

# Say ciao to Italia!

**Dreaming of your summer holidays? Beat the January blues and book a trip away - Topflight has just released its Italian brochure for summer 2019, showcasing the variety that both Italy and Topflight's Italian programme has to offer.**

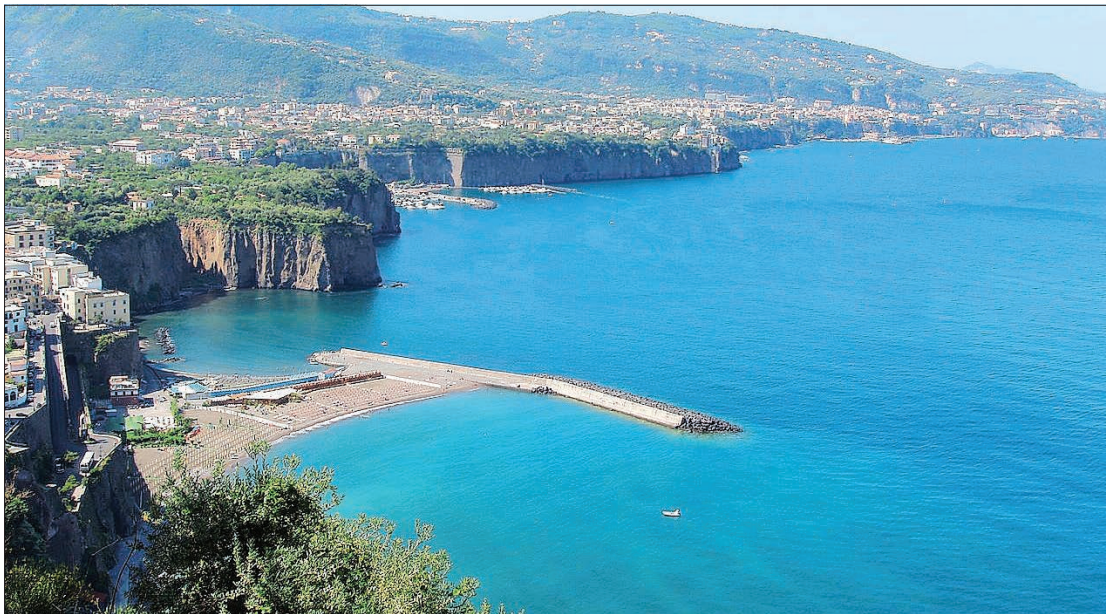
Summer 2019 also sees a much greater choice of holidays from Cork.

Sharing the knowledge and expertise gained over 25 years of sending Irish people on Italian holidays is what sets Topflight apart - from the team of experienced sales advisors, who can help you choose the holiday that is right for you, to the resort managers, who will ensure that your holiday goes as smoothly as it should.

Here are just some of the many highlights from Topflight's Italy brochure for 2019:

#### **The Andrea Bocelli Summer Experience**

Summer 2019 sees the addition of a wonderful new escorted tour holiday in Tuscany. The Andrea Bocelli Summer Experience offering a week long holiday with excursions to



some of the most beautiful places in Tuscany, the opportunity to learn to cook some Italian food and the opportunity to attend a concert with Andrea Bocelli in his hometown.

#### **The beauty and diversity of Tuscany**

Tuscan holidays have continued to increase in popularity and Topflight's 2019 brochure showcases the region, offering charming cities and towns, the

coast and the Tuscan countryside.

#### **Fly direct from Cork to Sorrento**

This year sees the addition of a Cork to Naples route meaning that it is now even easier to reach one of Topflight's most popular destinations, Sorrento.

Located on one of the most magnificent coastlines in Italy, with views sweeping across the Bay of

Naples.

It is both an ideal base from which to explore the main sights of the Neapolitan region.

#### **New and improved tailor-made service**

With tailor-made holidays, Topflight's specialists can help you to design a bespoke itinerary that suits your own specific tastes and timeframe. Choose from a range of Italian destinations, care-

fully selected accommodation and tried and tested excursions to create a holiday where every detail is considered.

Topflight's Overseas Concierge is on hand to ensure that you have all the information and assistance you need during your tailor-made holiday, too.

**To book, visit topflight.ie, call Topflight on 01-2401700 or visit your local travel agent.**



**Nutritionist Aisling Kelly.**

## New beginnings at College of Naturopathic Medicine

Thinking of a career change in 2019? Or would you like to develop your skillset? A career in nutrition could be the perfect choice for you!

Aisling Kelly, a graduate of College of Naturopathic Medicine (CNM), speaks of her own experience of training to become a nutritionist at the college:

"I have always had an interest in food and how it can affect our bodies. From a young age, I would notice how certain foods would affect my skin and my mood, help me to perform better when exercising, or irritate my digestive system.

After working as a mentor teacher for many years I finally decided to take the plunge into the world of nutrition. CNM's course was ideal for me as I was able to continue working while attending college locally at the weekends.

I was impressed with the level of academic learning gained from the biomedicine year, which gave us the scientific background to understanding metabolic processes within the body, before delving

into how food can support or hinder these processes. The clinical hours included in the diploma course really benefited my confidence to practice as soon as we finished the course, as we gained practical experience as well as theoretical knowledge over the three years.

The high standard of training from CNM, along with support from fantastic lecturers and staff, gave me the confidence to start my own business as soon as I had completed the course!

I am now seeing clients in my own practice in Cork and the best thing is I can choose my own hours to work around my family life. I am looking forward to developing numerous other opportunities such as nutrition workshops, writing health articles and possibly a cookbook!"

CNM has a 20 year track record in training successful practitioners. Attend the next free CNM open evening in Cork on 28 January at Rochestown Park Hotel. Call 01-8788060 or book online [naturopathy.ie](http://naturopathy.ie).

## BIA SASTA By Elke



### New year means more new fad diets!

With the New Year, magazines are again full of advice on how to lose weight quickly. Self-appointed celebrity experts are having a field day with their water-diets (I made that up), blood-type diet or simply eating only yellow foods (also made up - I hope).

Every January, this column rants a bit (or a lot) about these miracle diets that are making the rounds every year.

Don't get me wrong - I need to lose



weight just as much as others but the thought of a diet fills me with pure horror.

I have a friend who has followed every diet out there - from shakes, soup, sour cream (that is not made up) to just eating eggs.

She joined Weight Watchers and took diet pills. And the result as per today: she is heavier than she has ever been.

Every time she tells me that she read about this and that diet, I try my best to convince her that she needs to change her entire eating habits in order to lose weight long-term.

The problem with a lot of people is that they are hoping for a quick fix - starve yourself for two weeks and lose a stone. If anyone promises you that you will lose a certain amount in a short time, trust me, it won't fix your weight problem.

I know exactly what my problem is - my lifestyle has changed but I have not adjusted my diet accordingly.

I am not as active anymore

and need to reduce my daily calorie intake.

I know that - but it doesn't stop me from stuffing my face with a full-blown pizza though!

I don't need calories on a menu to tell me that half a pizza would be a better choice. I am a greedy person, so I will go for the full size version every time.

Don't get me wrong, I do not eat pizza every day and the rest of my diet is pretty good.

I eat fresh food, avoid processed food, have a good balance (although I love my bread) and I am healthy despite the extra pounds.

Going on a diet is not for me - I know myself too well. I would obsess over food the second I think I can't have a certain meal. Diets aren't for me at all. So, I need to get active again in order to burn my gluttonous intake. Let's see how that works out.

And in order to keep myself focused, I agreed to give a cookery class on tasty dishes that won't break the calorie-bank at the Wooden Spoons

Cookery School near Blarney on Tuesday 15 and 22 January.

The focus will be on a balanced lifestyle (we will have a fitness expert at hand as well to give advice on exercise).

And yes, I know how to control calories - I am just very bad at thinking about these little creatures when I am cooking.

The recipes are easy to prepare and I have calculated the calories, fat and carb content.

Check out Wooden Spoons Cookery School for details and bookings. The class might be just the thing I need to get kickstarted myself!

**Upcoming food events:**  
**12 January Clonakilty Food Tour Tasting**  
**15 January Eat yourself fit and healthy class**  
**19 January Brazilian Party 2019 in Woolshed**  
**22 January Eat yourself fit and healthy class**  
**23 January The Cultured Club at Ballymaloe**