



7 DAYS TO A FLAT STOMACH

It may make you feel beach-ready, but having a flat stomach is also a sign your digestion is working properly. Follow our Grayshott Spa eating plan and you'll see – and feel – results in just seven days

Words BRIGID MOSS Photograph DAVID GUBERT

Red SUMMER BODY SPECIAL

The gut-health programme at Surrey's Grayshott Spa was invented to improve health via boosting digestion, but it also has a very welcome side effect. 'If nothing else, this programme will give you a flat stomach,' says Elaine Williams, director of natural therapies at Grayshott, who co-devised the healthy-gut plan. During a week's stay on the programme, she says, the average weight loss is 7lb.

For our summer plan, nutritional therapist Vicki Edgson has adapted the principles of the Grayshott

regime, together with recipes from the spa's chef Adam Palmer, to allow you to try it at home. It will take a little preparation and cooking, but we think the results are worth it.

'The food on the eating plan is more easily absorbed, gives the digestion a rest, and also kick-starts the gut flora,' says Edgson. Some of the rules, like excluding caffeine and dairy, may seem extreme, but, she says, 'The point is to give your gut lining, and so your digestion, a chance to regenerate.' >

warm while you cook the rest. Serve with the warm plums, drizzled with the plum sauce.



CHIA MUESLI
The soaked chia and cashews, mixed with the antioxidant-

- 4** In a separate bowl, whisk the eggs with the coconut milk, vanilla seeds and honey. Beat into the dry mixture to make a smooth batter.
- 5** Heat a small, nonstick frying pan over a low heat. Add a little coconut oil and drop in a large spoonful of batter. Cook for one minute, then flip and cook for another minute on the other side until golden brown. Keep





7 DAY FLAT-STOMACH RULES

1 Exclude any carbs that promote fermentation in the gut, which can lead to bloating. That includes all grains, most pulses and a few starchy vegetables (see Vegetable/salad choices; page 167). Replace dairy milk with nut or coconut milk.

2 Kick-start the digestive juices by taking one dessertspoon of apple-cider vinegar in three dessertspoons of warm water before meals. And always chew food well.

3 Eat fermented foods. Before each meal, take one tablespoon of sauerkraut. Buy it from an Eastern-European or health-food shop, or make your own (see the Grayshott recipe at Redonline.co.uk).

4 Take a probiotic daily, with lunch or breakfast. Good brands are ProVen, OptiBac and Bio-Kult.

5 No alcohol or caffeine for a week. Drink plenty of still water or herbal tea.

6 Try partial fasting, two days (non-consecutive) out of the seven. In the evening, instead of eating a meal, have a good-quality beef- or chicken-bone broth (recipe at Redonline.co.uk), to provide the collagen that helps rebuild and repair the lining of the intestines. (For breakfast, have only herbal teas or water.) Start eating solid food again at midday the following day.

7 Vegetarians can replace bone broth with vegetable broth but should take extra protein, such as chlorella or spirulina supplements (try Organic Burst). Nuts, seeds, lentils and split peas are all digestible sources of protein but must be soaked overnight.