



The Hairstyle That Seduces Men
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Miracle Menus

Girl overboard. Drink at least eight to ten 8-ounce glasses of water a day and you'll be flushing bloat in less than 24 hours, says celebrity nutritionist **Oz Garcia**, author of *The Healthy HighTech Body*. Downing H₂O helps speed digestion and rid the body of salt, so the more you drink, the less you'll retain.

The ripe stuff. Instead of juice, have a piece of fresh fruit in the morning—it will speed the passage of food through your system, says Jana Klauer, M.D., a weight-reduction and nutrition specialist in New York City. That can help you accomplish your A.M. bathroom mission and give you a flat belly pronto.

Pass on gas. Don't spend the day chewing gum to prevent pig-outs—you'll end up with a gas-filled gut (read: more bloat!). The same can be said for munching on hard-to-digest foods like broccoli, cabbage, beans, and anything fried or fatty; instead, stick to fruit snacks like berries and grapefruit. They'll fill you up, not out, says **Garcia**.

Cut out carbs. "Stop chowing down on simple carbohydrates," says Dr. Klauer. Bagels, pizza, and pasta make you retain water weight and the bloat that you are trying to banish.

Skip the salt. Reduce the risk of last-minute water retention by avoiding high-sodium stuff. Pretzels and popcorn are the obvious culprits, but lots of sodas and low-fat snacks can also send your salt intake sky-high, so read all nutritional labels.

Avoid alcohol. If you're loaded up with liquor, you're seriously dehydrating your bod. That means those aforementioned eight to ten glasses of agua you're drinking will go to replenishing your thirsty system instead of battling that unwanted puffiness. ■



via. Belt: Kenneth Cole-New York. Bag: Inca. Shoes: Diego D'Agli. (stills) clockwise from left) SVEND LINDBAEK (2), Bender/Stokfood.

Sweat Yourself Skinny

Up your perspiration to deflate your figure.

Sweat out extra weight with a power sauna, advises nutritionist **Oz Garcia**. Get steamy for 10 minutes, take a cool shower, then repeat for up to 45 minutes. Caution: If you have low blood pressure, don't use a sauna.

"If you really want to go crazy," says **Garcia**, "after the power sauna, get a seaweed body wrap." The algae will help to draw out toxins and trapped water weight, helping to flush out excess fluid.

Or add 20 minutes to your regular workout. "The extra time will make you sweat more and want to drink more water, which in turn will help you get rid of sluggish body fluids," says Jana Klauer, M.D., a nutrition specialist.