gruelling regimes to stay ready for their close-ups. R&B sensation Usher keeps his abs sculpted with a daunting, never-ending workout routine that includes at least 1,000 sit-ups a

day and “40 minutes of funk” - a cardio blast that includes jumping rope and dancing.

In addition Usher spends at least another hour doing push-ups and tricep dips, stretching and meditating. “I built a gym in my studio,” he says. “So in between recording me and Cliff Boyce, my trainer, go into the gym and pump some iron.”

## SO COULD YOU DO IT? SUSAN SARANDON'S YOGA WORKOUT

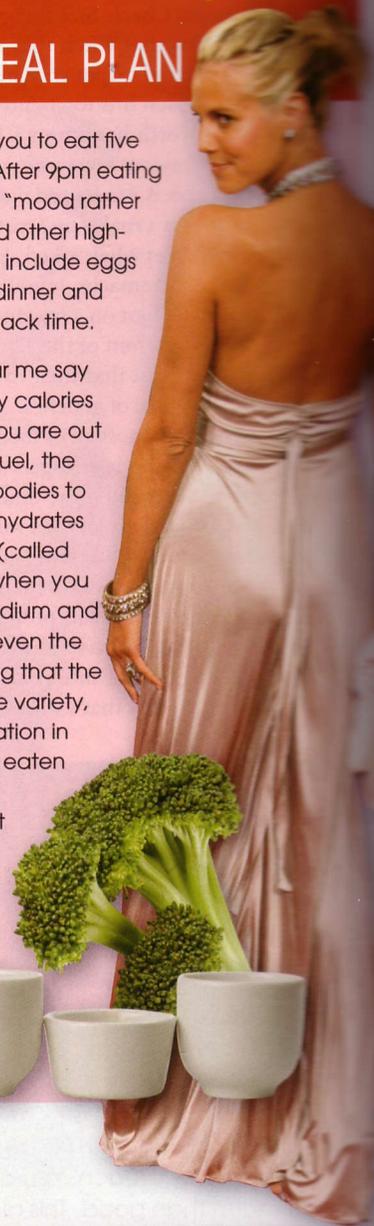
■ **WHAT'S IT ALL ABOUT?** Bikram Yoga was created by LA-based yoga instructor Bikram Choudhury. It comprises 26 classic yoga moves, carried out in a room that’s heated to 40°C. The 90-minute workout aims to tone your body and boost circulation, while the extreme temperature promotes sweating and helps flush toxins from your body.

■ **VIVA EXPERT TATYANA KOUR SAYS:** “Opinion is divided on Bikram Yoga. What I most like about it is the ability to focus on yourself, but one has to be careful. There is no particular advantage to sweating because you are not going to sweat out toxins (you will be fooling yourself if you think otherwise!) There are great risks involved for someone who is not exercise-trained to sit for 90 minutes in such a heated room.

## SO COULD YOU DO IT? HEIDI KLUM'S LOW-CARB MEAL PLAN

■ **WHAT'S IT ALL ABOUT?** This low-carb diet encourages you to eat five times a day - breakfast, lunch, dinner and two snacks. After 9pm eating is a no-go as Heidi’s trainer David Kirsch believes it’s just “mood rather than hunger related”. Alcohol is banned, as is sugar and other high-carb foods like pasta and potatoes. A typical menu will include eggs for breakfast, tuna salad for lunch, chicken kebabs for dinner and yoghurt or the unusual side serving of broccoli during snack time.

■ **VIVA NUTRITIONIST TATYANA KOUR SAYS:** “You will hear me say this over and over - but ultimately, it is calories and only calories that count. They are like the fuel for the body. When you are out of fuel the car doesn’t go. When you have too much fuel, the tank will overflow. Carbohydrates in the diet help our bodies to hold onto fluid. Therefore, if there is not enough carbohydrates in the body, the body will release water from the cells (called osmotic diuresis), which causes initial weight loss, but when you lose water, you can also lose important minerals like sodium and potassium. Our body only survives on carbohydrates; even the brain needs carbohydrates to function. It’s worth noting that the dietary guidelines relating to carbohydrates emphasise variety, increased grains (especially whole grains) and moderation in sugars (particularly added sugars defined as all sugars eaten separately or added to foods, used in ingredients in processing and food preparation). Having a consistent meal pattern of three meals and two snacks is the best gift you can give your body to maintain its momentum and boost your metabolic rate to stay healthy and in shape.



## THE BOTTOM LINE AIM TO LOOK HOT BUT HEALTHY BY FOLLOWING THESE GUIDELINES:

- Choose lower calorie, low-fat, high fiber foods that you enjoy (a healthful eating style).
- Eat until you are full, but not stuffed.
- Allow yourself your favourite “splurge” foods on occasion.
- Include an exercise regimen you can stick with for a lifetime.
- Address issues which may be causing you to overeat.
- Focus on internal motivations such as health, increased energy, and self-esteem.

You may email VIVA nutritionist Tatyana Kour at [Tatyana.j@kourkour.com](mailto:Tatyana.j@kourkour.com)



HEIDI KLUM: ANDREW HARRISON/GETTY IMAGES; SUSAN SARANDON: JEFFREY MATTING/GETTY IMAGES; YOGA MAT: GUY AROCH/GETTY IMAGES