

EAT LIKE A PARISIAN

The **latest diet** to hit the Aussie streets has you eating your way to a healthy weight.

COMBINING PLEASURE AND HEALTH MAKES ONE FEEL AS IF HE OR SHE IS NOT ON A DIET.



YOU MAY HAVE HEARD of the Atkins Diet, the 5:2 diet, the Blood Type Diet, the Dukan Diet and, of course, the Paleo Diet, but have you heard of The Parisian Diet? It seems that the love of the naughty but ever so tasty pain au chocolat has finally taken its toll and even the willowy Parisians need help. France's leading diet and nutrition expert, Dr Jean-Michel Cohen has come to the rescue designing *The Parisian Diet* and, to his credit, has already whipped at least half a million French men and women into shape.

Based on healthy eating, *The Parisian Diet* is a three-phase solution and although there are certain rules to follow, it's your decision which phase of the diet you want to follow. The diet begins by finding your ideal weight using Dr Cohen's 'Right Weight' formula, which gives you your genetically stable weight based on your history and current weight. 'If you can stay at the Right Weight for 6 to 12 months, you can recalculate your Right

CAFÉ PHASE:

Designed for healthy adults who want to lose a few kilograms in a short time to kick-start the diet, and should only be undertaken for a maximum of 8 to 10 days.

BISTRO PHASE:

Designed for a maximum of three weeks, this phase allows for rapid weight loss of 3.5 to 5kg.

GOURMET PHASE:

Choose from a range of delicious menus to stay on track and expect to lose 3.5 to 5kg in the first month, and 2.5 to 4kg for each subsequent month.

Weight to set another goal, until you reach a weight you're happy with,' says Dr Cohen.

Admittedly the biggest downfall of going on a diet is expecting too much too soon, which is often what fad diets promise – a lot of weight loss within a very short time frame. 'It's impossible for something that 'miraculous' to be sustained. *The Parisian Diet* does not deprive you of anything, not even your 'bad cravings'. It will teach you how to make healthy and reasonable choices on your own,' he says. Even 'taboo foods' like pasta, potatoes and bread are allowed in a controlled way.

Dr Cohen offers strategies and tools to help maintain a long-term healthy weight. He says that because *The Parisian Diet* is about balanced meals, eventually the body will start naturally craving healthy food. In addition, an active online community, a forum and a team of dieticians are available online to answer queries when the going gets tough. 'Whenever you are feeling weak, there will always be someone to encourage you to

stay on track!' says Dr Cohen.

Combining pleasure and health may just be the key to maintaining your new svelte physique. According to Dr Cohen, 'the right approach to eating has to be done for life, to stay at a healthy weight. This is a healthier relationship with food and will help combat excessive snacking, stress eating, and the like. You have to be happy and have pleasure to sustain these habits.'

Bon appetit!



Information from
The Parisian Diet
by Dr Jean-Michel Cohen

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