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Hair & BEAUTY

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Fancy a skin-soothing salad and an anti-ageing smoothie? Your skin's appearance is related to what you eat, and all the facials in the world won't help if you live on junk. So start eating pretty and say hello to radiance

The "superfoods" for gorgeous skin are natural, whole foods and extracts that supply an abundance of nourishing natural vitamins, minerals, healthy fats, amino acids, plant enzymes, antioxidants and phytonutrients. These nutrients will help to enhance your skin's appearance and condition. They will: **NEUTRALISE** the effects of free radicals that can attack your skin's collagen and elastin, **ENHANCE** repair of your skin cells, **SUBDUE** inflammation, **BUMP-UP** cellular defence, **BOOST** collagen production and **STIMULATE** circulation to your skin's surface.

EAT YOUR WAY TO ...
gorgeousness

Berries – best wrinkle fighters

Blueberries are the ultimate 'youth berries' as they pack three times the antioxidant punch of an orange. In fact, just one serving of blueberries provides as many antioxidants as five servings of carrots, apples, broccoli or squash! A hefty handful of strawberries has all the antioxidant vitamin C your body requires each day to help reconstruct your collagen, the scaffolding that keeps your skin firm. One cup of strawberries provides over 125 per cent of the recommended dietary intake (RDI) of vitamin C, all for a skinny 190 kilojoules.

Blueberries and blackberries are rich in proanthocyanidins, which are potent, free-radical scavengers that guard your collagen and boost its repair. Proanthocyanidins also maintain the strength of your capillary walls

and, in doing so, protect capillaries at your skin's surface.

BEAUTY DOSAGE: Eat one or more half-cup servings daily — about 30 berries — for gorgeous skin. Berries are typically treated with lots of pesticides, so where possible, go organic.

SERVING SUGGESTION: Throw about a handful of fresh or frozen blueberries or strawberries into your morning smoothie. Start the day with mixed berries, natural yoghurt and a few chopped almonds.

Tomatoes skin shaders

Tomatoes contain the potent free-radical scavenging phytonutrient lycopene (the pigment that makes tomatoes red). Recent studies have revealed that lycopene may even pack twice the punch of the well-known antioxidant beta-carotene. Tomatoes are also bursting with vitamin C.

BEAUTY DOSAGE: One tomato a day.

SERVING SUGGESTION: Drizzle a tiny amount of olive oil over tomatoes. Eat them as a fruit. Bake them with basil. Cut them into salads or turn them into salsa. Use stewed tomatoes as a side dish or as a sauce for zucchini. Add tomato paste or purée to soups, stocks or stews.

Citrus Fruit collagen boosters

The collagen fibres that give your skin its elasticity can be improved by regular consumption of bioflavonoids and vitamin C, found in citrus fruits such as grapefruit and oranges and in kiwi fruit, onions and capsicums.

BEAUTY DOSAGE: Eat one piece of citrus fruit daily.

SERVING SUGGESTION: Try having an orange and a handful of raw, unsalted almonds when you need a snack.



Rockmelon foils flakiness

This colourful melon is full of carotene compounds that help reduce the deep-down collagen damage. A great source of beta-carotene (which is converted to vitamin A), rockmelon helps prevent keratonic plugs, the rough patches that can develop on the backs of the arms. Rockmelon is also low in kilojoules and has almost zero fat. A quarter of a rockmelon has about 210 kilojoules and provides 80 per cent of the RDI for both vitamins A and C.

BEAUTY DOSAGE: Eat a few slices of rockmelon at least three times a week.

SERVING SUGGESTION: Start your day with a few slices of rockmelon and slow-cooked oatmeal. Have a few slices with mixed berries for dessert.

Olive Oil Greek wrinkle cure

Dose up on olive oil for smooth, supple skin. Rich in mono-unsaturated fats and the phytonutrient antioxidant polyphenols, olive oil is a vital part of your daily anti-ageing arsenal. A study published in 2001 in the Journal of the American College of Nutrition examined the effects of diet on wrinkles. Researchers compared the diets and skin of people living in sun-exposed areas and found that those with high intakes of olive oil, vegetables and legumes had the least wrinkling.

BEAUTY DOSAGE: One to two tablespoons of olive oil daily.

SERVING SUGGESTION: Add to salads. Drizzle over veges with herbs and pumpkin seeds. Use for sautéing and cooking. ►

Prunes & Plums complexion perfection

Prunes are a great source of fibre, and, according to a recent study from Tufts University in Boston, may also help slow the ageing process. The study ranked the antioxidant value of commonly eaten fruits and vegetables using an analysis called Oxygen Radical Absorbance Capacity (ORAC). Prunes top the list, with more than twice the level of antioxidants than other high-scoring fruits. In fact, prunes are so powerful that they boost blood antioxidant levels by 25 per cent.

For anti-ageing protection it's also recommended that we consume between 3000 and 5000 ORAC units a day.

BEAUTY DOSAGE: Two prunes or plums (when in season) daily. Don't peel plums, as the skin is high in phytonutrients.

SERVING SUGGESTION: Add prunes to berries, slivered almonds and natural yoghurt. Eat ripe plums in season.

ORAC units for top-scoring antioxidant fruits & vegetables

FRUITS	UNITS PER 100G
Prunes	5570
Raisins	2830
Blueberries	2400
Blackberries	2036
Strawberries	1540
Raspberries	1220
Plums	949
Oranges	750
Red grapes	739
Cherries	670
Kiwi fruit	602
Grapefruit, pink	483

VEGETABLES	UNITS PER 100G
Kale	1770
Spinach	1260
Brussels sprouts	980
Alfalfa sprouts	930
Broccoli florets	890
Beetroot	840
Red capsicum	710
Onion	450
Corn	400
Eggplant	390

Carrots – skin saver extraordinaire

Crunch all you want — carrots are bursting with beta-carotene which your body turns into skin-smoothing vitamin A.

Carrots are filled with other carotenoids that reduce UV damage to skin, protect against free radical damage and enhance your skin's integrity through conversion to vitamin A. One carrot has double your RDI for vitamin A, plus it's fibre-rich and virtually fat-free.

BEAUTY DOSAGE: One carrot per day (juiced, raw, grated or cooked).

Beta-carotene

is fat-soluble.

To enhance its absorption, **drizzle a little nut, olive or seed oil** over raw or lightly steamed carrots and other **vegetables** containing beta-carotene

SERVING SUGGESTION: Finely grate raw carrots over leafy greens. Try carrot juice (mixed with apple and ginger) a few times a week. Both juicing and grating break down the hard cell walls of the carrots, freeing the beta-carotene and making this nutrient easier to absorb.

Avocados beauty boosters

These great little packages contain glutathione, a master antioxidant and powerful detoxifier. Glutathione-rich avocados help cleanse your body of oxidised fats, and neutralise free radicals that can cause cell damage. Avocados are also loaded with phytonutrients — one of which is beta-sitosterol, which blocks the absorption of cholesterol into your bloodstream. Many people shun avocados for their high fat content, but they contain a healthy dose of mono-unsaturated fats — a major key to smooth, supple skin. Avocados also enhance your body's absorption of nutrients such as alpha- and beta-carotene and lycopene found in other fruits and vegetables. They have more potassium per gram than bananas, and they're a fair-to-good source of beta-carotene, vitamin E and C and folic acid.

BEAUTY DOSAGE: Half an avocado a few times a week.

SERVING SUGGESTION:

Mash half an avocado on whole grain or dark rye bread. Dice an avocado into a leafy green salad.



Salmon – face-friendly fatty acids

This fish (especially wild salmon) is teeming with omega-3 fatty acids, which do everything from attack dry areas to help deflate inflamed pimples. The essential fatty acids battle collagen-damaging free radicals and help smooth out fine lines. Omega-3s also help make eicosanoids, hormone-like substances that encourage our bodies to produce the human growth hormone (HGH). HGH stimulates tissue growth, but it drops off steadily from our late twenties; by our sixties we have 50 per cent or less HGH in our bodies.

BEAUTY DOSAGE: An ideal amount of dietary omega-3 fatty acids is about 7 grams per week, which you can obtain from two to three servings of fish. Eat cold-water, deep-

sea fish such as mackerel, salmon, tuna and trout. Go for wild salmon over farmed when possible. If you don't eat seafood, add one of the following for the same amount of omega-3 fats as a 150g salmon fillet:

- 2 tablespoons walnut oil (cold pressed)
- 2 tablespoons soybean oil (cold-pressed, organic)
- 1 tablespoon canola oil (cold-pressed, organic)
- 3 tablespoons flaxseeds (ground)
- 4 tablespoons walnuts
- 1 cup soybeans (uncooked)
- 2000mg of a fish-oil (EPA/DHA) supplement.



Garlic glow getter

Make garlic a daily ritual; it contains sulphur compounds that are a must for gorgeous skin and also potent phytonutrients that scavenge free radicals. Garlic boosts your immune system and is

a powerful antibiotic, plus it's a great detoxifier. When cut, grated, pressed, crushed or chewed, fresh garlic releases enzymes that in turn trigger a cascade of beneficial chemical reactions inside your body.

Soy/Tofu skin saver

Whether in its original form (edamame) or transformed into tofu, the soy bean is a skin saver. It's a fantastic source of phytonutrients; in fact, there are about 300 different phytonutrients in soy alone! The main ones are isoflavones, which are powerful antioxidants.

Soy is also loaded with vitamin E, which boosts new cell growth and keeps skin moist. Like meat, soy is a complete protein, so it contains all your essential amino acids along with calcium and magnesium, but without the saturated fat. It also contains some skin-smoothing omega-3 fatty acids.

BEAUTY DOSAGE: Eat several servings of unprocessed (preferably fermented) soy products a week.

One serving is a cup of soymilk, 85g of tofu, or ½ cup of tempeh or miso.

SERVING SUGGESTION: Make organic soymilk or silken (soft) tofu the base of your morning smoothie. Throw a package of organic silken tofu into a blender with some fresh or frozen fruit. To pack a powerful punch of anti-ageing antioxidants, add a handful of blueberries, a few raw unsalted nuts such as walnuts or almonds, and a teaspoon of flaxseed oil. Tofu takes on the flavour of anything it's cooked with: add firm tofu to stir-fries, soups, curries and stews. It can also be grilled. Munch on edamame (whole green soybeans boiled in their skins for 10 minutes in salty water) or dry-roasted soy nuts.

Nuts moisturise your skin from within

A prime source of monounsaturated fats, nuts moisturise your skin from the inside. The best are almonds, walnuts and soy nuts. (Sunflower and pumpkin seeds are similarly beneficial.) Almonds contain great fats for your skin, protein, vitamin E, calcium and zinc. Walnuts are loaded with omega-3 fatty acids for supple skin. **BEAUTY DOSAGE:** Eat one to two tablespoons a few times a week. **SERVING SUGGESTION:** Toss a tablespoon of chopped walnuts into a salad or over vegetables. Add a few almonds to a smoothie. Grind up nuts in a coffee grinder along with flaxseeds for a fatty acid boost.

Microwaved broccoli loses up to 97 per cent of its key antioxidant compounds, while **steamed broccoli** loses up to 11 per cent

Broccoli—helps keep skin elastic

This sensational skin food packs the highest levels of antioxidant vitamins A and C in any food, as well as skin-cancer fighting chemicals. Vitamin C helps keep your skin elastic and prevents bruising. Vitamin A aids in healing acne from the inside out by boosting resistance to infections. One large cooked stalk has one and a half times your daily need for vitamin C, half your RDI for vitamin A, a small shot of B

vitamins, and iron, calcium and fibre — all for just 110 kilojoules.

BEAUTY DOSAGE: A few florets or a large stalk every other day. (Opt for organic if possible, as broccoli florets collect pesticides and other chemicals.) **SERVING SUGGESTION:** Lightly steam in a little water or eat raw to get most benefit. Include in salads and stir-fries. **COSMO**

This is an edited extract from *Gorgeous Skin in 30 Days* – the natural, anti-ageing plan for radiant, youthful skin by Erica Angyal (\$29.95), published by Lothian Books and available at all good bookstores.



Cosmo's guide to the yummiest skincare products:

Why stop with what you put in your mouth? Get your essential nutrients from what you put on your skin too!

OmVeda Mango Butter Mask, \$46

Rich in mango, almond oil and honey, this product has been formulated to moisturise, hydrate and nourish the skin.

Inecto 1 Minute Hair Masque, \$14.95

Contains 100% pure citrus extract, which is used to boost the shine of your hair and reduce the appearance of split ends.

Philosophy Strawberry Milkshake, \$35

A three-in-one shampoo, conditioner and bath gel that works like a dream and smells absolutely delicious!

Dove Fresh Touch Beauty Bar with Cucumber Extract & Green Tea, \$3.99

(twin pack) This soap smells great and, of course, it also has ¼ hydrating lotion.

Palmer's Organic Body Balm, \$9.95

Olive oil has long been a natural beauty tool for cleansing and moisturising, and now Palmer's has incorporated it into its products to instantly soothe and soften skin.

TIGI S-factor Serious Conditioner with Sunflower Seed Oil, \$37.50

A quick, intensive conditioning treatment – takes no more than five minutes to use.

Garnier Nutritionist for Dry and Sensitive Skin, \$15.99

Contains omega-3 + 6 derived from rosehip oil, and magnesium (which helps to boost cellular metabolism and keep skin supple) extracted from Kiwi water.

Clairol Herbal Essences Fruit Fusions Shampoo and Conditioner, \$6.99 each

Both your hair and senses benefit with these delicious products from the Revitalising range. You'll be good enough to eat!

Ella Baché Creme Tomate, \$75

Rich in tomato extract, this purifying cream is aimed at rebalancing oily sensitive skins to restore skin's natural pH.

MOR Revival Honey Vegetable Soap, \$9.95

With a base of milk, honey and green tea – this will leave you feeling and smelling fragrantly fabulous.

Payot Paris Crème de Choc, \$100

A multi-vitamin skin booster that combines orange and the stimulating powers of cocoa to pep up tired skin.

Ilcsi Pumpkin and Orange Gel, \$130

This organic, Hungarian mask uses pumpkin, orange, capsicum and honey to tighten and hydrate the skin.

Pevonia Myoxy-Caviar Timeless Repair Cream, \$304.50

This caviar cream claims to boost oxygenation, blood circulation and increase elasticity.

