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Clean & Lean Flat Tummy Fast!

Written by James Duigan
with Maria Lally

Published by Kyle Cathie Books

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CLEAN
& LEAN
**FLAT
TUMMY
FAST!**

THE HEALTHY WAY TO
A TOTALLY TONED TUMMY
IN 14 DAYS

James Duigan, fitness expert for The Times,
and co-owner with Dalton Wong of Bodyism,
London's premier fitness studio, is one of the world's
top personal trainers. He is also the author of
the bestselling Clean & Lean Diet. His many
celebrity clients include Elle Macpherson,
Rosie Huntington-Whiteley and Hugh Grant.

KYLE CATHIE LIMITED



CLEAN & LEAN FLAT TUMMY *FAST!*

THE HEALTHY WAY TO A
TOTALLY TONED TUMMY
IN 14 DAYS

JAMES DUIGAN
with Maria Lally

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taking other prescribed drugs or receiving therapy without
first seeking professional guidance. Always seek medical
advice if any symptoms persist.



FOREWORD

By Rosie Huntington-Whiteley

CHAPTER 1

The Clean & Lean way of life

CHAPTER 2

Eat your way to a flatter tummy

CHAPTER 3

Why stress makes your tummy fat

CHAPTER 4

Why sleep makes your tummy flat

CHAPTER 5

What kind of tummy do you have?

CHAPTER 6

Work on your wobbly tummy

CHAPTER 7

The 14-day flat tummy fast eating plan
and recipes

CHAPTER 8

The 6-day tummy transformer

CHAPTER 9

Flat tummy forever

AFTERWORD

By Elle Macpherson

INDEX

ACKNOWLEDGEMENTS



{Foreword}

by Rosie Huntington-Whiteley

I was introduced to **James** two years ago, and I've trained with him ever since. He knows exactly how I want my body to look: lean, taut and strong, yet soft, curvy and **feminine**.

Being healthy and feeling good, full of **energy**, glowing skin, these things are all really important to me. What I've learnt through working with James is that by focussing on creating a **healthy** body you can really achieve all of these things, faster than I ever thought possible. Oh, and by the way – nobody can get a **stomach** as flat as James can!

~

He keeps his **workouts** fresh and interesting so I never get bored, and he introduces new exercises all the time to keep my tummy – and body – in the best possible **shape**. I travel a lot for my job, so he's always coming up with ways for me to stay in shape and **eat well** when I'm staying in hotels or travelling between cities. Like most **busy** women, I can't go to the gym every single week and sometimes life just gets in the way of being able to maintain a routine every day and **James** understands this. So he gives me quick routines and funky shakes and supplements that keep my **body** looking good, even when I've got as little as **10 minutes** a day to spend exercising. And when I need to get in shape fast – for a photoshoot or a film – he gets **incredible** results.

~

I love his Clean & Lean approach to **diet** and life – it's so simple and yet so effective. Once I had his 'Clean & Lean' **mantra** in my head, I found it easy to stay in shape with the right food, **supplements** and lifestyle choices, although I have to admit my favourite part is the yummy shakes he makes. So read on to find out just how **easy** it is to get the tummy – and the body – you've always dreamed of!

Rosie x

CHAPTER 1

THE CLEAN & LEAN WAY OF LIFE

THIS CHAPTER WILL HELP YOU TO DISCOVER:

1. WHAT 'CLEAN & LEAN' REALLY MEANS
2. HOW EASY IT IS TO BECOME CLEAN & LEAN
3. WHY SO MANY WOMEN HATE THEIR STOMACHS
4. HOW OUR COVER GIRL GOT HER FLAT TUMMY
BY BECOMING CLEAN & LEAN



An amazing and wonderful transformation is possible for you right now. I have seen it happen thousands of times.

This is the blueprint for a flat tummy fast. Don't let anything get in your way!





WHAT DOES CLEAN & LEAN REALLY MEAN?

As I explained in my first book, a body can never be lean unless it's clean. Toxins (I'll explain where they come from below) stop a body from becoming truly clean. That's because your body stores toxins in its fat cells. If you're dieting, but toxic, your body will slowly lose fat, but these toxins will have nowhere to go but back into your system. The result? You'll feel tired, you'll have headaches and you'll struggle with your energy levels. This is why most of us feel rotten within a few days of starting a diet. Your body decides it doesn't like feeling that way, so it holds on to fat in order to store the toxins. So if you're toxic, you'll always find it hard to lose weight. Ironically, many diets actually make us more toxic with all their low-fat/high-sugar foods. And so the cycle of yo-yo dieting continues. If you stick to 'Clean' foods - meaning

toxin-free foods that are unprocessed and close to their natural state - then you'll lose weight easily and keep it off.

Clean foods

In a nutshell, clean foods:

- * haven't changed much from their natural state - for example, an orange in a bowl looks like an orange hanging off a tree, whereas a crisp looks nothing like a potato - that's because it's been heavily processed and had all kinds of rubbish added to it
- * don't need any added fake flavourings
- * don't last for months and months - clean foods will go off in the fridge or cupboard pretty quickly as they don't contain preservatives
- * don't contain more than 5 or 6 ingredients

- * don't contain ingredients that you can't pronounce or that you don't recognise
- * don't list sugar as either their main ingredient, or as one of their first 3 ingredients
- * don't make you feel bloated, gassy or too full.

Where are toxins found?

These are the most common toxins:

- * Sugar
- * Alcohol
- * Fizzy drinks
- * Processed foods
- * Processed 'diet' foods
- * Excess caffeine
- * Stress

My first book, the Clean & Lean Diet, became a bestseller, and I got thousands of letters from readers all over the world who loved the idea of slimming down all over, but the one thing they really, really wanted to know was how they could get a flat stomach fast - and how to keep it that way forever.

And, almost every client I've ever trained in my gym wants to know the same thing. Even the models. So in this book, I've taken the Clean & Lean approach and adapted it to target the tummy specifically. Following this plan will give you the stomach you've always dreamed of - one that is flat, feminine, toned and taut. There's no calorie counting, nor are there hundreds of sit-ups to do daily. In fact, in Chapter 6 I explain why sit-ups alone are not enough (see p. 91).



DISCOVER HOW EASY IT IS TO BECOME CLEAN & LEAN

All you need to do is follow the 14-day flat-tummy-forever eating plan detailed in Chapter 7 and, during that time, follow the easy exercise plan that starts on p. 69 (it only takes 10 minutes!). You can either read this book as you go along (being sure to finish it by the time the 14 days are up) or you can read the book first, and then start the 14-day plan straight after. Either way is fine. After the 14 days, I hope enough of the Clean & Lean approach will have sunk in for you to follow it thereafter as closely as your lifestyle allows. You don't have to stick to every single rule (although they're easy and you'll feel amazing if you do); just try to follow as many as you can and your stomach will look and feel amazing. In Chapter 9, there are some tips on keeping your tummy flat forever, and in Chapter 7 you'll also find delicious Clean & Lean tummy-flattening recipes for you to try.

Now, before we get going in earnest, here's a quick reminder of the Clean & Lean rules.

Sugar isn't so sweet

Sugar makes you fat. In fact, it converts to fat quicker than fat itself: sugary foods raise your insulin levels, which causes fat storage. Studies show that 40 per cent of the sugar you eat is converted straight to fat, and that's in a slim person. If you're already overweight, up to 60 per cent is converted straight to fat and stored around your stomach, waist and hips - meaning 60 per cent of that cupcake is heading straight to your tummy. Put simply - if you eat sugar every day, you'll always find it a struggle to lose weight and you'll never have a flat tummy.

Sugar also makes you more wrinkled. Your skin is supported by something called collagen - this is a protein found in the connective tissue of the skin. It's like a mattress that keeps the skin plump, bouncy and firm to the touch and young looking. Over time, however, collagen breaks down causing a sagging, wrinkled appearance, and sugar ultimately speeds up the breakdown. So that cupcake won't just add inches to your waistline - it will add wrinkles and years to your face too.

Sugar also leaches vitamins from your body, and a body starved of vitamins becomes hungry. That's why

overweight people are always hungry - they don't eat enough vitamin-rich food and are actually malnourished. Toxic foods like sugar will never satisfy you or fill you up. Plus, sugar also makes you tired, lowers libido and weakens the immune system.

So why do we love it so much? Sugar is physically and emotionally addictive. It's physically addictive because it has the same effect on the brain as pain-killing medication, such as morphine, producing an almost instant feeling of pleasure and satisfaction, and giving you an energy hit. But this energy is all too fleeting - sugar raises your blood-sugar levels too quickly, causing them to crash, and leaving you exhausted.

It's emotionally addictive too. Most sugar fans grew up viewing it as a treat or a reward - say, in the form of birthday cakes or a bag of sweets for getting good grades at school. And now, as adults, they still see it that way - 'rewarding' themselves with ice cream after a bad break-up or a cupcake with a friend over coffee after a tough week at work. Sugar has always been associated with making us feel better. But look beyond the pretty pink icing on the cupcake and you'll see sugar for what it is - a fattening toxin that makes you wrinkled, tired and malnourished, while adding a layer of flesh on to your tummy.

*remember

Sugar is like a nuclear fat bomb exploding all over your body.

Cut the CRAP*

* Caffeine, refined sugar, alcohol and processed foods

The 4 main toxins that cause our bodies to cling to fat:
* caffeine * refined sugar * alcohol * processed foods.

CAFFEINE

Caffeine is OK in small doses. A cup of coffee a day won't do you much harm, and some studies suggest it can even help with fat burning. The same goes for tea. Green tea - which also contains caffeine - is an even better fat burner. I let my clients drink up to 6 cups of green tea a day (not in the evening though, as it can stop you sleeping). The trouble with caffeine is, too much of it causes stress to your body. And, as you'll learn in Chapter 3, too much stress dumps a ring of fat around your middle.

REFINED SUGAR

I've already covered refined sugar on page 15, and I'll talk more about why it makes your tummy fat in Chapter 2 (see pp. 20-27).

ALCOHOL

Alcohol is full of sugar, and as a result, makes you fat around the middle. It stimulates the production of the hormone oestrogen in your bloodstream, which promotes fat storage (specifically around your waist and tummy). In addition to this, the liver is a fat-burning organ, but when it's busy processing alcohol, it stops burning fat. Alcohol also decreases muscle growth, leaving you podgy and out of shape. I see so many women with what I call a 'wine waist' - a thick waist and a swollen, squidgy tummy as a result of regularly drinking wine 3 or 4 days or evenings a week.

PROCESSED FOODS

I'm going to talk more about processed foods in Chapter 2; in a nutshell though, they go against every Clean & Lean rule there is. The less a food has been altered, the 'cleaner' it is and the better it is, therefore, for our health and waistlines. Clean foods are very close - if not the same - as their natural state, whereas processed foods are far from it. They are usually made in factories, stripped of their natural goodness and pumped full of man-made preservatives and additives to make them look appetising and - crucially - last longer.

FOODS TO AVOID

- * Tinned foods
- * White bread, pasta and rice
- * Processed meats
- * Breakfast cereals
- * Frozen ready meals
- * Frozen chips, wedges, etc.
- * Packets of dried pasta
- * Packaged cakes, biscuits, muffins
- * Chocolate, sweets and crisps

Fat phobia makes you fat

New clients always tell me, 'I have hardly any fat in my diet'. Yet this is usually one of the reasons why they need to see me in the first place.

Don't be afraid of fat - I can't stress this enough. Of course, when I say this, I'm talking about good fat - found in nuts, avocados, oily fish and oils. I'm not talking about bad fat, also known as trans fats.

Good fats should be eaten every single day. They encourage your body to burn fat around your middle,



giving you a nice, flat tummy. They help your body to absorb vitamins and minerals more efficiently. So whenever you have a salad, always add some good fat to it - whether you drizzle it with olive oil or sprinkle over some chopped nuts or seeds. That way, your body will better absorb all those lovely nutrients from the vegetables.

Eating good fats every day will also banish the following all-too-common symptoms:

- * Inability to concentrate
- * Sluggishness
- * Feeling physically full but still hungry
- * Craving something sweet after a meal
- * A mid-afternoon energy dip
- * Difficulty waking up in the morning
- * A feeling of lethargy and fatigue

The cheat meal

This is my clients' favourite Clean & Lean rule! Once a week, I let them have a 'cheat meal'. This can be anything from a plate of creamy pasta to a huge slice of chocolate cake with cream. It can only be one meal (i.e. breakfast, lunch or dinner and one course of a meal - not a starter, main and dessert) and it can only be once a week. This doesn't just help to keep you on track with your diet, it also actually speeds up your metabolism. When you're eating clean foods all the time and generally being good, your metabolism stays nice and steady. However, every once in a while you need to give it a good boost. And eating more than usual does just that: your metabolism goes into shock and starts working overtime to burn off the extra food. This doesn't work if you eat rubbish all the time, but a once-a-week cheat meal will improve fat burning, plus it will mean you can still eat your favourite foods (in moderation).

The bath that helps you lose weight

Like the cheat meal, another easy Clean & Lean rule is the Epsom salts bath. Lots of my model clients take one just before a bikini shoot. Basically, you add one or two mugs of Epsom salts (you can buy these in most pharmacies) to a hot bath - not too hot, as you want to be able to sit in it comfortably. Epsom salts are an ancient remedy for drawing out toxins. Taking 1 or 2 of these baths a week will speed up your weight loss.

WHY SO MANY WOMEN HATE THEIR TUMMIES

Nearly every woman who has ever stepped foot inside my gym, has told me they hate their tummy, and countless studies say it's the least-favoured body part.

There are a number of reasons why women in particular store fat around their tummies. Men tend to crave high-protein foods, such as steak and eggs, which feed muscles rather than fat cells, while women have sugar and fat cravings (chocolate, cake, etc) that often intensify at specific times in the menstrual cycle and result in a short-lived happier mood. However, this doesn't last and the excess of sugar tends to deposit fat all over their stomach and love-handle areas.

Secondly, there is a condition called visceroptosis, which is more common in women than in men. It involves a sinking of the abdominal organs, which results in a tummy paunch. It's basically what happens when the body's natural girdle (the muscles that make the tummy flat) become defective. The condition can be caused by a loss of abdominal muscle tone, constipation and eating foods that inflame the gut and intoxicate the intestines (predominantly processed foods). Most cases can be cured with cleaning up your diet, improving your posture and maintaining good abdominal strength from the right exercises.

The third reason females may have a distended tummy is if they become pregnant again before their body has fully restored its optimal muscle strength, proper posture and ideal body weight. With multiple pregnancies, the body can forget what it should feel like. Waiting two years between pregnancies can prevent this paunch, as can good core conditioning in between pregnancies. I train lots of new mums, and a post-pregnancy tummy-flattening plan involving proper nutrition and exercise can see the return of a pre-baby body in no time at all (see pp. 44 and 53).

So, whether you're a new mum who wants her old tummy back, you've struggled with your stomach all your life, or it's simply not as flat as it used to be, read on and discover how to achieve a Clean & Lean flat tummy - fast!



HOW OUR COVER GIRL GOT HER FLAT TUMMY BY BECOMING CLEAN & LEAN

The cover star of this book – and the original Clean & Lean book – is my wife, Christiane. Believe it or not, there was a time when she didn't like her tummy. Then she met me – I told her all about my Clean & Lean diet, she became a total convert and the results speak for themselves! Here's her story:

As a teenager I was naturally skinny and didn't have to watch what I ate. Growing up in Australia, they called me the 'Queen of Lollies' because I loved lollies and sweets so much. Then, when I hit 23, things started to change. The weight crept on, especially around my tummy and waist, and I couldn't get away with all those sweets and lollies any more.

I arrived in the UK a year later, and was nearly 9 kilograms heavier than I had been. I started to follow every fad diet that was out there. They were usually very restrictive and full of low-fat diet products. I went to the gym most days and did lots of cardio, but the weight was still stubbornly clinging on. Like most women, I hated my tummy the most. It was podgy and wobbly and no amount of sit-ups seemed to tone it up.

I was always stressing about my weight, which I now know is one of the worst diet downfalls. As I learned from James, stressing about fat can actually make you fatter. I was stuck in a cycle of diets: I'd lose a bit, then put it back on the minute I relaxed my diet or exercise. I was looking for a diet that didn't feel like a diet – I wanted to eat healthily, exercise a bit, but still live normally and not feel like I was constantly depriving myself.

Then I met James, but I didn't know he was a personal trainer at first. I told him, just in passing, that I wanted to shape up, so he suggested I try his Clean & Lean programme. He told me all about clean foods, the amazing Bodyism supplements to help my body stay clean and lean and suggested I cut back on the cardio and incorporate some stress-busting stretch circuits and massages into my workouts, plus some weights. Beforehand I'd been terrified of weights, and just did

cardio gym classes and ran and ran on the treadmill. I thought weights would bulk me up, but James showed me how they actually burn serious amounts of fat in a very short space of time, and really tone and tighten a woman's body. And the rest is history. Despite exercising less and eating more, the extra weight just fell off in a few months.

The best part of all is that my tummy became very, very flat. All those diet foods I'd been eating, and the stress I'd been feeling, were the reasons behind my podgy tummy. But once I was eating and living Clean & Lean, my stomach really sucked itself in and my waist got narrower. My weight didn't fluctuate; it just stayed the same. Before the photo shoot for the book and before my wedding, I went on the 6-Day Tummy Transformer and even though it's tough it gets my tummy trim and unbloated quickly in time for a special occasion. And my energy levels have soared. I rarely feel tired during the day now because I'm not on a constant high or low from sugar. My concentration and memory are better too.

All that happened 3 years ago, but I still follow the Clean & Lean approach today. And the best bit? I get to eat my cheat meal of hot chocolate pudding every week and still look like this!

Christiane Duigan

