



TEAM LEAN: AVOID DIET DEAD-ENDS

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Five of the best nutrition experts to help you avoid diet dead-ends and shape up, pronto.

Dylan Willis, director, Fitline

Best for ... shifting stagnant weight.

The lowdown: Can't shift lower-body weight no matter how hard you work out or how strict your diet? According to Willis, it could be an oestrogen dominance issue. His BioSignature program tests body-fat distribution as well as for hormonal imbalances, excessive stress and poor digestion, all of which can impair our ability to burn fat and increase muscle. Based on his findings, Willis then prescribes lifestyle changes, supplements and dietary changes. Bespoke nutrition at its best.

Tip: "Insulin is the only hormone you have complete control over. Improve insulin sensitivity (and your love handles) by increasing protein intake and taking at least two fish-oil capsules per meal."

Details: Initial consultation, \$150, subsequent consultations \$75 (a 12-week program is recommended). Level M2, North Rialto Tower, 525 Collins Street, Melbourne, Victoria, (03) 9629 9971; www.fitline.com.au.

Josephine Gibson, dietician and director, Eat Love Live

Best for ... bringing some normality back to skewed eating.

The lowdown: Lost your way in a maze of fad diets, taken a weight-loss obsession too far or just lacking in self-control?

Diet-nonbeliever and disordered-eating specialist Gibson uses positive motivational and behavioural change techniques to undo vicious dieting cycles and food-related issues, beyond generalised meal plans.

Tip: "Often we overeat because we aren't paying attention. Eat when you are hungry and stop when the hunger goes away. Turn the TV and computer off, put your meal and snacks on a plate and practice eating slowly, tasting and enjoying the food."

Details: Initial consultation, \$140. www.eatlovelive.com.au.

Matthew Favaloro, Clinical hypnotherapist

Best for ... kicking bad habits.

The lowdown: Using hypnotherapy, celebrity favourite Favaloro will help you to reset your eating habits and gain a healthy relationship with food. Great for emotional eaters, sugar addicts and those residing on Struggle Street who need a kick-start to their weight-loss plan. Favaloro is based in Sydney, but also consults via Skype.

Tip: "Instead of flat-out denying yourself something, which seldom works, try taking the impact it will have on your health into consideration. 'Will this chocolate bar undo the hard work I did at the gym? Will it cause me to crash in half an hour?'. And the clincher: 'Do I really need this?'. Once you remind yourself of this, avoiding bad foods is a lot easier. Remember, junk food is a filler — you may as well eat concrete."

Details: Consultation, \$200. 0416 272 142; www.alternatives.com.au.

Zoe Bingley-Pullin, nutritionist

Best for ... starting at the source.

The lowdown: Bingley-Pullin is well known not just for her A-list clientele and best-selling book *Eat Taste Nourish*, but for transforming Mr & Mrs Takeaway into Masterchefs. Bingley-Pullin, herself a trained chef, regularly runs healthy cooking classes that she adapts to suit the season. She'll prove that with a little shopper's knowledge, a dash of preparation and a hint of nutritional education, healthy eating doesn't have to mean rice cakes and lettuce.

Tip: "Buy healthy, high-protein snacks for the week. It will stop you resorting to unhealthy options from the vending machine. Nuts, yoghurt, hummus, cottage cheese, tinned fish, boiled eggs and miso soup are all good options."

Details: Consultations from \$180. Nutritional Edge, Level 4, 1 Martin Place, Sydney, New South Wales, (02) 9232 1500; www.nutritionaledge.com.au.

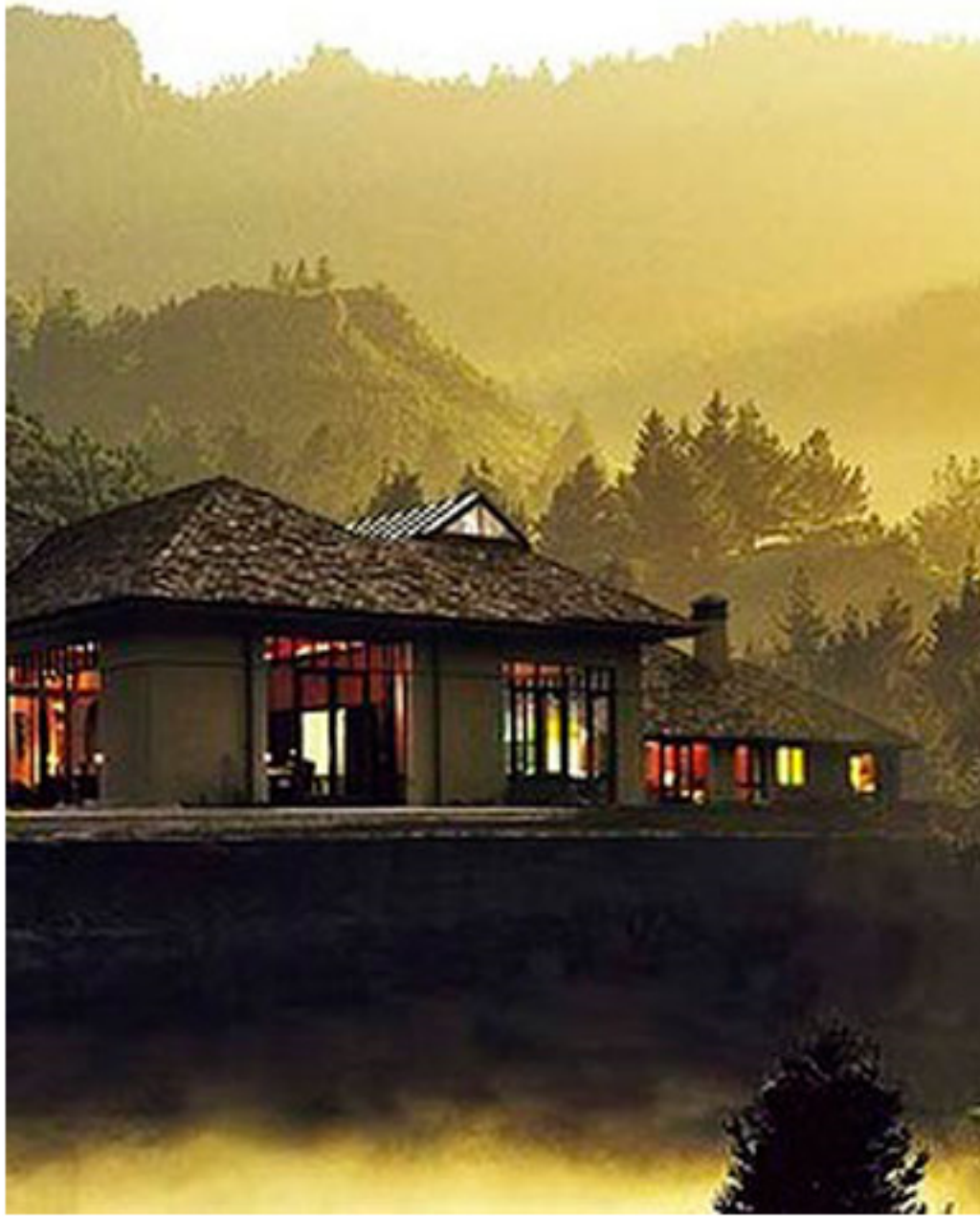
Dr Lee Nelson

Best for ... reversing stress and boosting immunity.

The lowdown: Nelson's Split Apple Retreat, near New Zealand's Abel Tasman National Park, is a luxury wellness escape run by retired doctor Lee Nelson, whose knowledge of functional food is boundless. Guests have their health evaluated and feast on body-tuning meals by his culinary-whiz wife, Pen.

Tip: "The best breakfast you could have would be 240 millilitres of pomegranate juice; one cup of blueberries with ground seed mix (two parts unhulled sunflower, one part white sesame, one part pumpkin, with cinnamon and ginger); and an egg-white omelette with avocado, spinach, tomato, mushroom, onion, garlic, and black and white sesame. This mixture is high in protein and low-GI, plus it may help prevent plaque formation on arteries, lower blood pressure and kill cancer cells, as well as nourish the nervous system, boost memory and help regulate blood sugar."

Details: Wellness Evaluations start from \$770 (free if staying five nights or longer). www.splitappleretreat.com.



OPERATION GLAM

X is for Xylitol. Need to whittle yourself into an Hervé Léger number? According to Dr Lee Nelson of New Zealand's Split Apple Retreat, a wellness centre frequented by the rich and famous, replacing sugar with xylitol will help get blood sugar levels under control. "It looks and tastes just like sugar, is naturally occurring and has a GI of eight as opposed to 100 for glucose," he explains. "It's available in powder form from the health-food store, but it does have one downside and that's a laxative effect if over-consumed, until tolerance builds."

