

**TO LOSE A FEW KILOS IS AN OUTSTANDING ITEM WITH MANY PEOPLE, ESPECIALLY MANY WOMEN WHO, AFTER THE EXCESSES OF THE SUMMER, HAVE GONE UP A DRESS SIZE AND ARE UNABLE TO RECUPERATE THEIR FIGURE.**

The use of proteins is an excellent alternative to conventional diets. Simple, safe, quick and efficient, this slimming method is based on natural proteins and enables you to return to your ideal weight after going through a period of stress, after pregnancy, giving up smoking or beginning the menopause.

### THE RESULTS ACHIEVED.

This method brings about a reduction of volume in critical areas - hips, waist, buttocks and legs - with an important reduction of cellulite. The daily intake of natural proteins and the elimination of fast carbohydrates - sugar and alcohol - enable you to lose weight by only losing fat, conserving muscle and maintaining the elasticity of the skin.

Furthermore, a very important aspect that is usually emphasized by patients who have used this diet is that it does not produce the hunger and tiredness that are normally associated with low-calorie diets, and does not impose any restrictions on daily activity. This is explained by the

## A BALANCED, EFFICIENT AND LONG-LASTING METHOD

### HOW DOES IT WORK?

As we know, proteins are an essential part of our food requirements and play an important role in the general equilibrium of our body and the aging process. The principle of the diet is simple, it is based on a restricting calories, which enables a rapid weight loss, and on providing the body with natural proteins, which helps to conserve muscle tissue. These are proteins with a high biological value, easily assimilated, free from fats and sugars and originating from three main sources : soya, albumin and dairy products. In this it differs greatly from other protein-based diets rich in saturated fats, based on meat and eggs. It is a natural product, as proteins are food, not chemicals.

fact that proteins are a natural "appetite-suppressant" and act as psycho stimulants. The results achieved in only 10 days can be a loss of approximately 3 to 4 kilos for women and 4 to 5 kilos for men.

### THE STAGES OF THE DIET.

The method follows a number of consecutive stages, which enables the patient to choose the phase in which he wishes to start the diet, according to his own pace of life, the amount of weight to be lost and the period he or she has set for losing it. The rules of the diet are very simple and socially acceptable. For example, you can start the diet with a flash phase, i.e. by exclusively eating proteins and the vegetables and salads permitted, or you can choose to follow an intensive diet, which also allows you to introduce some animal proteins or bars. The stages are progressive and the objective is that normal, daily foods are then re-introduced once you reach your ideal weight.

### THE ADVANTAGES

The advantages of this diet are:

- You feel less hungry right from the beginning.
- The dairy and soya products contain all the requirements for nourishing the brain.
- There is no loose-hanging skin, as the muscles are protected by an adequate supply of nutrients.
- The soya provides an important quantity of phytoestrogens, which have a regulating effect on hormonal changes, and beneficial effects on the joints and cholesterol.
- And, very important for women : your skin looks better, becomes smooth and satiny, with no flabbiness.

# HOW TO SLIM WITH NATURAL PROTEINS

By Pier Albrecht MD. Ph. D.  
Chief Consultant Plastic Surgeon  
dr.albrecht@transform-magazine.com



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# Arroz con Calabaza

## INGREDIENTES (4 raciones)

300 g de arroz integral
100 g de calabaza (zapallo)
1 pimiento (chili dulce) rojo asado
1 tomate
1 ñora (pimiento picante rojo y desecado, o pimentón dulce)
4 dientes de ajo
1 litro de agua o de caldo de verduras (sin sal).

## INGREDIENTES COMPLEMENTARIOS

7 cucharadas de aceite de oliva
Sal marina

## REALIZACIÓN

- 1 - Poner el arroz en remojo en agua fría la noche anterior, o durante una hora en agua caliente.
  - Pelar la calabaza y cortarla en dados.
  - Limpiar y cortar el pimiento en tiras.
  - Pelar y picar la cebolla.
- 2 - Calentar el aceite en una sartén.
  - Sofreír la ñora y retirar.
  - Repetir a continuación el mismo proceso con los ajos y el tomate entero .
  - En ese mismo aceite, sofreír la cebolla.
  - Cuando empiece a dorarse, añadir el pimiento y la calabaza.
  - Majar (machacar) en un mortero (almirez) la ñora, los ajos y el tomate pelado.
  - Una vez machacados, incorporarlos al caldero junto con el agua hirviendo o el caldo de verduras, añadir el arroz y la sal.
  - Hervir a fuego medio con la olla tapada durante 30 minutos. Si utilizamos arroz blanco, bastará con 20 minutos.
- 3 - Servir caliente. Este plato queda un poco espeso, pero no totalmente seco.

## CONSEJOS PARA LA SALUD

El arroz con calabaza es un plato nutritivo y muy saludable para las arterias y el resto del sistema cardiovascular, especialmente si se elabora con arroz integral y muy poquita sal. Los ingredientes de este plato son todos ellos muy bajos en sodio y en grasa, dos grandes enemigos de las arterias, además no contiene nada de colesterol. A la vez son ricos en potasio (mineral que evita la hipertensión arterial), en beta-caroteno (provitamina A, antioxidante que protege las paredes arteriales), procedente de la calabaza, en carotenoides antioxidantes que se encuentran en el pimiento y en el tomate, y en fibra, que reduce el nivel de colesterol y previene la arteriosclerosis.

Por todo esto, el arroz con calabaza resulta especialmente beneficioso para preservar el buen estado de las arterias y el corazón.





# Rice with Pumpkin

## INGREDIENTS (4 servings)

300 g of brown rice
100 g of pumpkin
1 sweet red pepper, roasted
1 tomato
1 ñora (a spicy, dried red pepper, can be substituted by paprika)
4 cloves of garlic
1 litre of water or vegetable stock (without salt)

## ADDITIONAL INGREDIENTS

7 spoons of olive oil
Sea salt

## PREPARATION

- 1** - Put the rice to soak in cold water overnight, or for one hour in hot water.
  - Peel and dice the pumpkin.
  - Wash and cut the pepper into strips.
  - Peel and chop the onion.
- 2** - Heat the oil in a frying pan.
  - Lightly fry the ñora and remove.
  - Repeat the same process with the garlic and the whole tomato.
  - In the same oil, lightly fry the onion.
  - When it begins to brown, add the pepper and the pumpkin.
  - Crush the ñora, the garlic and the skinned tomato in a mortar.
  - Once crushed, put them in the pot, together with the boiling water or vegetable stock, add the rice and salt.
  - Cook, covered, on a medium heat for 30 minutes. If you use white rice, 20 minutes are sufficient.
- 3** - Serve hot. This dish should be rather thick, but not completely dry.

## HEALTH TIPS

Rice with pumpkin is a nutritious dish that is very healthy for the arteries and the whole cardiovascular system, especially if it is made with brown rice and not too much salt. The ingredients for this dish are all very low in sodium and fat, the two great enemies of the arteries, and also contain no cholesterol. At the same time they are rich in potassium (a mineral that prevents high blood pressure), in beta-carotene (provitamin A, an antioxidant that protects the arterial walls) found in the pumpkin, in carotenoids, which are antioxidants found in the red pepper and the tomato, and in fibre, that reduces the cholesterol level and prevents arteriosclerosis.

Rice with pumpkin is therefore particularly effective in conserving our arteries and heart in good condition.

*Extract from the : Enciclopedia de los Alimentos Recetas Saludables  
by Dr. Pamplona Roger. - Biblioteca Educación y Salud.*