

There's no better way to start the New Year than with a complete health overhaul.

Follow Gillian McKeith's 14-day Boot Camp Diet and not only will you feel better, you could lose up to a stone in just a fortnight.

In today and tomorrow's paper we'll be revealing the changes Gillian recommends you make to leave you looking and feeling better than you have in years.

As well as revamping your diet, you will need to exercise for at least half an hour every day, cut out alcohol and find some relaxation time.

"My boot camp is a full-on, focused way of making positive changes," says Gillian. "It lasts a short time, just 14 days, but has long-term results."

"This is not to be confused with a crash diet, which asks you to adopt bad food habits to get very temporary results."

"My boot camp demands you adopt good food and lifestyle habits and the results are anything but temporary."

Today we help you work out the triggers that lead to you gaining excess weight - and tell you how to get rid of it.

Tomorrow we will show you exactly what you need to eat to reveal the slimmer you.

Spot triggers

Most of us at some time battle to keep our weight under control. But because there are different reasons for us becoming overweight in the first place, what we need to do to lose fat differs.

Take the following test to discover what exactly lies at the root of you eating too much of the wrong foods. And once you've worked out why you're gaining weight, follow Gillian's suggested plan to help shift those unwanted pounds.

Trigger: adrenal stress

- (1) Do you often feel tired when you wake up, even after seven or eight hours' sleep?
- (2) Do you feel drowsy during the day and experience a mid-afternoon energy slump?
- (3) Are you an anxious or nervous person?
- (4) Do you have a lot of weight around your middle?
- (5) Do you suffer from frequent colds or bugs?
- (6) Do you have high or low blood pressure?
- (7) Do you suffer from chronic fatigue, weakness, lethargy or lack of motivation, difficulty sleeping?
- (8) Do you have cuts or serrations in the middle of your tongue or a reddish tip?
- (9) Do you crave salt?
- (10) Do you use caffeine, alcohol or nicotine regularly to keep yourself going?

Tackle it

When adrenal function is out of balance more stress hormones are released, causing blood sugar imbalances that may lead to weight gain. You need to:

- Avoid stimulants, including caffeine, alcohol and nicotine.
- Avoid foods that upset blood sugar, including those with added sugar, and refined carbohydrates such as white bread, white pasta and cakes.
- Cut back on salt.
- Eat green vegetables for their magnesium content, wholegrains for B vitamins and berries, kiwis and grapefruit for vitamin C.
- Take daily moderate exercise, such as walking or swimming, but not in the evenings as it can trigger stress hormones which disrupt sleep.
- Go to bed by 11pm. Rest is important for adrenal health.

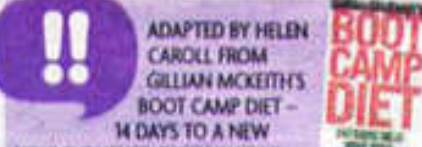
Trigger: blood-sugar imbalance

- (1) Do you struggle to get up and get going in the morning?
- (2) Do you get shaky, dizzy or irritable if you don't eat often enough?
- (3) Are you frequently thirsty?
- (4) Do you have energy dips during the day?
- (5) Do you wake in the night or early hours?
- (6) Do you use caffeine or sugary snacks to keep going?
- (7) Do you need to urinate frequently?
- (8) Do you crave sugar or carbohydrates?
- (9) Do you put on weight around the middle rather than hips and thighs?
- (10) Do you get exhausted when you exercise or sometimes simply cannot do it?

Tackle it

Each time blood-sugar levels are raised insulin, a hormone that stores sugars as fat, is released. You can counteract it by:

- Avoiding sugar, refined carbohydrates, alcohol, fizzy drinks, white pasta, sweets and caffeine.
- Eating six meals a day - breakfast, snack, lunch, snack, dinner, snack.
- Eating complex carbohydrates - such as brown rice, oats, lentils and beans - which release sugars slowly.
- Combining protein, such as meat and fish, with carbohydrates, vegetables and salad, as they slow down the release of sugars.
- Including onion, garlic, cinnamon, turmeric and fenugreek in your cooking.
- Exercising - it improves our bodies' response to insulin.
- Chromium, B vitamins, magnesium, zinc, vitamin D and manganese are all needed for blood-sugar stability - all are available as supplements.



ADAPTED BY HELEN CAROLL FROM GILLIAN MCKEITH'S BOOT CAMP DIET - 14 DAYS TO A NEW YOU! PUBLISHED ON JANUARY 11 (PENGUIN, £6.99). YOU CAN ALSO DOWNLOAD GILLIAN'S WALKING WORKOUTS FROM ITUNES FROM JANUARY 5 FOR £6.32.

COMING TOMORROW: THE HEALTHY

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