

## AMANDA BYRAM

# BODY BEAUTIFUL

Every month our healthy living guru brings us her bite-sized tips



**S**o it's nearly February, which must mean some of us have fallen short of our New Year's resolutions. If this rings a bell, my advice is to get back on the healthy wagon again guilt free and just leave yesterday behind. We spend far too long berating ourselves for what shoulda-woulda-coulda and it stunts us and stops us from progressing in every area of life. Remember, it's never too late to start your year, your month or even your day over again.

### The milky way

There are a lot of almond milks on the market, but none come purer than my new discovery – Pressery milks. Pressery milks are raw, which means they haven't been heated, thus destroying the goodness. There are four different flavours, of which my personal fave is simply 'Original' – raw Spanish almonds, cold-pressed with filtered water. Others include Cacao, which is slightly sweetened with dates and vanilla, then Berry with raspberries and blueberries that are high in antioxidants, and lastly Turmeric, which is known for its anti-inflammatory qualities, and a kick of raw honey to take off the edge. [thepressery.co.uk](http://thepressery.co.uk)

### Tea-ssential

Almost two years ago I gave up coffee. Don't get me wrong, the smell of the black stuff sends me to Nirvana every time, but I knew the negative long-term effects of the high doses of caffeine I was consuming far outweighed the good. So I started drinking green and non-caffeinated teas. There are only so many flavours of tea on the market, and after a while you begin to crave something

more, which is when I discovered Essential Teas. A whole range of exciting new flavours include fennel, hibiscus and a camomile and spearmint combo. After a while, the longing for coffee subsides, but seems now I have swapped it with a different craving! What's more, all Essential products are vegetarian or vegan, GM-free and have no unnecessary additives. [essential-trading.coop](http://essential-trading.coop)

### Go nuts!

It's no secret that I'm nutty about nuts! Good fats are an essential part of your diet, and in fact help you to lose weight. Snacking is also important for me, and I always have something in my bag to cover the hunger pangs should I get delayed on the tube. I'm not normally a fan of snack bars, but 9bar is different. Only 10 percent (5g) of a 9bar is cane sugar and 10 percent honey so the majority of the sugar in a 9bar is part of its natural ingredients. Plus all those nuts and seeds mean they're wicked to eat before a workout or when I'm busy running about to get a much-needed boost of slow release energy. [9bar.com](http://9bar.com)

### Hands on

I'm a big convert to toxic-free cosmetics. Paraben-free, BPA-free and perfume-free are labels we're staring to see more of, which is a god-send given that the daily dose of chemicals a woman slathers on her body, from shampoos and body creams to nail polish, are astonishingly high in toxins. HJ Manicure is a non-toxic nailcare brand which has a gorgeous range of colours. Each polish is free of toluene, formaldehyde,

formaldehyde resin, di-butyl phthalate (DBP) and camphor (all preservatives that can be linked to cancer and skin irritations), as well as animal derivatives. And they're cruelty-free and vegan-friendly to boot! Time to get those talons primped, guilt-free! [hjmanicure.com](http://hjmanicure.com)

### Trainer tip

Jay Copley, private PT and trainer at Barry's Bootcamp in London, says: "In a 2008 study of 1,700 people, dieters who kept a food diary for six months lost twice as much weight as those who kept no food record. The reason? Writing down what you eat makes you accountable for every bit of food that goes into your mouth!"

### Thought for the month

You can have anything you want. You just have to stop waiting for someone to tell you you deserve it.



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