

Michael van Straten's
Healthy and Essential Fact Sheet
with Classic Gold Radio

Banish the Hangover

I hope you haven't overdone the booze but if you do wake up nursing a thick head, and there are lots more parties to go to, here are a few tips.

Don't mix your drinks and do alternate a glass of water with every glass of wine or spirits. Drink a pint of water before you go to bed after a night out. You could of course follow the example of the Parisians who always end a night on the tiles at the famous Les Halles market, drinking thick onion soup. Onions, like garlic, help the body to overcome the toxic effects of alcohol.

A couple of grams of vitamin C and a good B complex vitamin will also help to combat your excesses. If you're really brave, the ancient Roman cure for too much of what you fancied was a whole head of garlic, boiled in a pint of red wine for twenty minutes. Strain off the garlic, add a spoon of honey to the wine and drink while still warm.

More palatable but just as effective is a morning glass of hot peppermint tea to settle the stomach, a couple of capsules of ginger extract if you're feeling a bit queezy and a tablespoon (or three capsules if you prefer) of Barleans Organic Omega Twin Oil. This combination of flax seed and borage oils is the world's richest source of the essential fatty acids Omega 3 and 6 which help reduce inflammation and pain. You'll soon feel like rejoining the rest of the human race. Barleans Omega Twin Oil is available at www.healthyandessential.com or by phone no 08700 554 111.

Don't forget that alcohol has a particularly bad effect on the liver but you can help restore it to good order by eating globe artichokes or taking capsules of

globe artichoke or milk thistle extract. They're the same family and both contain the liver healing substance, cynarin.

Give your liver a break by keeping off the booze for the rest of this week and cutting down on the amount of fat in your diet. Reduce your consumption of meat and meat products, cheese, butter, cream, sticky buns, ice cream and chocolate.

Eat plenty of citrus fruit, delicious English apples and as many green vegetables as you can manage and make sure you have plenty of garlic - Nature's great detoxer. Take one gram of Ester C (the non-acidic form of the vitamin) each day to boost your natural resistance.

If by the end of the holiday you're feeling a degree or two under and a pound or ten over, here are some simple basic rules to help boost energy, vitality and get rid of the bulges. Remember, healthy eating is the only sane way to shed surplus pounds.

Choose leaner cuts of meat and eat more fish and poultry. Choose semi-skimmed or skimmed milk (not for the under 5's) and look for lower fat cheeses and yogurts. Eat much more fresh fruit and vegetables - around a third of your food - a minimum of five helpings a day. Eat plenty of potatoes, pasta, rice and beans but without cream or fatty meat sauces.

Start each day with a capsule of MorEPA fish oils for heart and circulatory protection, improved concentration and anti-inflammatory properties. Eat good breakfast cereals like porridge, muesli or Shredded Wheat with 2 tablespoons of Barleans Organic FortiFlax, and at least four slices a day of wholemeal bread - be very mean with the butter but don't use any form of margarine. Avoid all sugar and watch out for the hidden fat in biscuits, cakes and meat products. Both MorEPA and FortiFlax are available at www.healthyandessential.com or by phone no 08700 554 111.

More often it's what you do to your food, rather than the food itself, that piles on the weight. Don't fry, but grill, steam or bake instead. Roast meat or poultry on a rack in the pan - so it won't soak up the fat. Never eat chicken or duck skin - they're oozing with fat. Avoid all thickened or creamy sauces. Use low fat yogurt or fromage frais instead of cream. Try using a smaller plate - it looks like you've got more in front of you - and take plenty of time over your meals so they're more satisfying.

Never miss breakfast and don't go for long periods without food. If you're making a conscious effort to cut down your consumption, then keep your vitamin and mineral levels up to the mark with a good daily supplement and take some kelp, made from dried seaweed, to help your metabolism, and extra calcium for all the ladies.

Baked beans and grilled tomatoes on toast for breakfast. Home made root vegetable soup with kidney beans and salad for lunch. For dinner, a casserole of chicken with courgettes, red peppers and garlic, and baked apple with ground almonds and cinnamon. I bet it's just what you could fancy right now. And that's one day out of my Healthy and Essential Restorative Eating Plan for those of you who need to lose a few pounds.

Not exactly a starvation level existence, is it? And the other six days are just as good. It is possible to eat well and lose weight if you need to. But it's also essential that your new regime should be satisfying and enjoyable. Most diets fail because you give up in despair or disgust at the thought of one more crispbread and cottage cheese.

Increase your calorie output by a little more exercise - a 15 minute walk each day will do - and you could be a whole size smaller In a month.

HEALTHY AND ESSENTIAL RESTORATIVE EATING PLAN

We are constantly bombarded from all sides with endless advice on how to lose weight, stay slim and be healthy. Every newspaper, woman's magazine and countless radio and TV programmes urge everyone to think thin. We are all targets for the multi-million pound slimming business which is more concerned with extracting pounds from pockets than it is with the nation's health. Unless you are grossly obese you are almost certainly better off staying as you are than making your life a misery by trying to reach the mythical "ideal weight".

Most of the dietary advice you see will include worthless pills, unhealthy meal substitutes or extreme diets based on pseudoscience and hocus pocus. If you have gained an extra inch or two and this makes you feel uncomfortable and not able to wear your favourite clothes, then here's a simple healthy one week eating plan that provides good nutrition, happy eating and real food. You won't be hungry, you will be healthy and you will lose pounds if you need to.

This week's eating provides you with the required amounts of nutrients, but in order to make sure that you are digesting and detoxing efficiently don't forget your daily dose of Barleans Organic FortiFlax with your breakfast cereals and a capsule of MorEPA fish oils morning and evening (Barleans High Lignan Flax Oil or Omega Twin oils for vegetarians or vegans). These products are available at www.healthyandessential.com or by phone no 08700 554 111.

MONDAY

Breakfast:

Baked beans on toast with a grilled tomato; a cup of tea or coffee with semi-skimmed milk. Have either drink with breakfast every day.

Light meal:

A large portion of coleslaw made with red, white and green cabbage, carrots, sultanas, onion, apple, plain yoghurt, a little olive oil and a tablespoon of cider vinegar, with a small cup of cottage cheese and a piece of fresh fruit.

Main meal:

Chicken breast with skin removed (large flat mushrooms or tofu for vegetarians) covered with a sliced courgette, thin strips of red pepper, a little garlic, the juice of a lemon, half a glass of dry white wine and quarter of a pint of vegetable stock (from a cube) cooked in a covered casserole for 30 minutes at 175°C/350°F/gas mark 4, with carrots and parsnips mashed together. A baked apple (cooked in the oven at the same time). Remove the core, cut off the bottom quarter, put it back in the hole and stuff with 1 oz ground almonds mixed with orange juice, sprinkled with a little cinnamon and nutmeg.

TUESDAY

Breakfast:

Porridge with half water, half skimmed milk, a slice of wholemeal toast with a little butter and honey.

Light meal:

A large bowl of vegetable, bean and barley soup - 1 oz pot barley, 1½ pints water, 4 sliced carrots, 1 chopped turnip, 2 sliced leeks, 2 sticks celery, 1 chopped onion, 1 dsp tomato puree, black pepper, bring them to the boil and simmer for 45 minutes. Add a can of kidney, butter, haricot or any other sort of beans, cook for another 5 minutes to make six large portions. Serve with a green salad with oil and vinegar dressing.

Main meal:

Any grilled fish (vegetable protein for veggies) with a green vegetable followed by some soft cheese with a large stick of crunchy celery.

WEDNESDAY

Breakfast:

Half a grapefruit, 2 poached eggs, 2 grilled tomatoes.

Light meal:

2 or 3 large flat mushrooms or a good handful of button mushrooms fried in a little butter very gently in a covered pan for about 15 minutes on wholemeal toast with a salad.

Main meal:

Grilled lamb chops (stir fried tofu or other vegetable protein for veggies) with most of the fat removed with peas and carrots, a portion of dried fruits soaked and served with low fat natural yoghurt mixed with a pinch of cinnamon, grated lemon rind and a teaspoon of honey.

THURSDAY

Breakfast:

A mixture of an orange, an apple and a pear sliced into a bowl with a carton of natural yoghurt and a teaspoonful of honey,

Light meal:

A sandwich of wholemeal bread without butter, a mashed banana, a couple of chopped up dates, a squeeze of lemon juice and a sprinkle of any chopped nuts. A fresh pear and a few grapes.

Main meal:

Chicken cooked any way you like, but not fried, with at least two different vegetables. Stuffed pepper with cheese for veggies. Chopped ready to eat Californian prunes and apricots soaked in the juice of a lemon, an orange, a tablespoon of brandy, half a teaspoon of sugar.

FRIDAY

Breakfast:

2 boiled eggs, 2 slices of wholemeal toast spread very thinly with butter.

Light meal:

A bowl of bean and barley soup (left over from Tuesday) with a wholemeal roll.

Main meal:

Put a fillet of hake or cod on a finely chopped onion, tomato and garlic mixture onto a large piece of cooking foil, sprinkle more of the mixture on top of the fish, season with pepper and a little olive oil. (Cauliflower and broccoli cheese for veggies). Wrap the foil into a parcel, bake at 200°C/400°F/gas mark 6 for 20 minutes. Serve with a salad of watercress, orange segments and chicory. A piece of soft cheese (Brie, Camembert etc) and a bunch of grapes.

SATURDAY

Breakfast:

As much fresh fruit as you like.

Light meal:

Italian toast - bruschetta. Toast a thick slice of coarse wholemeal bread until lightly brown on both sides. Rub one side with a cut clove of garlic, dribble on a little olive oil and pile with thin slices of fresh tomato - a wonderful snack for any time of the day or night.

Main meal:

Chicken, beef or lamb casserole (Bean and root vegetable for veggies) - remove skin and fat, cut into cubes, seal for a few seconds in hot oil, remove the meat with a slotted spoon, add onion, garlic and celery, continue cooking till soft but not brown, add vegetable stock (from cube) with diced parsnip, carrot, swede, leek, turnip, potato, return meat to the mixture, cover tightly and cook at 180°C/350°F/gas mark 4 for 1-1½ hours till meat is tender. 2 tangerines in segments with a small carton of fromage frais and a teaspoon of honey.

SUNDAY

Breakfast:

2 slices of wholemeal toast with a little butter and honey. A glass of fresh orange juice.

Light meal:

Green pasta and tuna fish (omit tuna and grate in a courgette if you're a veggie). While the pasta is cooking put 4 coarsely chopped spring onions including the green tops into a frying pan with a little oil. When they're soft add a small can of drained tuna and stir until warm but not cooked. Drain the pasta, return to the saucepan, mix in the tuna and spring onions and serve. A piece of fresh fruit.

Main meal:

Stir fry lamb (tofu for veggies). Remove all fat from the meat and cut into thin strips. Put in a shallow dish with 1 tablespoon olive oil, 2 teaspoons soya sauce, 1 tablespoon dry sherry and leave to marinate for 30 minutes. Then in a wok or thick bottomed frying pan heat some olive oil, add the lamb and some of the marinade, stirring vigorously for 3 minutes. Add a small leek thinly sliced lengthways, stir for another 2 minutes, then add a chopped spring onion, a chopped clove of garlic and a little freshly grated ginger and cook for another 3 minutes. Serve with a tomato and onion salad. Half a small melon.

You must drink at least three pints of fluid each day - water, diluted unsweetened fruit juices and some tea and coffee. You may have one glass of wine or half a pint of beer or one pub measure of spirits each day as well. This is seven days of delicious healthy eating which I hope you will enjoy. It is not a diet but a guide to help you change the way you eat for the better.