

# A to Z of slimming tricks

From eating artichokes to catching your zzzzs, we've got all the secrets to help you shift those pounds

**A is for... Artichoke** Artichokes aren't just a fancy starter at dinner parties – they're also a fantastic slimming aid. They increase the secretion of bile, helping enzymes in the gut to break down fats and other food products. They also stimulate the motor function of the intestine, meaning bloating can be relieved just 20 minutes after eating the vegetable. For an easy way to add it to your diet, try Cynara Artichoke supplements (priced £9.99 for 30 capsules from Boots and Waitrose, or call 0800 652 7150 for your nearest stockist).



## B is for... Buddy

Don't diet alone. If you want your diet or exercise plan to be successful, it's best to do it with a friend. Researchers at Tufts University in the US found that regular support helped people stick with a weight-loss plan. If you don't have a friend to diet with, you'll find plenty of fellow dieters in the Prima Diet Club. Visit [www.primadietclub.co.uk](http://www.primadietclub.co.uk) for support, advice and information.

**C is for... Coffee** It might sound too good to be true, but scientists in Norway have created a coffee that is proven to help you lose weight. In studies, participants lost twice the weight of those on diets alone. It contains Svetol, an ingredient extracted from raw green robusta coffee beans, which reduces glucose absorption from carbohydrates in food. It works best if you drink three cups per day, one after each meal. It's priced £11.95 for 21 sachets from [www.coffeeslender.co.uk](http://www.coffeeslender.co.uk) or by calling 0845 094 6284.



## F is for... Fidgeting

It may be very irritating for those around you, but fidgeting can burn as many as 800 calories per day, according to US research. So get tapping those fingers!