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Source: Optima Magazine (Main)
Date: 16 February 2008
Page: 24
Circulation: 42032
Size: 190cm2
AVE: 0

JUST WEIGHT 'TIL YOU READ THESE...

If you want to get into shape this year, there's a plethora of diet, detox and fitness books to help you achieve your goals. Hannah Patterson leafs through some of the titles.

:: **The Holford 9-Day Liver Detox**, by Patrick Holford & Fiona McDonald Joyce (Piatkus, £10.99):

Looking after your liver is the key to all-round health, says Professor Patrick Holford, a specialist in nutrition, who has devised a nine-day detox programme to provide the liver with all it needs to clean up the rest of your body. Simple changes include drinking more water (and having a glass of water with every alcoholic drink and every coffee you drink), having seven portions of fruit and veg a day to erase liver toxins, and cutting down on alcohol and caffeine-filled drinks. Readers are encouraged to take regular exercise, as exercise stimulates the lymphatic system which carries waste to the liver for detoxification. Encouragingly, it's a diet that doesn't force you to starve. The detox cuts out wheat and milk, replacing them with nuts, seeds and leafy vegetables for calcium. There's a checklist in the book to assess if you need to detox your liver.

