

Eat your WAY Younger

THE MAD CRAVINGS BROUGHT ON BY ADDICTIVE FOODS ARE AN INDICATION OF HOW POWERFUL FOOD IS

Exercising regularly but not reaping the physical benefits? It could be your diet that's sabotaging your looks rather than your fitness regime. Here's how to eat your way beautiful...

Many of us pile our baskets high with the latest face creams and fillers in the hope it will ward off the effects of ageing, but it could actually be as simple as topping up your plate with natural goodness that helps you see the best results. The most effective way to knock years off your looks is to change what you eat, as it might not be your age that's making you feel older, but the foods you're munching on instead!

Food can affect your looks!

Food is very powerful. It can be your slowest poison or your greatest healer. It affects everything you do, from the way you function to the way you think. "The mad cravings brought on by addictive foods – chocolate, caffeine, alcohol – are an indication of how powerful food is," says Elizabeth Peyton-Jones, author of *Eat Yourself Young* (Quadrille). "Use this knowledge positively, and a world of fitness and vitality begins to emerge."

We know that avoiding obvious inflammatory foods – dairy, red meat, sugar, alcohol – and eating more alkaline (green) ones will benefit us, but sometimes we feel ourselves being dragged into a cycle of bad habits and despairing thoughts.

"A good indication that you don't have the right balance is when you feel sluggish, have digestive, hormonal or mood disorders, bad skin and generally feel unwell," Elizabeth tells us.

The reason food can affect your vitality as well as your skin, looks and health is because it is either nourishing or causing ageing effects. "Oxidation, inflammation and acidity are natural in the body but they can lead to 'dis-ease' and accelerated ageing when compounded by unhealthy eating habits," says Elizabeth. "The great thing is that there are foods that can help balance these processes so your body, skin and hair don't age so fast, keeping you looking and feeling young, healthy and vibrant."

Eat right

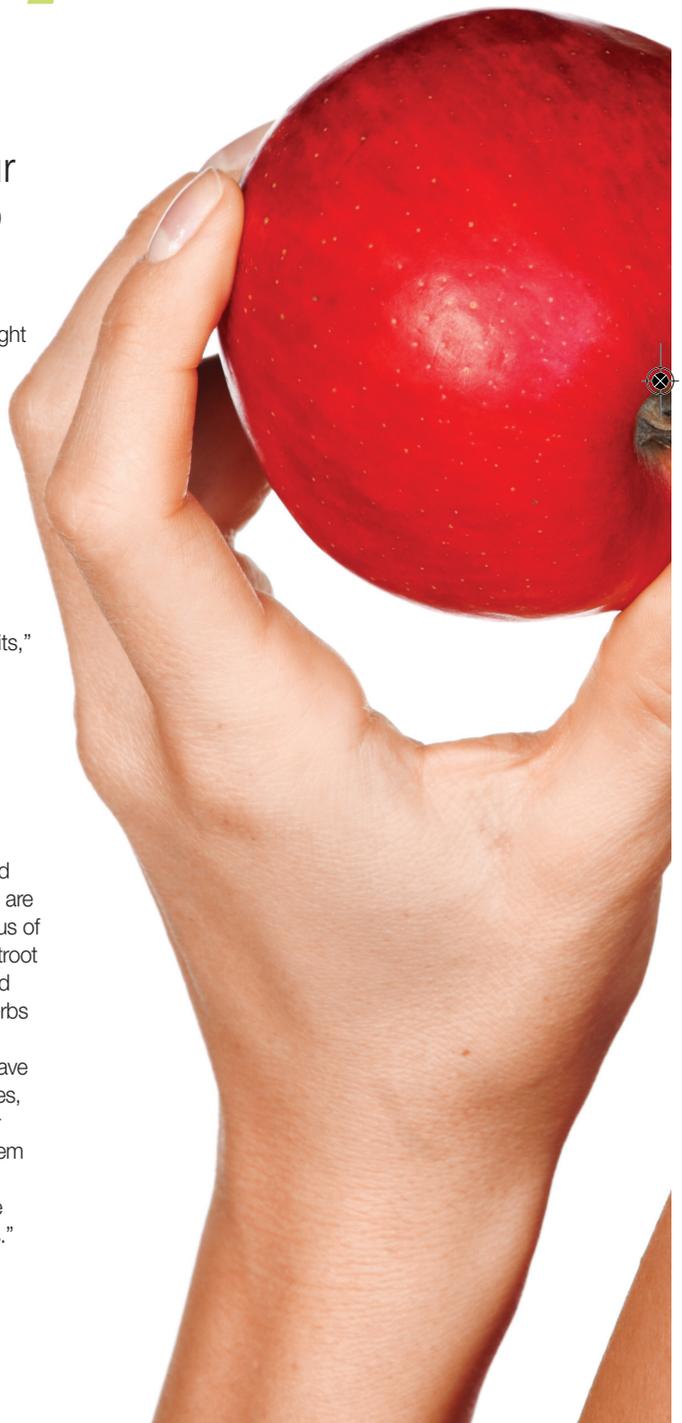
"Lemon is the most alkaline of foods, while red beans are full of antioxidants and protein, and are a great substitute for meat with the extra bonus of controlling free radicals," says Elizabeth. "Beetroot is a fabulous detoxifier and saturates the blood with oxygen and iron. Kitchen herbs such as garlic, basil, sage, oregano and thyme have antiseptic properties, help boost your immune system and make food taste delicious."

The ageing effects of sugar

- Aching joints
- Mood swings
- Sagging skin
- Spots and acne
- Weight gain

The ageing effects of salt

- Fatigue
- Lowered libido
- Anxiety
- Thinning hair
- Dry, lined skin



super FOODS

5 top beauty boosting superfoods

BLUEBERRIES are one of the richest sources of antioxidants," says nutritionist Sally Wisbey (sallwisbeynutrition.co.uk). "These deep purple berries are an excellent source of flavonoids, particularly anthocyanidins which can help prevent memory loss, protecting the brain from oxidative damage." Plus, the superfruit is bursting with nutrients that helps to improve the health of collagen, to leave your skin looking plumper.



BROCCOLI and other leafy greens, like kale and cabbage, are bursting with antioxidants to help fight disease," says Sally. They contain high levels of phytochemicals that protect your arteries, fighting off heart disease and high-blood pressure." The veggies are also packed with essential B vitamins, to help keep your teeth, hair and skin in top condition.



WILD SALMON is rich in omega three fats which keep your brain healthy," Sally says. Salmon is a great source of protein and selenium, and combined with the omega three, these nutrients help keep skin looking smooth and wrinkle free!" What's more, the essential fatty acids leave your complexion well moisturised, plumper and younger – we love!



BEETROOT is great for stimulating your liver and its detoxification process, helping to flush out any toxins that can contribute to premature ageing," Sally tells us. "Betaine, which gives the vegetable its dark colour, is a strong antioxidant that helps lower blood pressure." The purple veg can ward off wrinkles and aid weightloss – time to pile your plate high.



TURMERIC has been used for thousands of years for its healing properties," explains Sally. "Rich in antioxidants, this spice is a powerful anti-inflammatory, helping to fight against diseases such as cancer and arthritis." The wonder spice can also aid more youthful looking skin, plus boost your mood and energy levels!



For further information on healthy eating, see epjhealth.com