

Cercle

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BEAUTY



Bienert

Caroline

Qualified and internationally acclaimed metabolism expert, Caroline is dedicated to health and holistic wellbeing to the benefit of her clients who come from a variety of backgrounds.

By Caroline Bienert

“Imagine your body is an aquarium where your organs are the fish, and your metabolism is the water. If the water is cloudy, the fish will become sick. Whilst a doctor may be required to give therapy to the fish, my role is to purify the water.”

That’s how Caroline Bienert describes what she is doing. Caroline is a qualified and internationally acclaimed metabolism expert, dedicated to health and holistic wellbeing to the benefit of her clients who come from a variety of backgrounds including royalty, entrepreneurs and CEOs, as well as celebrities and models based mainly in Dubai, London and Saudi Arabia.

Can you please explain what does the term nutritionist imply?

I analyse my clients’ diets and eating habits as well as their general lifestyle and its impact on their health. I then create individual tailor-made nutrition and detox plans and programs to balance the microbiologic balance. The term nutritionist itself is rooted in holistic medicine and strongly connected with anti-aging. Just like a fitness trainer I always aim towards a certain goal.

Have you always wanted to become a nutritionist?

When I was a student I wanted to be a fashion designer. They could have taken me to a canteen in handcuffs, but I would never eat those mushy potatoes and the overcooked-run-of-the-mill vegetables. However, as we all know, the exception proves the rule: My first big love studied in Freiburg, and I used to hitchhike from Cologne to the Black Forest in order to see him as often as I could,

especially during semester breaks. I was so infatuated that I even accompanied him to the canteen. If you adore a man, you cannot insist on special treatment and I knew that much at least. I started losing weight and became very weak because I could eat hardly anything served in that canteen. I didn’t want to eat pizza in cheap restaurants either. So I took the initiative and started to cook every day in my boyfriend’s tiny kitchen. He was first very surprised but then he started to enjoy my cooking.

How do you coach your clients on what they should eat?

I cannot tell my clients for the rest of their lives what they should eat. Therefore, I take them to the markets or healthy-food stores. That’s where we get to practice: we feel the fruits and vegetables, we look at them, compare and smell them. I understand that many of my clients simply buy food that is familiar to them since their childhood. They never really think of what the ingredients of those groceries are nowadays, that those products might just consist of preservatives and nothing else now. I never forbid anything. I think that life is an inter-play of numerous nuances so there is no black and white thinking. If you are craving for those canned tomatoes then just go for them! Nevertheless, I will point out that the jarred ones might be better for you, because glass is definitely more neutral. But to be completely honest, I consider it best to simply prepare food freshly.

Who was your very first client?

My first client was... myself. Everything I suggest that my clients do is time-tested by me. And do you know what? I’m still my best and most loyal client. While I studied, my clients were family and friends. Now, my first paying customer was a fashion photographer who wished to lose

weight: 30 kilos. And he did! Which marked the beginning of a new life, really.

What is a common nutrition myth that you can dispel?

That breakfast is the most important meal of the day. In fact, the most important meal is lunch. A breakfast has to be nutritious for the brain but in no way heavy, rich in calories or carbs. Such breakfast favourites like pancakes, sandwiches, muesli or granola are too heavy, too sweet, and mean stress for our digestive system. Our bodies are keyed to clearance and excretion until noon. Only starting at noon can you provide all important nutrients to your body. So never skip your lunch!

I understand you also offer online nutritional services?

I like to use modern communications, so I offer consultations via Skype beyond personal and phone consultations; but all consultations are catered to the individual, so there is no online service in the meaning of a put-in-the-cart bundle.

In your opinion what’s the reason for people actually putting on weight? Lack of the exercise or eating too much?

It’s because they snack. People skip meals, and then snack instead when on the go, which leads to unnoticeably eating so much more. Most people don’t even notice that they are eating – think sweets at cash desks and front desks, chocolate bars and cookies in meeting rooms and so on.

What is your favourite staple healthy week night dinner?

I don’t like eating same meals everyday so I don’t really have one go-to favourite. But in the evening I tend to combine valuable proteins with vegetables, for example grilled fish with vegetables, or bell paprika stuffed with delicious goat cheese. If I’m pressed for time, I make a green smoothie.



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By the way, what's the dish you enjoy cooking the most when you have time?

I enjoy making my own pasta and tomato sugo or more elaborate Italian recipes, like specific marinades.

What happens if I don't eat within one hour of waking?

The most important thing in the morning is to drink. At night your body metabolises, and you need to drink to support this. The only thing that happens if you don't eat is that you don't have a good, quick start into the day as your brain needs complex carbs to function properly.

And what are your thoughts on weight loss surgery?

I'd like to state that if you haven't learned to change your diet no surgery would help. Your fat will build up elsewhere which won't be healthy either, nor will your skin magically turn firm and toned. That's why detox is so important when losing weight, so that the body tissues and skin can regenerate and regain firmness and tone.

How do you motivate yourself to stay that fit?

I really highly enjoy being fit. That's the biggest motivation in itself.

Apart from the special diet what other techniques do you use to make your body ideal?

Meditation to reduce stress as stress is very bad for our metabolism. I do Yin yoga. I love it because it's a system of "organ yoga" which means that it stimulates our intestines and helps them detox. To stay in shape I practice cardio training and a mix of classic yoga and Pilates.

Let's spice up this very serious health talk. Did you have any funny stories at work?

A client wanted to lose weight. And she had literally tried every trendy diet out there, still nothing worked. So we met, I check her health parameters and asked her how and what she eats. And she replied, "well, I eat alone in the kitchen." I ask her, why don't you go to your dining room? And she says, "I don't have a dining table." It turns out, she always eats standing up. My advice for her was to buy a dining table, or we don't need to start working at all. A few days later she calls me on my phone and tells me that yes she has bought a dining table. She actually bought a new house. While this is a funny anecdote, it leads me to this: a lot of people eat on the go, in the street, some are making phone calls as they walk and eat. It's extremely unhealthy – and should be avoided.

Being one of the top nutritionists in Dubai, how did you actually get there?

A long time ago my clients of the Saudi Arabian royal family invited me to Saudi Arabia and then to Dubai.

Your celebrity clients in Dubai do they follow your instructions carefully?

In the whole world you won't get any anyone who performs 100 percent. I'm absolutely happy when my clients follow to the instructions at 80 percent. Everything is a process, and I like to use the analogy – when a toddler learns walking, he keeps falling and standing up, and that's the exact point. Standing up and improving.

What do you think of the Dubai culinary scene?

It's such a challenge to get fresh foods in the middle of the desert; but generally the Dubai chefs do a great job providing international cuisines.

How Arabs are different to any other nationalities in terms of nutrition habits?

The public knowledge of health and food issues is not very good yet. Way too much sugar is consumed and the recent arrival of junk food hasn't made things better.

What's the safest (to keep the line) option to eat in Dubai?

Still water that's low in sodium.

What are your healthy addresses in Dubai?

For restaurants that would be Zuma and Okku because of the wonderful à la carte cuisine and great quality with the best chefs. Visit the Talise SPA to experience the best spa in the world, where you get treated like a royal. Jogging in the Safa Park. Organic Foods and Café with their organic farmers market.

Top 5 things to do in Dubai?

1. Get to the highest building of the world!
2. Delight at the beauty of lighted fountains with classic music in the evening.
3. Visit Art Dubai.
4. Visit the World Cup.
5. Try an individual desert tour.
6. Visit Oman when in Dubai.
7. Visit the Jumeirah Mosque.

Caroline's beauty tips for Dubai

- Keep hydrated: drink flat water that's low in sodium (salt)
 - Green juice: chlorophyll is really good for you, it provides radiant skin and sun protection from inside
 - Sun screen: wear sunscreen and don't forget to cover your eyes with good sunglasses
 - Keep your biggest organ, your skin, healthy with an organic, clean body lotion or a lightweight oil to fight the effects of the chemically treated shower water
 - Use an organic, toxin-free deodorant to keep fresh throughout the day
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