

► pssst...

# 6 secrets

My nutritionist Sally Joseph shares her top health and nutrition tips, and how they have worked for me

## 1 Detox twice a year

One of the most effective ways Miranda can maintain a healthy weight and great skin is to detox every six months. Detoxing stimulates the body's natural cleansing process to eliminate excess toxins that contribute to fatigue, weight gain, cellulite, poor sleep and mood changes. This involves cutting out foods that contribute to toxicity – gluten products (such as wheat), dairy, coffee, alcohol, sugar and red meat – for two to four weeks.



## 2 Take a probiotic every day

Probiotics, best kept refrigerated, help to maintain healthy digestion, reduce inflammatory responses, regulate our bowel function and boost immunity, so they are one of the best ways to prevent common colds and flu viruses as well as digestive upsets.



## 3 Swap coffee for green tea with fresh ginger

Many models drink coffee to speed up their metabolism, but it increases the production of adrenaline and places stress on the liver. I advise Miranda to swap coffee for green tea with a few slices of fresh ginger to soothe the nervous system.

## 4 Nurture the nervous system

Miranda has an incredibly busy schedule, working up to 16-hour days, and is often in a different city every second day, so keeping her stress levels at bay is crucial to her overall health. To combat the effects of stress, I recommend that Miranda take vitamins B and C daily, in conjunction with a balanced diet, regular exercise and daily meditation.

## 5 Get enough beauty sleep

Because Miranda has to look her best at all times, getting enough sleep is vital. Get to bed as early as possible before midnight as these hours are the most critical for getting a good night's rest. Fatigue also drives the body to eat more, so steer clear of eating three hours before bedtime to avoid weight gain and promote good digestion.



## 6 Try coconut oil

Staying in shape doesn't mean cutting out all fats. Unrefined coconut oil speeds up your metabolism, aiding weight loss, and also contributes to a clear and flawless complexion. I advised Miranda to use it for cooking and on her skin as a light moisturiser.



Nutritionist Sally Joseph (inset) advises Miranda on dietary and health protocols.