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Ever get to Friday night and feel a shadow of your former self? Then you need to push the reset button on your life – like actress, designer and Kate Moss's BFF Sadie Frost, who's learnt the hard way how to look after herself

Reset your life in a weekend

EVERY MORNING Sadie Frost takes a little white strip of paper and places it on her tongue to check whether her body is acidic or alkaline. Once the pH strip would most likely have turned a vibrant red, telling her that she'd overloaded on stress, pizza and alcohol and sent her body's acid levels rocketing. But now the strip usually turns green for neutral, showing that she's been eating well and looking after herself.

Sadie's daily pH test is just part of her routine to keep her feeling happy and in control – a strategy that she's developed herself after spending years of trying all sorts of therapies including healers, homeopaths and acupuncturists. 'I've always needed a sense of calm and order and if that's disrupted I really spin out of control,' she tells us. 'In the past, when I tried to keep up, to be like other people, I've made myself very unhappy. Now I've learned to accept that I can't do that.' It's





From left:
Sadie, Amber
and Holly are
friends as well
as co-authors



not that she's stopped partying – with friends like Kate Moss that would be hard. 'But I know who I am now. I'm a woman who juggles three businesses, with four children, dogs, a home to run,' says Sadie whose children are Finlay, 24, Rafferty, 18, Iris, 13, and Rudy, 12. 'I've been married twice, happily, then broken up. If you've had break-ups, panic attacks and anxiety, you can understand what it's like and can start to help others.'

Nourish: Mind, Body & Soul is Sadie's new project, a book she has written with her sister, personal trainer Holly Davidson, plus chef and food writer Amber Rose. 'We realised we were all on a journey, working out how to make ourselves healthy and happy,' says Sadie. 'So we decided to write a book that has a relaxed approach to eating healthily, exercise and looking after yourself.'

Sadie, 49, has found that slowing her life down and finding time for herself has been key. She gets up half an hour before her children for yoga and to follow a special routine (see *Learn the art of oil pulling*).

If Sadie doesn't have time for a full yoga session first thing, she will try to do it later in the day. 'Yoga helps me to let go, to be ▶



Make skin food

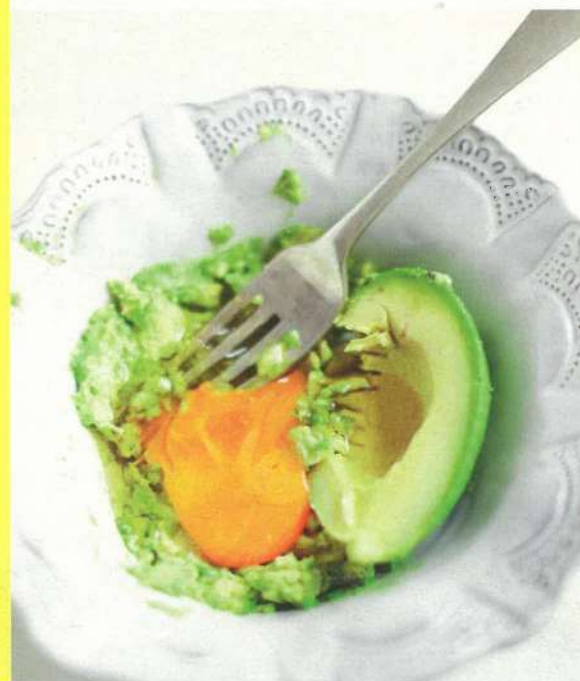
AVOCADO FACE PACK

Avocado is wonderful for adding moisture to tired or dry skin thanks to the vitamin E and monounsaturated oils it contains. Simply mash the flesh of 1 ripe avocado in a bowl and apply to your face and neck. Leave for 30 minutes and then wipe off using cotton wool dipped in warm water.

* **For combination skin** Simply add 1 beaten egg yolk to the mashed avocado. Apply to the face and leave for 30 minutes then remove with damp cotton wool.

* **For tired, ageing skin** Add 1 tablespoon of honey and 1 beaten egg yolk to the mashed avocado (see below) and mix to a smooth creamy texture. Apply to the face and leave for 30 minutes, then remove with damp cotton wool.

* **Honey and banana face pack** Try using this if your skin feels dehydrated – honey and banana are both extremely moisturising. Mash 1 small ripe banana in a bowl until it's a smooth creamy paste. Stir in 25g oatmeal and 1 teaspoon of runny honey. Apply to the face and leave for 15–20 minutes, then remove with damp cotton wool.



flexible both mentally and physically.'

While Sadie focuses on the mind in the book, her sister Holly sorts the body. Six years ago, Holly stopped acting to become a personal trainer and her clients include Florence Welch and Nick Grimshaw.

'I love it; I've found the job I was meant to do,' she says. Holly's pages are packed with useful and realistic advice. 'Start slowly,' she says. 'If an hour's too much, do 20 minutes three times a week. Endorphins will soon kick in – then you'll want to do it.'

But exercise is not enough, she says – eating well is crucial. When she was an actress she found herself smoking and drinking too much and eating badly – she survived on potato waffles, ready-made pies and chocolate. 'I felt sluggish,' she says, 'and had colds and coughs all the time.'

It is a story that Amber, Sadie's former nanny turned chef, relates to. 'Six months after my son was born I was constantly on antibiotics,' she says. 'I changed my diet and, since then, I've hardly had a problem. My recipes reflect how to keep healthy.'

Amber, 34, cooks for Hollywood stars such as Kate Hudson and also worked as a food stylist for Gwyneth Paltrow's blog Goop. She cooked for the star privately too, making Gwyneth the Chicken Soup For the Soul that's in *Nourish*. Amber met Sadie 14 years ago when she was hired to look after her children. She later left to have her baby, but the pair remained good friends.

Amber's food philosophy revolves around simple, healthy, seasonal foods, and, 'Eating like our ancestors, but in a modern way.' That means lots of vegetables and fruit as well as meat, eggs and dairy, swapping grains (so no bread, pasta or white rice) for seeds, and ditching unrefined sugar. She loves drizzling on oil because healthy unsaturated fats, 'are essential for brain function, full of energy and vitamins, boost immunity and aid digestion,' she says.

Her recipes cover smoothies packed with nutrients and beneficial enzymes – including those that are great for breakfast on the run – as well as soups and salads, main dishes and puddings. 'All the recipes are simple, food that doesn't take itself too seriously,' she says. 'Have fun and enjoy it.'

'No one is perfect,' adds Sadie. 'If you're as healthy as you can be 80 per cent of the time, you're doing well.' *Nourish: Mind, Body & Soul* by Amber Rose, Sadie Frost and Holly Davidson (Kyle Books, £19.99) ▶



NOURISH



Eat well and often

'Have three meals a day. Start with a nourishing breakfast (no grains); for lunch try soup or salad; then have fish or chicken with veg for dinner. Snack on nuts soaked in water,' says Amber

BAKED POLLOCK WITH GINGER, TOMATOES & PINE NUTS

Serves 4

4 medium fillets of pollock (roughly 180g each)

For the marinade

Small handful of basil leaves, torn

1 medium red chilli, deseeded and finely sliced

3 tablespoons olive oil

Generous handful of cherry tomatoes

Generous pinch of sea salt flakes

30ml lemon juice

30ml water

2cm piece of ginger, peeled and finely grated

1 garlic clove, peeled and finely grated

150g pine nuts

To serve:

10 mint leaves, torn

½ red chilli, deseeded and sliced into thin circles

Small handful of torn basil leaves

1. Put the fish fillets in a roasting dish just big enough to hold them comfortably without being too cramped.
2. Mix the ingredients for the fish marinade and rub over the fillets, cover and leave to marinate for at least 1 hour.
3. Preheat the oven to 180°C/gas mark 4. Transfer the marinated fish to the middle rack of the oven and cook for 12-15 minutes, depending on the size of the fillets.
4. Once cooked, remove from the oven and allow to sit for a further 2 minutes. Sprinkle with torn mint leaves, extra chilli and basil. Serve immediately.



Amber prepares the ingredients for a healthy evening meal

Find the yoga that suits you

To detox mind and body, Sadie says try:

1. ASHTANGA (OR ASTANGA)

'Ashtanga is physically demanding as it involves synchronising breathing with a progressive and continuous series of postures. This produces a purifying sweat that detoxifies muscles and organs resulting in better circulation, flexibility and stamina.'

To tap into your inner gymnast try:

2. DHARMA MITTRA

'Dharma Mittra is a very physical sequence that involves a lot of balancing and twisting. It feels quite athletic. These sequences are a little different to other types of yoga and more intense; I recommend you try this if you are advanced at practising yoga.'

To relax and restore try:

3. HATHA

(ALSO GOOD FOR TOTAL BEGINNERS)

'This is the first type of yoga I tried. I always feel it's the gentlest form of yoga, making it a good one to start with. It uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. It brings balance, strength and calm.'

To improve posture and patience try:

4. IYENGAR

'Iyengar teachers believe that one day their students will be able to attain perfect poses through constant practice and that, once they have created the balance in the body, it will be reflected in the mind. It uses a lot of props – blocks, bolsters, chairs, pillows and straps.'

To move, sweat and flow try:

5. JIVAMUKTI

'Jivamukti is a vinyasa-style yoga, meaning alignment of yoga and breath. Classes are physically intense and have a theme, explored through yoga scripture, chanting, meditation, asana (postures), pranyama (extension of the breath) and music. Jivamukti is ideal for a good workout for body and mind.'

To breathe your way to spiritual awareness try:

6. KUNDALINI

'The word kundalini refers to the coiled energy of the root chakra, which surrounds the base of the spine. The principle behind Kundalini yoga is that by freeing this area, we can unleash the potential that lies within that energy centre. Kundalini can be quite intense and challenging and is a spiritual style of yoga.'

Sadie demonstrates the asanas (poses used in the various styles of yoga)



Find your exercise age

Holly's guide to which workout when:

Twenties

Your body is pretty strong in your twenties and can take the abuse of excessive parties, binge drinking and bad eating habits. But this is the decade to build your base fitness and create habits for a lifetime. Think of your body as a bank of goodness: start paying in early and your body will repay you.

Thirties

Mix up your training. If you stuck to one sport in your early years, now is a good time to cross-train by adding something new. Working a variety of muscles will help prevent injury. You might find it harder to shift those unwanted pounds in your thirties, as with each decade our metabolic base rate drops by 1-2 per cent. If you have exercised regularly and kept a healthy lifestyle, you won't see that big a difference in your body shape. Remember your body bank and keep paying those instalments.

Forties

Preserve your strength and fight belly fat. Now is the time to increase your weight lifting. In your forties, your body begins to lose muscle mass. By lifting weights you will preserve your lean muscle mass, which will keep your metabolic rate high so you continue to burn optimum calories. Gravity, hormones and a slowing metabolism are a triple hit in this decade and you may find it harder to see results. But if you keep your exercise routine consistent with cardio and resistance training, you will keep your muscle mass.

Fifties

Your heart and core are key in this decade. Aches and pains are likely to crop up in your fifties, but don't be put off. Adapt your exercise to work with your body not against it. Pilates and yoga are great ways to strengthen your core and maintain good posture. This is not only vital for your health, it helps you look young. Keep your heart strong by doing at least 30 minutes of moderate exercise 4-5 times a week. ■

Learn the art of oil pulling

Oil pulling is an ancient Ayurvedic technique to detox the body as well as having all sorts of other health benefits; from keeping the gums healthy (it's even thought to naturally whiten teeth) to lowering blood pressure. The idea is to swill a spoonful of oil around your mouth for 10 to 20 minutes before spitting it out and brushing your teeth. Coconut oil is probably the most pleasant oil to do this

with. Sadie recommends: 'First thing in the morning, swill the oil while you're doing this yoga exercise: get into the child's pose – knees bent under you, bowing down until your head touches the floor, your arms outstretched, hands flat on the floor. Take five to 10 deep breaths through your nose. Spit the oil into a tissue and throw it away. Then re-alkalise by drinking water with a little apple cider vinegar.'



Sadie's sister Holly trains Florence and Grimmy