

Start your year with a detox diet

The excesses of Christmas and New Year celebrations left you feeling bloated and nasty? **Barbara Lynch** looks at detoxing to a healthier you



Tania Zaetta



OK, so you've eaten yourself through Christmas and drunk yourself through New Year's Eve. What to do now?

One of your New Year's resolutions may be to get back on the health bandwagon and lose weight, but where do you start?

Aussie actress Tania Zaetta, of *Who Dares Wins* and Bollywood film fame, is a big believer in the Lemon Detox Diet — so much so she became an ambassador for the company.

Savvy spoke with Tania when she was in Koh Samui, Thailand on a yoga retreat.

Tania said she discovered the lemon detox diet more than seven years ago when she was in London filming *Mission Implausible*, a UK action-based television show for SKY1.

"I researched it and found it was the best detox diet on the market," she said.

"I'm not 21 anymore and I was thinking how was I going to find the energy to race off cliffs and drive fast cars (in *Mission Implausible*)."

Detoxing is a way of life for Tania, who spends three days detoxing every three to four months.

She admitted she didn't eat potato wedges all the time, favouring steamed vegetables with squeezed lemon juice over the top.

Lemon meringue pie was also a favourite.

"I'm no angel when it comes to eating and training . . . I love Italian food and red wine," she said.

Tania said she was fortunate not to have a weight problem.

"Even for me I'd consider myself healthy, and this day and age of hormones in food and inhaling smoke contributes to the body breaking down," the 39-year-old said.

Tania said the Lemon Detox Diet, invented 30 years ago, worked with the body's natural

cleansing process to flush out toxins and burn fat naturally.

Also known as the Neera Supercleanse, Tania said the product's popularity had spread throughout Europe, America and Australia, with people experiencing health benefits and weight loss.

She said the benefits included expected weight loss (if you're overweight) of 3-6kg in 10 days, greater resistance to illness, less dependence on supplements and drugs, clearer skin and eyes, shinier hair and stronger nails.

Tania said the Lemon Detox Diet was a safe and effective method of invigorating the body's own ability to cleanse itself of accumulated toxins and helping the body to normalise its weight.

Tania said the body was healing itself on the inside during the detox.

"We're given one body and one life. Why not see how we can make it last," she said.

When she's not on a yoga retreat in Thailand, Tania divides her time between the Gold Coast and Sydney, and each month she travels to India or London.

She has television shows in 80 countries worldwide, including re-runs of *Who Dares Wins*.

She has co-written a health and beauty book with Deb Farnworth-Wood, sharing her beauty secrets, called *Step Away From the Mirror I Just Want to Kiss Myself*, released just weeks ago.

Writing is a passion of Tania's and she's about to start penning her autobiography, which will include her stint in Bollywood.

"Bollywood was wonderful. I tend not to do things normally. I didn't sign up for a big network deal for the security . . . I would have more money if I ran off to Hollywood," she said.

"But I love India.

"Bollywood was bloody hard. There were days when I was in tears when it was so foreign to be a single girl in a third-world country but I am quite stubborn."

Win your own detox!

To kickstart your detox and a healthy start to the new year, Savvy is giving readers the chance to win one of eight Lemon DEtox packs, worth \$90 each.

The packs comprise a book by Dr KA Beyer, called *The Lemon Detox Diet Rejuvenation Sensation*, a one-litre tin of Vaahtera-palmusiirappi natural tree syrup, detox sea salt, senna tea and cayenne pepper.

To enter, just clip this page, write your name, address and phone number on the back of an envelope, and post it to: Savvy Lemon Detox Competition, c/- Townsville Bulletin, PO Box 2030, Townsville, 4810. Entries will close last mail on Tuesday, January 12, 2010. Winners' names will be published in the Savvy issue of Friday, January 15, 2010.

