

BUMPER SUMMER ISSUE!

WOMEN'S HEALTH AUSTRALIAN

BURN FAT

\*SUPER-FAST

Get Bikini Fit In 15 Minutes A Day

Quilt-Free Festive Recipe Special!

- \* Quick, Healthy Nibbles
- \* Tasty-As Skinny Dips
- \* Slimmed-Down Desserts

50

Healthiest Cafes In Australia

REVEALED

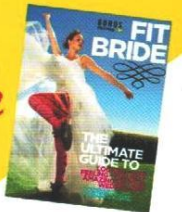
- \* REGAIN CONTROL OF AN INSANE TO-DO LIST
- \* HOST AN #INSTAWORTHY CHRISTMAS PARTY



GET HOT LIKE KATE!

Steal Her Easy, Speedy Workout Ideas

Mini Mag Inside



FIT BRIDE

Get A Knockout Body For Your Wedding Day p145

AWKWARD SEX CONVOS SORTED

DECEMBER 2014 \$7.50 NZ \$7.99 inc GST



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Pacific magazines





**HEALTHY CHEF: ORGANIC SUPER FOOD, \$44.95 FOR 210G, THEHEALTHYCHEF.COM**

The ingredients list reads like a nutritionist's dream: green tea, acai, organic broccoli sprout, grape, apple, spinach and kale. One serve provides 30 per cent of your recommended daily requirements of fruit and vegetables.

**BEST FOR** When canapes are your main food group.



**NUZEST GOOD GREEN STUFF, \$79.95 FOR 300G, NUZEST.COM.AU**

This powerful combo of over 75 greens, fruits, antioxidants, veggies, minerals and berries will give you the stamina to deal with endless Chrissie party small talk.

**BEST FOR** An energy kick the morning after.

**drink smart**



**VITALITY REDS BODY BOOST BY MICHELLE BRIDGES, \$19.99 FOR 100G, BLACKMORES.COM.AU**

What do you get when you cross Mish Bridges with a powerhouse blend of berries, organic beetroot and superfruits like goji, pomegranate, acai and mangosteen? Boom! A kick-arse epic antioxidant hit. Sign us up.

**BEST FOR** Keeping SCBOI (sickness caused by overdoing it) at bay. Also makes your drink look all kinds of amazing.

# Hot shots

Superfood powder drinks are so hip right now. But do they work?

BY MADDY HUDSON

December's when you say 'so long' to clean eating and 'hello' to crackling, food comas and late nights out. As the champers flows, it's easy to miss out on essential nutrients. Enter superfood powders, which are the height of cool. "If you know you're not going to be eating well, these supplements can give you an added boost of vitamins B and C, trace minerals, phytonutrients and even some folate and dietary fibre," says *WH* nutrition expert Kristen Beck. "The trace minerals can even help you stop craving sugars," she adds. Big bonus. Here's how to make 'em taste good (and not like the bottom of a pond):

- Stir in with an OJ.
- Combine greens with coconut water and reds with almond milk.
- Mix into natural yoghurt and serve with fruit for a top snack.



**THE SUPER ELIXIR, \$145 FOR 300G AND GLASS CADDY, WELLECO.COM**

You might need a small bank loan, but Elle Macpherson's personal alkalising greens supplement supports all 11 systems of the body. Made under the guidance of Dr Simone Laubscher, a specialist in disease prevention and age management, it's no wonder 'The Body' looks that good at 50.

**BEST FOR** Smugstagramming later.

**NEED TO KNOW**  
Avoid baking with powders or adding to hot drinks as the heat can destroy nutritional value.



**GLOW INNER BEAUTY POWDER, \$59.95 FOR 150G, THEBEAUTYCHEF.COM**

An organic superfood supplement designed to nourish your skin from the inside out, via your digestive system. Contains 24 skin-loving ingredients, including a prebiotic and probiotic.

**BEST FOR** When you're time-poor and don't have time for a facial. **WH**