

UNLOCK YOUR PURPOSE: **LIVE A LONGER, HEALTHIER LIFE**

TOP Santé

GOOD HEALTH STARTS HERE

Why your personality is the key to successfully

LOSING WEIGHT!

DO GOOD & GET FIT

with our guide to ethical fitness

23-PAGE SPECIAL

83 WAYS TO FEEL YOUNGER EVERY DAY

DISCOVER THE *facelift* IN YOUR FRIDGE!



WHO NEEDS TO JET AWAY?
Discover how to holiday at home

5 STEPS TO GET YOUR FEET IN TIP-TOP CONDITION



ENJOY A SUMMER DETOX WITH OUR EASY PLANT-BASED DISHES



Understand what's going on in your head and it might be easier to control what happens to your body, say authors Louise Atkinson and Dr Meg Arroll.

ARE YOU A soother, A GOURMET OR a scrambler?

PHOTOGRAPHS: GETTY IMAGES AND SHUTTERSTOCK

PICK ANY DIET PLAN out of a hat. Whether you opt for paleo or green juice, 5:2 or intermittent fasting; there are plenty to choose from. So how can you decide which is best?

Perhaps it's time to focus not on *what* you are eating, but *why* you are eating. Because while any diet might restrict your calorie intake, it will rarely change your relationship with food or deal with the underlying psychological reasons why you may sometimes overeat and break your resolve.

Everyone knows that the biggest problem with diets is sticking to them and the answer – we have found – lies not in what we're putting into our mouths, but what's going on in our heads. It is very rarely a lack of willpower or gluttony that causes diets to fail, much more likely it is caused by deep-seated emotional and behavioural traits which lead you to subconsciously sabotage your own healthy eating plans.

THE MISSING PIECE

We call this approach Shrinkology – or the psychology of slim. It is the missing piece in the weight-loss jigsaw. To reach and stick at a healthy, happy weight you need to think like a shrink.

In our new book we have shown that most people fall into one of six types when it comes to food, and understanding your type helps to indicate where things might have started to go awry. You might be a gourmet, a magpie, a scrambler, traditional, rebel or soother, and because your shrinkology type is partly influenced by circumstance, your type might change and evolve as



you move through life. You'll get a good idea of your shrinkology type by keeping a food and mood diary for at least a week (and make sure that you include the weekend, as that's when even your best-laid eating plans can go awry).

Because there are so many reasons, other than hunger, that drive us to eat, a diary is a great way for you to start identifying your triggers and spotting your patterns. Just grab a notebook (or turn to the notes page on your mobile phone) and log everything that goes into your mouth – every single morsel – noting your mood at the time and your degree of hunger on a scale of one to 10. Patterns should start to emerge pretty quickly and these could indicate your dominant shrinkology type. Once you know that, you can start to change the way you think about food, come up with a personal shrinkology plan, and begin the process of thinking yourself slim.

Because there are so many reasons for the way you eat, a diary is a great way to identify your triggers and patterns.



Diary entry to look out for: Lots of social eating and a fear of being hungry.

YOU COULD BE: A GOURMET

The gourmet lives to entertain and indulge. You're a sociable eater with a love of fine food – sourcing the best ingredients, lovingly preparing meals for friends, and relishing every mouthful.

■ **So what's the problem?** Your love of indulgent food and wines, and your sociable nature, could mean you eat rather too much and too often.

■ **If you do one thing:** Prune your social diary and aim to make a distinction between 'special' meals (go full Gourmet) and 'everyday food' (think healthy and hold back).

■ **Diet to try:** One of Tom Kerridge's cook books (exquisite ingredients but low calorie or low carb).

■ **Diet to avoid:** Shake/soup meal replacement plans (not enough variety or flavour for you).

■ **Exercise to try:** Consider switching some of the money you spend on eating out into membership of a really smart gym.

■ **Yoga type for you:** Vinyasa flow (challenging but progressive with opportunities to show off your moves as you progress).

Diary entry to look out for: Eating to escape or choosing food to lift your mood



YOU COULD BE: A SOOTHER

Soothers are compassionate souls, and you strive to make everyone happy. As you find it hard to say 'no', you can become over-burdened and seek solace in food. You might find it very difficult to resist carb-laden treats.

■ **So what's the problem?** As a classic comfort eater your sweet tooth and love of treats triggers cravings and mindless eating over which you have little control.

■ **If you do one thing:** Find other ways to feel good inside, and put yourself first.

■ **Diet to try:** A structured plan, such as Weight Watchers or Slimming World, which allows carbs and treats in moderation, but fosters a spirit of teamwork.

■ **Diet to avoid:** Any low-carb plan that denies you the bread, cake, or potatoes you crave.

■ **Exercise to try:** Fitness classes (the sociable element is key).

■ **Yoga type for you:** Bikram (it can help with emotional eating).



Diary entry to look out for: Worrying about what to eat and constantly asking yourself 'is this healthy?' 'Is this on plan or off?'

YOU COULD BE: A MAGPIE

The Magpie is fascinated by health and diets and you tend to flit from one sparkly new plan to the next. You read quite a bit about nutrition and avidly follow social media gurus.

■ **So what's the problem?** You rarely stick with a plan for long enough for it to work before trying another.

■ **If you do one thing:** Try a social media detox to ease your preoccupation with food.

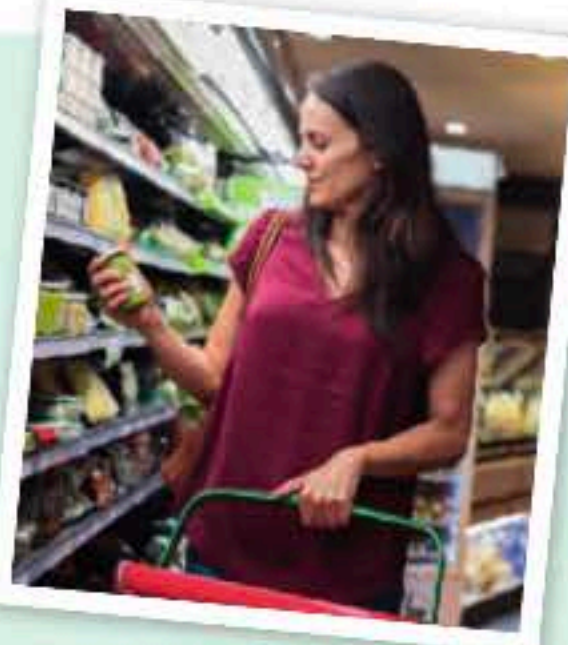
■ **Diet to try:** Sirtfood diet (it's very science-based).

■ **Diet to avoid:** Weight

Watchers (you'll find it restrictive and dull).

■ **Exercise to try:** Dance (to flex your creative muscles and free you from self-imposed constraints).

■ **Yoga type for you:** Kundalini (healing and restorative for you spiritually-minded types).



Diary entry to look out for: Habitual eating patterns (same food at each meal every day) and feeling compelled to always clean your plate.



YOU COULD BE: A TRADITIONAL

True traditionalists tend to stick closely to long-established patterns of eating and get frustrated by changes in nutritional dogma and the fact that the old dietary rules and portion sizes just don't seem to keep you slim any more.

■ **So what's the problem?** By unconsciously limiting your dietary options you could be putting yourself at risk of nutritional imbalance.

■ **If you do one thing:** Experiment with unfamiliar new foods – a new type of fruit or vegetable every week.

■ **Diet to try:** Pioppi diet (a research-backed version of the

healthy Mediterranean diet).

■ **Diet to avoid:** Intermittent fasting (you hate to be hungry).

■ **Exercise to try:** Running, cycling or swimming as long as you set yourself regular goals to beat.

■ **Yoga type for you:** Lyengar/hatha (a slow and thoughtful class which is not particularly spiritual).



Diary entry to look out for: Infrequent and disordered meal patterns and eating to ease stress.



YOU COULD BE: A SCRAMBLER

You are far too busy with young children or a high-pressure job (or both) to sit down and eat healthily three times a day. Food is grabbed, grazed, nibbled and snatched.

■ **So what's the problem?** You eat too many unhealthy snacks and rely heavily on 'wind down wine' at the end of the day, while possibly falling short of nutrients

the rest of the time.

■ **If you do one thing:** Learn to say no – and put your health above all else.

■ **Diet to try:** Cheats and Eats Lifestyle Programme by Jackie Wicks and Rob Hobson (healthy eating made simple).

■ **Diet to avoid:** Clean eating or anything which demands complex meals cooked from scratch.

■ **Exercise to try:** Hiit (or even low intensity interval training – Liit).

■ **Yoga type for you:** Yin yoga (it's deeply relaxing).



Diary entry to look out for: Over-indulging on booze and giving in to cravings.



YOU COULD BE: A REBEL

Rebels are either fully immersed in a diet or thoroughly off message – it's all or nothing! You might exercise to the point of exhaustion, but think nothing of grabbing a muffin to soak up your frothy latte afterwards.

■ **So what's the problem?** You're either on message or you're so far off it that you are heading in the completely opposite direction.

■ **If you do one thing:** Change

your thinking from sprint to marathon – health and vitality is a long-term game.

■ **Diet to try:** How to Eat Well by Dr Xand van Tulleken (sensible expert advice with the option of switching to two or even one meal a day).

■ **Diet to avoid:** Paleo – too difficult to sustain.

■ **Exercise to try:** Football or tennis (with team goals).

■ **Yoga type for you:** Ashtanga (perfect for competitive, ambitious types).



The Shrinkology Solution, £9.99 by Dr Meg Amell and Louise Atkinson is published by Quadrille.