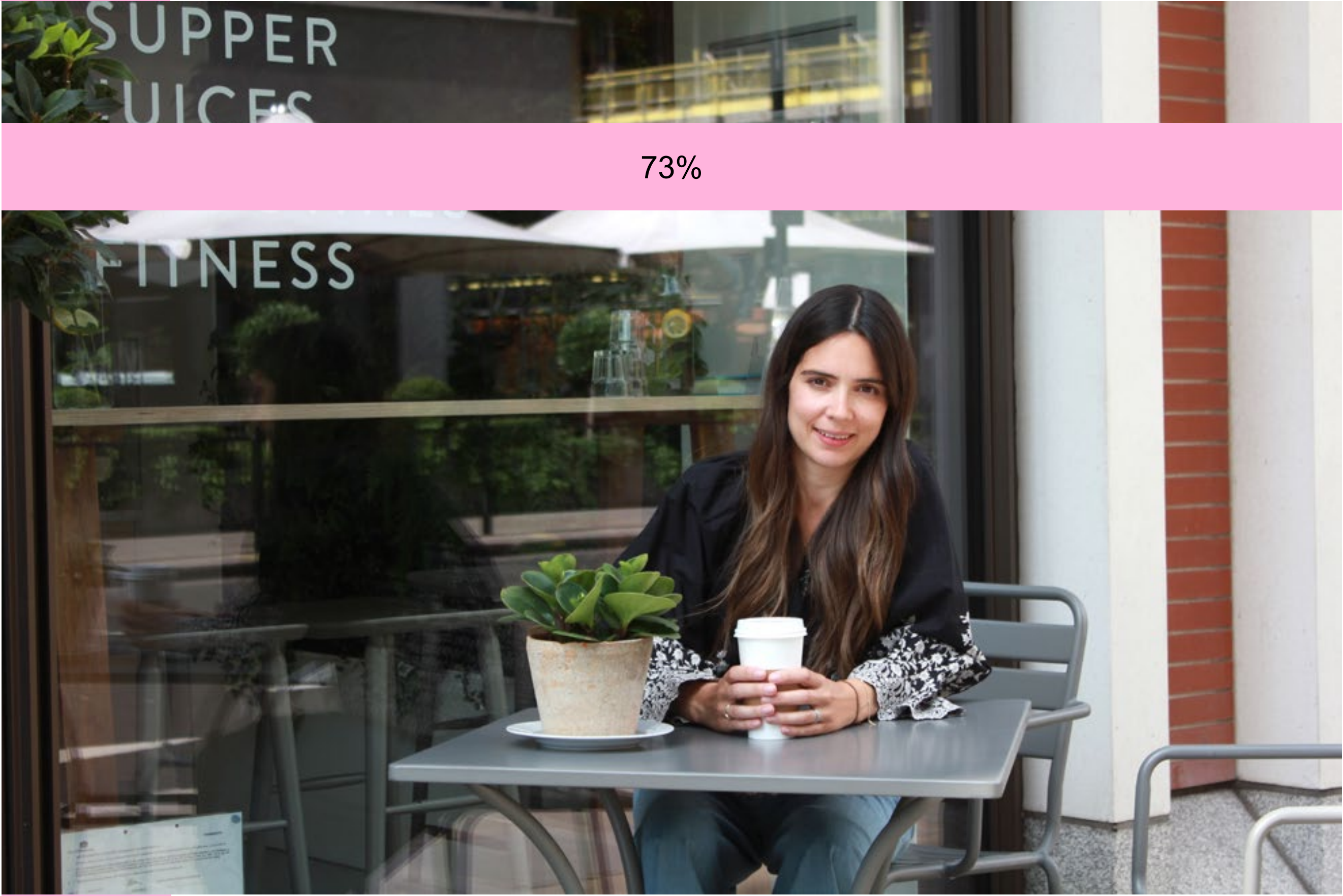


TEN LITTLE THINGS I'VE LEARNED: LILY SIMPSON

The Detox Kitchen has been heralded as a revelation by the time-pushed yearning for a healthier lifestyle. Here, founder Lily Simpson explains why healthy eating shouldn't be hard work and how balance is key in the first of our new wellness series.



Lily Simpson outside The Detox Kitchen's Fitzroy Place Deli. Lily is wearing Ulla Johnson's Floral Embroidered Sonya Blouse and Rachel Comey's Denim Monterey Culottes

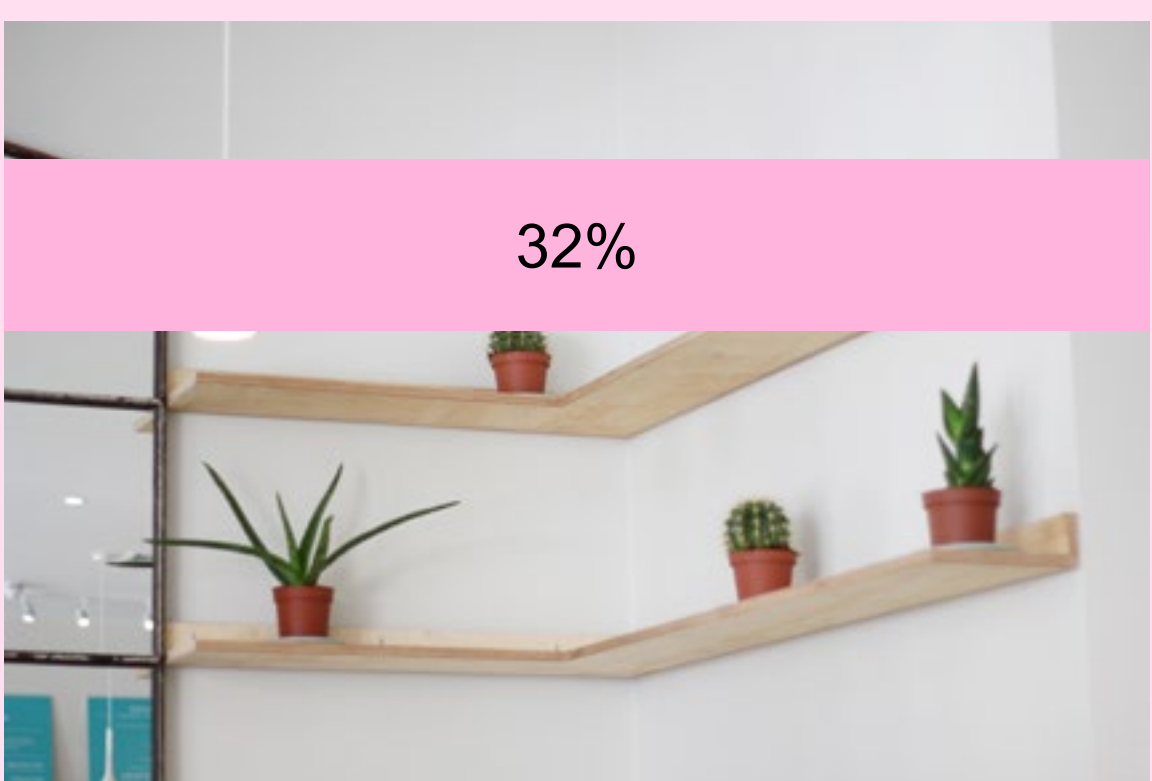
Lily Simpson doesn't do diets; she's never been on one and hates the reductive categorising of food as 'clean'. "Food comes from the ground, from dirt!" she protests. This might come as a surprise, since as the founder of

counting and none on taste. "I wanted to celebrate healthy food," she says, "To make it super delicious without adding in any preservatives". She never looked back. Today, there are two always-packed, standalone London delis and a Detox Kitchen cookbook, while that meal delivery service continues to get more and more popular.

What Simpson does wholeheartedly believe in is balance. "I love a glass of wine, I don't think about the calories in it, but at the same time I know how to eat the next day so I don't feel as bad," she says. She's her own best poster girl for

democratic simplicity that chimes with The Detox Kitchen's devotees and led us to ask Simpson to introduce our new wellness series, which the experts give us their ten easy tweaks, tips and tricks to making your life a little bit better - no pricy ingredients or laborious processes required. Here are Simpson's (hint: you can even keep the Kit Kats).

www.detoxkitchen.co.uk



This section is a slider, please see the other pdfs for the order.

1. Kick-start your digestion

Drink a glass of warm water infused with lemon first thing in the morning. It is a refreshing way to rehydrate you after your slumber.

3. Don't skip breakfast

People that miss out breakfast are more likely to be tempted by sugary snacks during the day. Try adding nuts and seeds to your porridge or muesli, together with an apple or a handful of berries, to keep you fuller longer. Rye bread and nut butter, teamed with a piece of fruit such as a banana is a perfect and delicious way to start the day.

5. Cook ahead

Batch cooking is a great way to avoid opting for ready meals when you are short of time, and it's also a great way to save money. I like to make a big stew at the weekend, and then I'll portion out the leftovers into containers and put in the freezer. Then in the week I can pop these out for a quick dinner. I also like to make banana bread at the weekend and take a slice with me to nibble on throughout the day at the office.

2. Adjust your mind-set

There is a common misconception that eating healthily is boring. But trust me, it's not. At The Detox Kitchen we're all about celebrating what you can have, not what you can't. And if you want to make healthy changes for good, then you have to enjoy what you're eating! So get creative in the kitchen, start experimenting with spices and the ugly looking vegetables you normally wouldn't shop for, and you'll soon see just how abundant and delicious healthy eating can be.

4. Find your favourite milk

Taste-test oat, rice, cashew and almond. Each have their own great health benefits and none of the complications associated with cow's and soya milks.

6. Make your workout social

Make a pact with a friend to go for a walk or to a yoga class at the weekend. Building an aspect of socialisation into your exercise routine will mean you're more likely to stick to it.

7. Try and cook from scratch

Do this as much as possible. This really should be your priority. Your food will taste fresher and more flavourful, and you'll immediately cut out added salts, sugars, oils and preservatives used in a lot of processed and ready-made meals. This is most of the battle won!

9. Don't beat yourself up

If you want to have a Kit Kat or a glass of wine, then have a Kit Kat or a glass of wine. There's no point in depriving yourself of life's simple pleasures. It's all about finding the right balance. I live by the 80/20 rule, 80% of the time I will eat food that is wheat, dairy and refined sugar-free, but the rest of the time I'll eat what I want.

8. Trade out white carbohydrates

Refined carbohydrates like white breads, cereals and snack bars are heavily processed, affecting our bodies in a similar way to sugar, resulting in blood level highs and lows. Swap for whole grain alternatives, such as brown rice, quinoa and barley.

10. Switch off

In our media-obsessed society we're all guilty of spending too much time looking at screens, and not allowing ourselves time to really switch off. I make sure I have a bath every evening to allow myself that time. Even if it's just for ten minutes a day, doing yoga, meditating or simply sitting with your eyes closed, it will do so much for your general wellbeing.

The EDIT



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The Taylor in Rosegold



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Striped Hannah Leggings



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MANU ATELIER
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