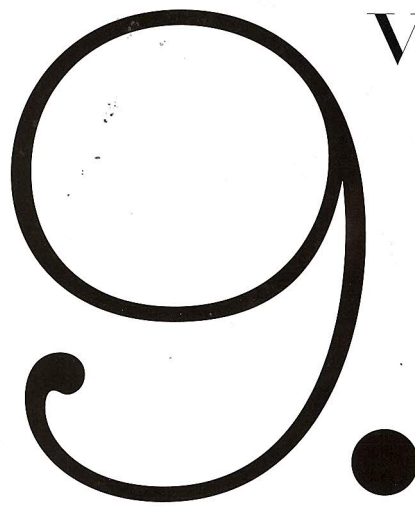




8. Think thin

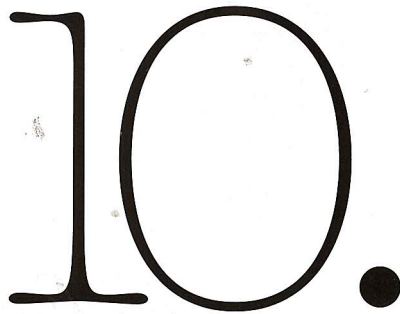
If you are serious about weight loss, try the Benestar

Centre's innovative four-day Gastric Mind Band programme, which includes a combination of cognitive behavioural therapy, hypnosis and neuro-linguistic programming. The hypnosis is progressive, incorporating the smells and sounds of the operating theatre to make your subconscious believe you have had a real band fitted. The testimonials are compelling and so is the short four-day commitment. (Benestar.co.uk)



9. Walk this way

THE BUZZ STATESIDE IS TO PIMP YOUR WALK TO MAXIMISE THE CALORIE BURN AND TONING OPPORTUNITIES: LAYER ON A WEIGHTED WALKING VEST - THEY ARE CHICER THAN YOU'D IMAGINE AND FAR MORE EFFECTIVE THAN THE WRIST OR ANKLE VARIETY (KRSC.CO.UK). BOOK A PERSONAL-TRAINING SESSION TO CORRECT YOUR POSTURE AND IMPROVE YOUR STRIDING TECHNIQUE. THE THIRD SPACE OFFERS GAIT ANALYSIS IN ITS MEDICINE CENTRE (THETHIRDSPACE.COM). INVEST IN A PAIR OF MBTS: THEY BURN AND FIRM (UK.MBT.COM). DOWNLOAD AN AUDIO FUEL BPM WALKING PROGRAMME FOR YOUR MP3 - IT'S MUSIC TAILORED TO HELP YOU KEEP YOUR STRIDE AND MOTIVATE YOU WHEN YOUR GLUTES START TO ACHE (AUDIOFUEL.CO.UK).



10. Get happy

Recent meta-studies have concluded that a micro-dose of Prozac (a

tenth of the dose prescribed for depression, so there are no reported side effects) taken in the five days before your period can have a neutralising effect on the symptoms of PMT. If you're suffering, ask your doctor.



12. REGAIN YOUR BALANCE

Fitness insiders are reverting to the subtle power of holding poses which require balance as a means to increase core strength and flexibility. Try the new TRX "suspension fitness" sessions at Heartcore (Heartcore.co.uk), which consist of balancing while hanging from ropes, which encourages a gymnastic physique. (A home kit is available at Trxfitness.co.uk.) The Third Space's exciting new Marylebone club has a Retro Gym, complete with beams, climbing ropes and bars (Thethirdspace.com). At home, the Coolboard - a discombobulating device - facilitates all kinds of exercise poses. Visit Coolboard.co.uk for downloadable Coolboard classes and online technique advice. On the go, Power Balance hologram-embedded wristbands promise to boost your body's natural energy field (Powerbalanceuk.com). Then enrol in Body Balance, a programme tailored to "achieve equilibrium within the body" through acupuncture, at the Kite Clinic (Kiteclinic.co.uk).

11. Pass the litmus test

It's all about longevity-giving alkaline foods. First, meet Gareth Edwards (Food-for-life.co.uk), who looks at your blood under a microscope to spot acidity; then kick-start a new approach with Raw & Juicy's delicious "H Perfect" home-delivery diet (£375 per week; Raw-and-juicy.com)