

SELENE'S SLIMMING SKILLS

Losing Inches the Easy Way

To reduce your waist by 2 inches in 2 weeks

Begin three days after the full moon create a moon shrine. Working with moon tides goes with the flow. Subsequent inch loss will flow from your initial success even when the moon waxes again.

1. Don't tell anyone what you're up to until the first 2 weeks are up. Then don't gossip about it. Describe it as a personal experiment, not a "diet". Do it to see if it works.
2. Never let yourself feel hungry. Keep dried fruits, fresh fruit, seeds and nuts in your bag to keep your metabolism going and have water with you at all times.
3. Changing your routine is easiest if you get up just 15 minutes early to permit 15 minutes of exercise after the first caffeine drink of the day. Caffeine in small doses is a metabolism stimulant, so you burn fat. Too much and you gain fat.
4. Drink water before any caffeine drink. Aim for 2 glasses of water for 1 caffeine drink and try to reduce overall caffeine intake by half your current intake. 8 glasses of water sipped daily and no alcohol in the first 2 weeks. If you have alcohol it reduces your resolve and do counter any you may have by cutting out carbs elsewhere or the next day.
5. Generally increase your liquid intake by drinking fruit and vegetable juices, smoothies and soups between and before meals to keep the metabolic rate up and prevent any hunger and/or cravings.
6. If you long for salty foods eat the choicest cheese or salamis cut into tiny pieces with fruit or veg. The strong contrast makes the taste more powerful.
7. Don't eat carbohydrates after 5 pm. Remember starchy veg like carrots and parsnips are as naughty as potatoes. Eat them for lunch.
8. Fit in as many minibursts of activity as you can throughout the day and when in doubt go for a brisk walk or put on music. You'll be happier and move and dance.
9. Measure your waist on the first day before eating/drinking and again on the last day. Don't weigh! Muscle weighs more than fat and looks good but we associate weight with negatives.
10. The body uses fat to store water when toxins endanger it. Caffeine, salt, aspartame, alcohol and carbonated drinks all cause water retention and bloating. Water flushes out toxins so if you don't like it disguise it as soup, herb tea, green tea, fruit juice.
11. Treat this like a game you're playing to make you feel good. Reward yourself with an evening's luxury at the new moon, using foodstuffs on your skin to improve it e.g. oats to scrub dead skin, honey nourishes and purifies, egg yolk shines hair etc. Or buy yourself a moonstone and set a new target not necessarily for your body but exercise mind, emotions, creativity and spirit for a balanced life.

TYPICAL DAY

Ideally begin three days after the full moon.

Get up. Drink glass of water.

Drink coffee while writing and saying affirmations:

“I _____, am sexy, successful, slender and secure, supple and sorted, solvent and sleek. A slim, silver star channelling Selene (or whatever name you love her best by – Christians can use Sophia or Stella Maris, a Marian title) Moon Power.

Do 15 minutes of yoga, tai chi, stretching, dancing skipping. This must include something that makes you breathe fast!

Glass of water and vitamins, fruit juice or miso soup or 2-3 fruits or porridge or 1 egg poached on toast.- or, if you're me and like it, black cocoa Mexican style with minimal sugar and chili.

To work: walk part of the way - or if you're me, 20 minutes housework then writing to clients.

Mid morning: glass of water and 1 fruit or other 100 calorie snack. Plus hot or cold drink. Or, if you're like me and don't eat an early breakfast, eat it now.

Midday: Brisk walk or other 30 minutes minimum exercise.

Lunch of soup, approx. 350 calories e.g. BLT sandwich with 1 inch thick dark green lettuce or small baked potato and tuna or cheese NOT both and drink.

Or, if you're me and still digesting brunch oats do lots of walking/shopping/ gardening/magic for two and a half hours then

Mid afternoon: drink glass of water and 100 calorie snack and drink of choice. Or, if you're me, water and three 100 calorie snacks and drink, then walk to post and see clients or phone for 2-3 hours and 2 glasses of water.

Before supper or when you get home – walking if possible - drink 1-2 glasses of water.

Supper: after 5 pm now so soup and protein, e.g. fish/meat/beans – NB do eat beans one day in three even if you're not vegetarian. They protect against breast and other cancers. Plus 3 helpings of green or red veg. Excluding carrots.

Afters – fruit and yoghurt or 1 oz cheese cut up small and fruit.

Last thing: hot drink of milk/soy milk, herb tea or Marmite in hot water to help you sleep.

And sex to burn more calories and put hormones and endorphins in your system so you look younger!

Remember – sugar and high refined carbohydrates create an insulin increase that depresses you and your metabolism as it works to store surplus energy as fat. Wholegrains, oats, pulses burn slowly and reduce cravings for sweet things. Meats and fat are medium to slow burners.

When I did the 2 weeks 2 inches project I ate black pudding, mushrooms, bacon and 2 eggs on Saturday mornings, then did two and a half hours heavy digging at my allotment to burn it off. I eat lots of garlic and ginger for heart and stomach tonic.

Selene Slimming Skills

1. Moon foods are usually white or green but we need all colours to thrive and I created this personal challenge when red Mars was in Cancer, the lunar sign. Red stimulates the metabolism so dark red knickers will help give you get up and go.
2. A quarter of a melon every day purifies and fills. If you go out to work cut it into chunks to take with you. This is useful labour and you'll save and increase vitamin and vitality content over bought salads.
3. Lettuce relaxes and makes you feel good but can make you sleepy. Use dark green Romaine lettuce with chopped fresh herbs, lemon juice and pumpkin seeds oil as a refreshing salad starter for dinner if you're miserable and don't sleep well.
4. Almonds are full of protein as well as some oil. Because it takes 20 to make 100 calories you can feel quite decadent in your abundance as you slowly munch them.
5. Don't neglect seaweeds. I love to pop a spoonful of lavabread into soup or stew or add to sauce for fish.
6. Parsley in abundant handfuls chopped fine and thrown in or over food and other herbs in lesser proportion boosts vitamins and trace elements. Those pungent flavours indicate minerals etc. that satisfy your body's cravings.
7. If you're eating less sweet stuff let it be top quality clover honey. Clover is the flower of the Celtic moon goddess, Olwen.
8. Spend more time cooking and prepare double quantities to fill your freezer so you won't be tempted to buy low fat with hidden high sugar 'diet' foods that have dead nutritional value and flavour., You'll save time too by exercising in your kitchen not travelling to a gym and while the soup simmers you can put on music and dance. You'll be more inclined to lay a table and eat at it, thus improving your digestion and treating yourself as a lady moon goddess or god.
9. Don't watch TV while you eat or the bad news and soap opera stress will sit in your belly and brew trouble. If you're with others talk, if alone, read and you'll eat more slowly and feel fuller sooner. Pay attention to what you're doing and if you feel full – stop! You don't have to clean your plate. Share it with the birds or save for lunch.
10. If you're alone and want a treat microwave an onion in its slit skin for 2-3 minutes, slide out of skin onto a bowl, chop with green pesto and eat with a teaspoon. Sweet and savoury and cleansing 100 calories.
11. OK – it's a party. Allow yourself 1 glass of champagne and drink two thirds before topping up with Elderflower presse or still water.

Moon Goddesses

Create a shrine in your bedroom to subliminally remind you and keep you on track each time you pass it. Use crescents, shells and a candle which, as you burn it, echoes your shrinking waistline. Keep your tape measure on it.

Isis – Egypt

Olwen/Morgana – Britain (light and dark)

Selene – Greek - mother

Diana – Roman

Artemis – Greek - maiden

Hecate – Greek – all three aspects (maid, mother and crone)

Ganesh – Hindu – hemaphrodite (don't be put off by his belly. That's the world he's about to create.)

WHAT DO CALORIES LOOK LIKE?

Start reading packaging. Avoid **all** diet foods – you're not on a diet!

The following are all equal to 100 calories:

20 almonds
15 walnut halves
Small handful sunflower seeds
Small handful pumpkin seeds
Small banana
Apple
Pear
8 dried apricots/prunes
30 raisins
30 grapes
half a small avocado and vinaigrette dressing or salsa
1 oatcake and 1 teaspoon of peanut butter
2 rice cakes and cottage cheese
2 squares of milk chocolate

The calorie values for the following are:

1 medium sausage	110
handful of chips	115
1 oz cheese (about the size of a matchbox)	115
small fancy cake	120
slice buttered toast	130
large handful of salted peanuts	300
1 lb. fat	3,500

Trim woman's daily intake (approximately)	1,940
Trimming woman's daily intake (approximately)	1,500

Trim man's daily intake (approximately)	2,550
Trimming man's daily intake (approximately)	2,050

How to burn 100 calories

Run	8 minutes
Walk up stairs	10 minutes
Climb rockface	10 minutes
Skip	10 minutes
Cycle	10 minutes
Swim	10 minutes
Skate	10 minutes
Dance	15 minutes
Garden	20 minutes
Walk	20 minutes

Clean house	25 minutes
Have sex	25 minutes
Shop	30 minutes
Cook	40 minutes
Sit + fidget + write + knit	65 minutes
Sit + read	90 minutes
Sleep	100 minutes

To stay alive walk 4,000 steps daily

To stay fit walk 7,000 steps daily

To lose weight and inches walk 10,000 steps daily

To lose weight and inches – burn more calories than you eat

If you only reduce calorie intake your metabolism will slow down and you'll take forever to lose weight and inches. Your body will assume there's a famine and next time you eat your regular menu will store it as fat. This is why 'diets' don't work and why eating vitamin, mineral and trace element rich foodstuffs is vital. If your body is denied them it craves more food and assumes famine. A quality supplement helps but always try to experiment with new tastes and flavours e.g. herbs taste strong because they specialise in pulling minerals from the soil. Garlic and ginger feed the immune system.