



The Hills' Audrina Patridge enjoyed a natural high in Malibu in July.

5 STEPS TO... DETOX YOURSELF

Sydney naturopath Penelope Sach swears by the power of tea to cleanse your system of toxins. Sach's range of organic teas are available in select David Jones stores or online at penelopesach.com.au.

1 Quick fix "On arriving home after a party, dilute the affects of rich food and alcohol by drinking a plunger full of lemon tang tea—the mint is a refreshing cleanser and the lemongrass essential oils will assist digestion and kidney function."

2 The morning after "The next morning make another plunger of lemon myrtle tea, as it possesses antiseptic properties that will assist in the cleansing process of the blood and liver. On a hot day, serve it cold in a long glass with ice and honey."

3 Sweeten up "Balance sugar levels by eating a bowl of in-season fruit salad. This will also help with the all-important hydration process."

4 B and E "Throughout the day drink Triple E tea [pure liquorice root], as this naturally sweet booster is the perfect pick-me-up for your energy levels. Take a vitamin B after food to further aid liver function."

5 Eat and rest up "Make sure you eat a meal with brown rice or pasta with protein, cooked vegetables and salad. If you feel shaky, include a pot of Petal tea, as the lavender chills out anxiety, the red clover works on the lymph glands to help take away waste and fluid retention, and the chamomile and rose soothe the nervous system. Now, grab some sleep!"



Pia Miranda (far left) and Toni Collette have both sipped from Sach's range of organic teas.



JENNIFER HAWKINS

A year ago you were a lot of running.

Are you still?

No, I have completely changed the way I do things. I'm not as stressed out—I walk twice a week, then I do Pilates every second day.

Doesn't running keep the weight off?

No, not for me. I can get muscular, so to be long and lean I just keep up yoga and Pilates and walk. The running I do is interval training and that'll be, like, 20 minutes once a week. But just running constantly long distance I can't, no.

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