

MIAMI EDITION  
SUMMER 2019

SOUTH FLORIDA  
**LUXURY**<sup>TM</sup>  
GUIDE

**DESTINATIONS**  
LUXURY TRAVEL AROUND THE WORLD  
+ WELLNESS & BEAUTY

Huvafen Fushi  
Resort, Maldives



## FEED YOUR MIND

Always hungry for more information on making our diets work for us, we've gathered tips from one of the world's top nutrition experts and found products sure to satiate your appetite for looking and feeling your best. Read on, and devour every tidbit.

### WONDER WOMAN

Faster than a speeding bullet, **Lisa Dorfman** circles the globe to save the world with her nutrition expertise. She currently works as a consultant for Sony Entertainment Latin America, and previously worked with A-list actors in films such as *The Avengers* and *Iron Man 3*, among other blockbusters that didn't include caped crusaders. Not only is she an integrative nutritionist and a board-certified specialist in sports dietetics, she is also a trained chef and has authored eight books. The Miami resident and mother of three is also a competitive runner and triathlete. It wasn't easy, but we used our "golden lasso" to catch Dorfman (aka The Running Nutritionist) to pick her brain about slimming down for summer. Here is what we learned:



**I'm not brave enough to put on my bathing suit. Where do I begin?**

Confidence is about feeling good in your own skin. Take a step back and focus on what makes you uncomfortable and what's sabotaging your efforts. You might be surprised to learn that you're not getting enough fruits and veggies, which are full of vitamins and minerals that burn fat. Shoot for five colors a day—and don't forget about "white," like cauliflower, cabbage and turnips.

**When should I eat my largest meal? Or should I just "graze" throughout the day?** Breakfast is literally breaking a physiological fast. Research has shown that having protein at breakfast is important, whether it's yogurt, an egg

or even a café con leche with a cup of milk. During the day is the best time to get the foods that satiate you most. Avoid eating late. If you eat too close to bedtime, you're going to sleep with your dinner!

**I'm really out of shape. What other options do I have besides wearing a muumuu?** You may not like it, but you've got to get on your feet. Do a half-hour of jogging or walking per day, then hop on a bike, swim laps or do a half-hour of weights. Holding yourself accountable to others can help. Get a trainer or at least a workout buddy. This is no time for excuses.

*The Running Nutritionist, 305.854.1065; foodfitness.com*



### HEALTHY CHOICE

At **Celis Produce**, which has three Palm Beach area locations, you're just a sip and spoonful away from delicious cold-pressed juices, açai bowls and other nutritious options. Check out the newest store in Palm Beach's Royal Poinciana Plaza, where the menu is bursting with color and flavor. We're thirsting for the "Palm Breezy," which blends coconut milk, banana, pineapple, mango and spinach into a tropical delicious smoothie. *Celis Produce, 340 Royal Poinciana Way, Palm Beach; 561.328.6167; celis-produce.com*

### FEEL IT IN YOUR GUT

**Plexus** proudly positions itself on the edge of science with a range of products designed for health and happiness. Its ProBio 5 is formulated to promote optimal gut health by balancing intestinal yeast to support digestion. And, like all other Plexus products, it is non-GMO, 100 percent vegetarian and gluten-free. *plexusworldwide.com*

