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February 2012 Newsletter

Welcome to February's newsletter. This month we've got a strange but tasty sprout curry (great even if you don't like sprouts!) as well as some things which will help you if you struggle with fat storage on your thighs.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: The Secret to Slim Legs](#)
- [Seasonal Foods](#)
- [Recipe: Sprout Curry](#)

And as ever, please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



News from Fitbiz Training [\[back to top\]](#)

- Spaces are filling up on the 30:30 courses; if you'd like to come along to learn all you need to know about getting the body of your dreams, [book your seat now](#). Remember the fees go up after 13th February.
- There's a new article on the website about how to manage food cravings. [Download it here](#).

Lifestyle Tip: The Secret to Slim Legs [\[back to top\]](#)

No amount of squats or lunges will magically tone up your legs ♦ while doing the right exercises certainly won't do any harm, exercise does not work as a way of targeting specific ♦ problem areas ♦. As I've said a hundred times before, you've got to get your nutrition right before you can get anything like the results you want from your exercise.

When you can't get fat off a particular area, it's usually down to your hormones, and fat stored on your thighs is generally caused by an excess of oestrogen. Oestrogen works in conjunction with testosterone, so your excess might be caused by a lack of testosterone, or by consuming too much oestrogen itself. Liver toxicity can be connected to excess oestrogen too since the liver is responsible for helping excess oestrogen leave your body. You can help detox your liver by eating more sulphur rich foods like raw onions and garlic, and by having a slice of lemon in your water.

If your diet is pretty clean and includes loads of different coloured vegetables, zinc, omega 3's and foods from the brassica family like cauliflower and cabbage, then you're probably lacking in testosterone. Resistance training is a great way to boost your testosterone levels; and if you've got more testosterone, your oestrogen levels will be less raised in relation.

We'll be learning lots more about oestrogen on the 30:30 Advanced course; it's unmissable if your thighs are your problem area!

Seasonal Foods [\[back to top\]](#)

Vegetables around in February are:

Brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, leeks, parsnips, rhubarb, shallots, swede

And February's fruits are:

Bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pears, pineapple, pomegranate,

Recipe: Sprout Curry [\[back to top\]](#)

This is another of Hugh Fearnley's recipes, which makes my least favourite vegetable tasty!

Prep: 10 minutes

Cook: 40 minutes

Serves: 4

For the curry paste:

- 3 tbsp coconut oil
- 6 shallots finely chopped
- 4" ginger root, mashed
- 2 cloves garlic, mashed
- 4 large tomatoes, deseeded and chopped
- 1 tbsp paprika
- 1/2 tbsp turmeric
- 1/2 tbsp cumin
- 1/2 tbsp coriander
- 1/2 tbsp chilli powder
- 250ml water

For the vegetables:

- 3 tbsp coconut oil
- 2 large onions, coarsely chopped
- 5 handfuls sprouts (take off the old leaves and tough stalks)
- Knob of unsalted butter
- Fresh coriander leaves, chopped

Method

1. Blitz the garlic, ginger and onions together for a few seconds, then fry in the coconut oil until it starts to brown slightly
 2. Add the tomatoes, spices and water then bring the mixture to the boil, before reducing to a simmer, covering, and leaving for 30 minutes. Then you can put the spice paste aside to rest.
 3. Make the vegetables for the curry by frying the onion in oil until it just starts to brown.
 4. Add your sprouts and a pinch of salt, then cover the pan to allow the sprouts to steam for about 8 minutes. You can add a bit of water here if you need.
 5. When the sprouts are cooked, add them to the spice paste, and cook together for a couple of minutes
 6. Stir through the butter and coriander leaves and serve with some brown rice
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Until next time, enjoy staying healthy!

Best wishes,

Heather





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