

WELCOME ...

... to our first monthly installment of *Healthy Handbook*. In these pages you'll find an interview with celebrity nutritionist Christine Avanti, CN, plus the latest information from experts on flax and chia seeds, Bell's palsy, diabetes, antioxidants, natural sun care, and acne.

ingredient of the month Mesquite Powder

Ground from mesquite plant seed pods, this raw, vegan powder has a nutty, molasses-caramel taste. Try in coffee, tea, and smoothies. Available from Navitas Naturals, Foods Alive, and The Raw Food World.

FAVORITE THINGS | BY TRACY RUBERT

EAT MORE TO WEIGH LESS

Christine Avanti, CN, shares how eating more can help us shed unwanted pounds

Do you ever wonder why you can't lose weight, even though you nibble on nothing but rabbit food? Celebrity nutritionist, chef, and author Christine Avanti, CN, just may have the answer. A graduate of the Westlake Culinary Institute professional chef program, Avanti has appeared as a guest nutrition expert and/or a health-promoting chef on the *Today* show, *Dancing with the Stars*, and others. She has also coached such celebrities as Chelsea Handler, Jeremy Piven, and Steven Seagal to eat healthfully and to actually eat more to get in great shape. How can they do that and still lose weight? Avanti explains why in her new book, *Skinny Chicks Don't Eat Salads*.



CHRISTINE AVANTI, CN



Q: Why don't skinny chicks eat salads?

A: The title is a catchy way to kick low-carb dieting to the curb! I love salads, and there are salad recipes in the book. I just wanted the world to know that you don't have to eat "rabbit food" to lose weight. Not to mention that restaurant salads can be a diet disaster because they are usually well over 1,000 calories.

Q: What is the "PC combo solution"?

A: Eating a lean protein with a high-fiber carb that is not processed or refined—think fresh organic fruits, vegetables, and whole grains. When you combine proteins with carbs, blood sugar levels begin to balance out, and appetite and sugar cravings get under control so you can lose those unwanted pounds.

Q: Why is it important to eat every four hours?

A: It's far better to pay your bills on time than be sent to a collections agency, right? Well, eating every four hours is sort of the same concept. Your body needs fuel, and when you wait too long to pay yourself with a balanced meal, all hell breaks loose: