

The Daily Express
27th September 2003

Article about Tottenham's woes being behind them.

Featured Gus Poyet, who is following the programme . . . "At Coventry we defended as a team," said Poyet, who is promoting a new diet that has helped him lose 12 pounds in five weeks.

The article goes on to say that "The Novo programme is a personalised diet based on a blood test and does not count calories. It is available in selected Holmes Place health clubs. Call 020 8823 9040 or visit www.immogenics.com for an appointment."