

We won't be beaten on our Loan rate.*

5.1% APR

representative* on Standard Loans from £7,500 to £15,000

We'll beat any other rate you're offered on a like-for-like loan.

Call us on 0800 015 2803 or search sainsburysbank.co.uk/loans

Sainsbury's Bank

Makes shopping more rewarding

Lines open 8am-10pm Monday to Friday, 8.30am-6pm Saturday and 9.30am-5.30pm Sunday. Calls free from a landline only. Full terms and conditions available at www.sainsburysbank.co.uk/loans. Multiple credit searches may make obtaining future credit more difficult. *15.1% APR representative for Sainsbury's shoppers who apply online with a Nectar card which has been swiped instore or used online with Sainsbury's in the last 6 months, we may check your Nectar account to verify this. *Customers must apply online, be approved and subsequently open a Sainsbury's Bank Standard Loan. The offer does not apply to Sainsbury's Shopper Reward Loans. Claims must be made within 28 days after the Sainsbury's Loan has been approved. Claims will not be accepted after the Sainsbury's Loan offer has been accepted by signing and returning the Sainsbury's Loan agreement. You must provide us with a written offer from the other lender in the same name as the Loan offered by Sainsbury's. A 'Lower rate' means a lower Annual Percentage Rate (APR) of an alternative unsecured, fixed rate loan from a lender, compared on a 'like for like' basis. (Car dealership loans and finance excluded.) Like for like is based on features such as, but not limited to, length of loan, fixed loan amount, repayment structure (including interest and set up fees (if any)). The Lower rate must be available to the general public and be verifiable by Sainsbury's and must still be available to you at the time of the claim. If your claim is successful we will reduce the APR on your Sainsbury's Loan to below that of the alternative lender by 0.1%. We reserve the right to modify or cancel the Offer at any time without prior notice. Sainsbury's Finance is a trading name of Sainsbury's Bank plc. Calls may be recorded. Loans subject to status to UK residents 18 or over by Sainsbury's Bank plc, CH89 3AN. You must be in paid employment, self employed or retired with a pension. Written quotations on request. Rates correct at time of print. The rate offered will depend on personal circumstances, credit assessment procedures and other related factors. Sainsbury's Bank reserves the right to vary rates without notice.

BUY

WE'VE GOT YOU COVERED

The National Association of

SHOPS

Our Name Clearly Protects Your Rights

Your shopping is safe when you see this sign

For full details visit: www.shops-uk.org.uk or call 01628 641 930

For all the latest

Celebrity

news and gossip go to

New!

www.new-magazine.co.uk

I lived in fear of my Daddy dying reveals Jackson's girl

By Jimmy McCloskey

MICHAEL Jackson's 15-year-old daughter Paris told yesterday how she constantly told him "I love you" because she feared for his life.

"I was scared of what could happen to him," she said.

In her first in-depth interview since Michael died of a drug overdose at the age of 50 in June 2009, Paris said: "He was an incredible father."

Paris, whose mother is Michael's ex-wife Debbie Rowe, added: "We all loved him. He had that good energy where you just didn't want to leave."

"You're always just comfortable with him. Every time he would leave the room I'd say 'I love you' because I'd be scared of what could happen. You know, I've seen way too many movies."

Paris spoke as her family prepares to sue concert promoter AEG for £26billion. The Jacksons claim it put profits ahead of Michael's health in the run-up to his This Is It concerts at London's O2 Arena.

Michael died three weeks before the series of 50 gigs was due to begin.

His doctor Conrad Murray was jailed for involuntary manslaughter in 2011 for giving an overdose of an anaesthetic Michael took to help him to sleep.

Paris also offered an explanation for the masks Michael made his three children wear. She said: "He wanted the best for us. He always made sure we were healthy."

"He was very protective. He didn't want anyone to see what we looked like. That way we could have what he didn't, which was a normal childhood."

She also hit out at troubled star Justin Bieber – often spoken of as a successor to her father – for his alleged marijuana use, branding him "very irresponsible".

Paris spoke of her desire to restore her father's fabulous ranch Neverland, in California, so that underprivileged children can visit it. She said she sobbed during a visit to the abandoned compound and added: "It's beautiful there. It still has good energy."

Despite being heiress to part of her father's £650million estate with brothers Prince, 16, and Blanket, 11, Paris revealed that her ambition is to become a heart surgeon. She said: "I want to be an actress but just through art high school. Then I want to go to medical school and be a doctor specialising in heart surgery. I want to help people."

Jackson, 'an incredible father'

Paris, 15, said she wants to be a heart surgeon

expressyourselfGet the life you want

This diet will change your life

48 HOUR DIET DAY 2

DIETS come and go and every year it seems we're being told to ditch carbohydrates, bulk up with fibre or stick to raw vegetables but I can tell you the 48 Hour Diet is here to stay.

In the 12 years I've been a nutritionist I have found that carefully controlled fasting is simple, effective and comes with evidence-based health benefits that are truly astonishing.

I stumbled upon fasting by accident when I travelled to India to spend a year practising yoga. I was stunned by the effect it had on my body, my mind and my health. I also lost 10lb.

For years now in the weight-loss clinics that I run, fasting has been my preferred method to help shift a client's stubborn weight or improve their health.

It's important to note that fasting doesn't mean you don't eat. You simply eat less some of the time as I explain in my new book Eat, Fast, Slim.

On each week of the 48 Hour Diet you eat normally for five days (in my meal plan this means three meals and two snacks). On the remaining two days you are restricted to two very small meals adding up to a total of 500 or 600 calories. Just make sure your "fasting" days are separated by at least one day.

If you are eating less it is more important to eat well. This means consuming all the major food groups including carbohydrates and essential fats.

So why will this work when you have tried and failed on other diets? For the most part the industry is designed to keep you dieting. Long-term calorie restriction can actually make you prone to weight gain.

Following a traditional diet without adequate energy intake for long periods of time can make your metabolic rate plummet and appetite soar.

Say you reduce your calories to 1,000 a day to fit into a special outfit. When the day arrives you will dive on to all the foods you've been avoiding and soon regain that weight.

Snacking little and often isn't the answer either. When we snack we use the food for fuel, which prevents our bodies tapping into stubborn stored fat. However, fasting releases hormones which encourage your body to look for other fuel sources.

It also positively affects our hunger triggers. On a traditional diet you experience a peak of ghrelin, the hormone that makes you feel hungry, before every meal because you never feel fully satisfied. When you are fasting

All this week read **AMANDA HAMILTON's** exclusive weight loss plan to help you achieve a better body in days

| THE 48 HOUR DIET: AT-A-GLANCE WEEKLY MEAL PLANNER | | | | | |
|---|--|--|---|--|--|
| | Breakfast | Morning snack | Lunch | Afternoon snack | Dinner |
| Day 1 (Fast) | Leave a 20-hour gap between your last meal and lunch. For example, eat dinner at 5.30pm on the day before you fast then wait until 2pm to have lunch the following day | | Large mixed salad and 1 cup of vegetable soup (see last Saturday's paper) | | Grilled paprika chicken (see Saturday's paper) |
| 500 calorie limit | | | 250 calories | | 250 calories |
| Day 2 | Mango, passionfruit and yogurt smoothie | Vegetable sticks with 1tbsp hummus | Piri-Piri chicken | Boiled egg | Dijon pork chop with apple cabbage |
| Day 3 | Poached eggs with 2 slices of rye toast | Small fruit salad | Tuna Niçoise | 15 almonds | Green Thai tofu curry |
| Day 4 (Fast) | Leave a 20-hour gap between your last meal and lunch | | 1 cup of minestrone soup and 1 oatcake | | Grilled fish with tomatoes and olives |
| 500 calorie limit | | | 250 calories | | 250 calories |
| Day 5 | Fruit salad and yogurt | Vegetable sticks with 1tbsp guacamole | Prawn, beetroot, avocado and mango salad | Celery with 1tbsp peanut butter | Chicken and red wine casserole |
| Day 6 | Onion omelette with feta cheese | 1 piece of fruit (not grapes or pineapple) | Healthy no-bun burgers | 125g of fat free yogurt with chopped fruit | Vegetable chilli |
| Day 7 | Luxury nut muesli with Florida cocktail | Small fruit salad | Asian-style chicken noodle soup | 3tbsp cottage cheese with vegetable sticks | Goan fish and chickpea curry |

ghrelin levels still rise but it's thought that over time your body adjusts, probably because of the changes in your meal patterns.

So when should you start the 48 Hour Diet? Women often ask me why the scales remain "stuck" or why several pounds go on overnight at certain times in their cycle. This is down to hormonal fluctuations which affect appetite and fluid retention so it's best to start the fast a few days after your period.

Women who are pregnant, breastfeeding or trying for a baby should avoid fasting, along with anyone who has had an eating disorder or is underweight. Seek medical advice first if you are on any type of medication.

Once you are ready to start fasting you must prepare your kitchen so stock your cupboards and fridge with healthy food.

Choose minimally processed foods, cut down on appetite-boosting alcohol and on the night before your first fasting day enjoy a meal with protein, fibre and slow-releasing carbohydrates.

When you start the plan, limit portions of whole grains or potatoes to the size of one clenched fist. You will get the rest of your carbohydrate from fruit and vegetables, which you can eat freely. Include a healthy source of protein (lean meat, fish, poultry, eggs, beans, lentils, nuts or seeds) with each meal and snack. A portion is around the size of your palm.

Adding a small amount of fat to meals helps the body absorb nutrients and enhances flavour so I've created recipes with this in mind. And just because you're fasting doesn't mean you can't exercise. I recommend increasing

daily activity and saving tougher workouts for non-fasting days.

So now turn the page for my second helping of tasty recipes.

● *To order Eat, Fast, Slim: The Life-Changing Fasting Diet For Amazing Weight Loss And Optimum Health (Duncan Baird, £8.99) with free UK delivery call 0871 988 8367 (10p/min from BT landlines) with card details or send a cheque payable to The Express Bookshop to PO Box 200, Falmouth, TR11 4WJ or via expressbookshop.co.uk*

● *Visit amandahamiltondiet.com (use code dailyexpress13 at the checkout before May 31 to receive 20 per cent off all weight loss packages).*

CONTINUED ON NEXT PAGE

IN SHAPE: Fasting helped Amanda and can get you fit and healthy

Picture: TIM CLARKE

LIDL

From 15.04.13

Monday Madness

MERADISO® Mattress

• Shape-retaining and breathable for a comfortable night's sleep

• Includes removable polycotton mattress cover with zip

High-quality foam core with 15 year warranty

Single

69.99

Each

Double

89.99

Each

Single (cm): 190 x 90 x 15

Double (cm): 190 x 135 x 15

Easy to transport and quick to unpack. Take care to ensure the mattress size will fit your bed. Once opened, the mattress cannot be rolled back up.

MADE IN EU

Firmness H2 medium

All offers subject to availability. Excludes N.I. & R.D.I. Prices correct at time of going to print & valid for a limited period only. Packaging & measurements may vary.

/lmx