

# QA



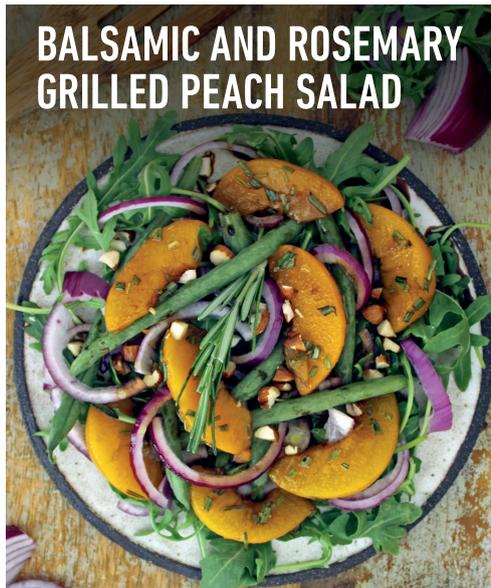
## ASK THE EXPERT

**“I often turn to food when I feel sad or worried. Is there any way to fix this?”**

**Nutritionist**

**Cassandra Barns says:**

“Emotional or comfort eating can be a key cause of weight gain. It doesn’t depend on hunger, comfort eating can often be uncontrolled – you don’t necessarily stop when you’re full. What’s more, the most comforting foods tend to be sugary or carbohydrates, which are easy to overeat and can quickly lead to weight gain when consumed in excess. Learning to manage your emotions in a different way can help stop emotional eating and help you lose weight if you need to do so. Exercise can be a great way to channel and relieve stress – you may do well with relaxing exercise such as yoga, or something more strenuous to punch it out such as kickboxing. Find a workout buddy or a fitness class that you love, so that exercising isn’t thought of like a chore. Exercising on your own, whether it’s working out in the gym or going for a run, can be a joyless experience. But exercising with others in a class can be motivating and much more fun, especially if there’s great music too. When you try a class, give it two or three chances before you decide whether you want to continue or move on to something else – sometimes it takes a few weeks to start to learn the moves, feel comfortable and really get to love it. Journaling is another popular way to express yourself and let emotions come out. Remember, the power is in your hands to make a change and stay healthy.”



## BALSAMIC AND ROSEMARY GRILLED PEACH SALAD

### EASY RECIPE

This salad brings a splash of colour to the summer dining table and is the perfect blend of sweet, sour and savoury

#### Ingredients:

- 2 large peaches
- 2 tbsp of extra virgin olive oil
- 2 packed cups of rocket
- 1.5 tbsp of balsamic vinegar
- 1 tbsp of chopped fresh rosemary
- ½ a large red onion, finely sliced
- 20g of almonds, chopped
- A generous handful of green beans
- Sea salt
- Black pepper

and bring a pan of salted water to the boil.

**2** Add the beans to the boiling water and cook for four to six minutes until tender and slightly crisp. Drain and reserve to one side.

**3** While the beans are cooking, prepare the peaches. Peel and slice them into thick wedges and add to a mixing bowl. **4** Finely chop one tablespoon of fresh rosemary and add to the bowl with the peaches, along with one tablespoon of olive oil and one tablespoon of balsamic vinegar. Toss to combine, ensuring that the peach slices are evenly coated in the mixture. Leave to one side to marinate for 15 minutes.

**5** While the peaches are marinating, add the

chopped almonds to a dry frying pan over a low heat. Toast for four minutes then remove from the heat.

**6** Heat a grill to high and arrange the marinated peaches across a foil covered grill tray. Brush over any remaining marinade.

**7** Grill the peach slices for three minutes until the oil and balsamic vinegar begins to bubble.

**8** Add the onion to a large serving bowl along with the cooked green beans and rocket. Season to taste with the black pepper and remaining olive oil and balsamic vinegar, and toss to combine.

**Recipe from CNM Natural Chef Kitchen at the College of Naturopathic Medicine. (naturopathy-uk.com)**

# 1/50

*people are affected by body dysmorphic disorder and 15 percent of those who’ve had cosmetic surgery also suffer with the condition, which sees individuals worry excessively about small, or imagined, flaws with their appearance*

The Priory Hospital (priorygroup.com)



## VEGGIE TWISTS

More than a quarter of all evening meals in the UK are vegetarian, according to recent research, so here are some of your favourite classic dishes – minus the meat.

START WITH	+	+	+	TO MAKE
Sweet potato 	Halloumi 	Red pepper 	Sliced corn on the cob 	<b>KEBABS SKEWERS</b>
Tortilla chips 	Brown lentils 	Jalapenos 	Guacamole 	<b>NACHOS</b>
Chickpeas 	Chopped tomatoes 	Rice 	Massaman curry paste 	<b>VEGGIE CURRY</b>