

More women are realising the health and beauty benefits of banishing the booze. *Ophelia Zwart* talks to three who are loving life without alcohol

Photographs **Teena Taylor**

When Sadie Frost said that she'd given up alcohol last year, she turned heads. Not just because the one-time party girl seemed to have a new-found glow about her, but because she announced that she planned to stay off booze for the sake of her health. 'I had lots of things that I wanted to do, and the only way I could do everything was to get rid of something. I thought that should be drinking,' she said. Kate Moss, apparently, took note. 'Kate can't stop remarking on how young and fresh-faced Sadie looks,' a mutual friend was reported as saying. 'Kate now believes that anti-ageing should come from within.'

Sadie is part of a growing body of women – both in the public eye and in the wider world – who are becoming teetotal for the mental clarity, youthful skin and svelte physique.

'This new trend says that you don't have to drink to be part of the crowd,' says celebrity naturopath Lisa Jeans. 'I see celebrities who are not alcoholics, but drink props them up. It clouds their judgment, ages their skin and leads to unstable blood sugar levels, so they crave alcohol, sugar, caffeine and cigarettes. An appeal to their vanity is all it takes to help them give up,' says Jeans. 'I tell them to either quit, or cut down to a couple of glasses of wine a week. I ask them, "What do you want to look and feel like when the party stops?" Their weight drops, they have more energy and their skin glows, which stops them going back to the booze. It's tough but it works.'

Former model Ana Lucia Alves, 40, fell into the drinking culture of the modelling world, but didn't like the person she became. She gave up drinking nine years ago after taking up yoga, and now works as an actress and writer

'The biggest difference since I stopped drinking has been to my self-confidence. Looking and feeling healthier has given me the impetus to become an actress, and I have just finished writing my first feature film.

'I spent my 20s modelling and living between Paris and New York. I was the first Brazilian model on the cover of *Marie Claire*, which made me famous overnight back home. Suddenly I was thrust into this jet-set world of modelling, where there was pressure to drink. In Paris I would drink red wine with every meal and champagne during and after catwalk shows. I drank to fit in with the modelling crowd. I would get a bit silly and

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embarrass myself – once, after a shoot in New York, I got drunk and spent the evening harassing a male model that I had a crush on. He had to get my agent to pull me off him. The next day I couldn't remember any of it. I would go over the top and lose myself in drink.

'Four years after the birth of my son Theo I moved to New York for good and was introduced to **bhakti yoga by some friends. It changed my life. I felt calmer and more confident. We were encouraged to detox so I cut down my drinking slowly. First I dropped to three glasses a night, then two and then one. The whole process took ten months. As my body got cleaner and healthier it began to reject alcohol. Eventually a glass of champagne would make me sick and give me headaches.**

'Now when I have a film premiere there can be pressure to drink champagne. Rather than spoil the party, I hold a glass of champagne for a while and then switch to water. I think women are waking up to the fact that the long-term feel-good factor is more important than a boozy night out that gives them a quick high but makes them feel horrible the next day. I see so many more women cutting back now than ten years ago. I feel and look ten years younger since I stopped drinking.' ➤

CELEBRITY TEETOTALLERS

SADIE FROST, designer



'I've given up drinking – I'm not touching a drop. Staying in and being a mother makes a huge difference. I'm looking after my health and I feel a million times better.'

DAVINA McCALL, TV presenter



'The only time I miss drinking is on special occasions – like mulled wine at Christmas, or a glass of rosé on holiday. I just think I have a better time sober.'

TRINNY WOODALL, style guru



'There was an exact moment when I just knew I didn't want to do it any more. I was going out drinking a lot with two very good friends of mine, who are now dead. They both died of alcoholism.'

GWYNETH PALTROW, actress



'I think it's gross. I really don't like drunk women; it's such a bad look. I think it's completely inappropriate.'

JUNE SARPONG, TV presenter



'I don't drink alcohol. I did get drunk once. The next morning I didn't have a hangover, so I knew I could be a drinker and that made me decide never to drink again.'

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