

Down with the diet

A book offers a method (and the recipes) to get back in shape without sacrifices. And the couple who invented it is the proof.

By Maddalena Fossati

Christiane and James Duigan are a beautiful couple who live in London (he's a 43-year-old Australian, she's 35 and Australian - Brazilian) and the creators of Bodyism, a philosophy whose objective is health and beauty. It has conquered (and sculpted) statuesque bodies like those of Elle Macpherson and David Gandy. The recipe (the one on the left hand side is taken from the book *Clean and Lean for Life*, over 1 million copies sold in England alone) is simple: no low calorie diets but the right choices, no sugar, caffeine, alcohol and elaborate dishes, favoring instead such foods as avocado, red beets, nuts, turkey, blueberries- giving oneself time at table to peacefully enjoy them, buying at markets or local stores and completing it all with supplements, like those studied by James with ethical companies. Then add physical activity: always soft, using elastics and one's own body weight.

In Italy, for the time being the method is available only in Anacapri, at the Capri Palace part of the Mytha Hotel Anthology (on the right). *"The first step is to take good care of oneself: stress can also make one put on weight. When I work on Bodyism I also think of my daughter Charlotte"*, says James. *"She is 4 years old, and I would like her to grow up following a globally healthy lifestyle, where the figure is the natural consequence, a way of seeing things which has nothing to do with the obsession with being skinny."* Trying can't hurt: let's start with this delicious recipe.