

## How To Shrink The Inches On Your Waist & Fade Wrinkles Without Corset Waist Training & Cosmetic Surgery Botox

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For many women, even non-invasive cosmetic procedures are too costly, time consuming, or painful. If this rings true for you, rest assured there still are "good old fashioned" solutions to fatter time and some new ones too.

It's true, you are what you eat. Or to be more exact to some, you look like what you eat. "In a nut shell, this means that when you consume unhealthy foods, you look awful," said **New York personal trainer Franci Cohen**. Franci is giving it to us straight!

We sat down with the certified nutritionist, exercise physiologist and creator of Spiderbands to get some tried and true suggestions on how to avoid all the weight loss fads like **corset training** and **going under the needle**.



Check out what the fitness pro had to tell us:

**Skip the Sugar.** "Sugar in your bloodstream forms molecules that damages proteins like collagen and elastin," Cohen explained.

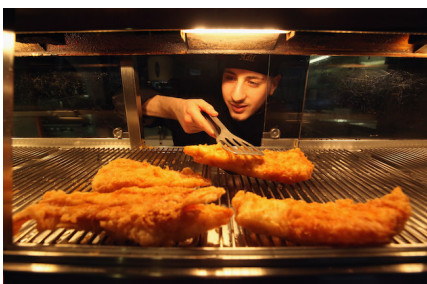
"When you say goodbye to collagen and elastin, you say hello to wrinkles. Reach for foods that will enhance moisture, like cucumbers and spinach, which both consist of more than 90% water," the expert advised.



**Avoid Overly Salty Foods.** Cohen says salt dehydrates and can lead to bloat and puffiness, especially around the eyes.

"Instead of chips and other salty foods, opt for wholegrain pretzels with sesame seeds or choose olives," Franci said. "Olives are naturally

salty and they contain fiber."



**Steer Clear of Fried Anything.** "Fried foods clog your arteries and stiffen your blood cells, making your skin look dull," Cohen said candidly.

"Choose brown rice, which contains ceramides that make skin smooth and supple. And tomatoes contain lycopene, an antioxidant that helps protect skin against harmful UV rays," the fitness pro noted.