

## BODY SENSE

Be the change you want to see.

-Mahatma Gandhi

In recent years, the original interpretation of spa cuisine has gone from the glorified health farm style of regimented bland eating to simply delicious meals packed with organic, fresh, wholesome and seasonal foods to help you make the most of you. This latter cuisine is what *Balancing Senses* is all about and if a healthy toned body, radiant skin and hair, amazing vitality and a strong mind are what you are after, then here are the answers.

Focusing on your health from inside with energizing, colourful and wholesome foods, *Body Sense* is based upon trusted and time-honoured ayurvedic and traditional Chinese medicine (TCM) principles combined with the cutting-edge rationale of the glycaemic index that promises not just a slimmer body but also radiant skin and a strong, stable and centred mind. This fresh approach to eating is easy to apply in the home when cooking for the whole family, with super nutrient-packed and easy-to-follow recipes which will leave you lighter, calmer and completely energized.

As science evolves, we are learning that it is not just a particular nutrient that is beneficial to health but the whole food. Consequently there is less emphasis on eating specific foods rich in a particular vitamin or mineral and more on the nutritional benefits of the whole food or meal. Healthy eating today is less about denial and more about eating vital and colourful foods that help maintain health and fight disease. Think juices overflowing with super foods, colourful platters of lightly cooked vegetables enlivened with herbs and spices, tender pieces of tuna or salmon each brimming with vitamins and minerals that nourish the body from the inside. With not an E-number or factory-farmed animal in sight, detoxing has never been easier. What's more, food loaded with natural flavour does not need extra seasoning, so salt is replaced with tastier herbal alternatives.

Everyone knows that there is more to food than it being good for you; for the sophisticated palate it must look and taste great too. Rest assured, it does. Each page is overflowing with tips to help you on your road to better health by becoming more shopping savvy when it comes to buying food, knowing what to look out for when choosing vegetables, fish or olive oil and the know-how you need to set yourself on the way to maximizing flavour and goodness when you cook.



Enjoy some peace and tranquility at Soneva Gili, as you dine at your own private over-water sala. OPPOSITE: Taking time for yourself and treating your body with care will ensure you feel good about how you look and content with the person within.