

## Smoothie of the month



Making smoothies and juicing can be a fun and versatile way of boosting your health by getting lots of nutrients into the body. Each month nutritionist Sally Wisbey will be providing you with a recipe that focuses on specific health conditions featured in our monthly issue. This month we show you how to help combat eczema and psoriasis (see our feature on pages 18 and 20).

**5oz of plain live yogurt**  
**1 banana, peeled**  
**Half a pineapple, skin removed**  
**Half an avocado, skin and stone removed**  
**Handful of kale**  
**Juice of half a lime**  
**1 heaped tsp flaxseeds**  
**1 heaped tsp wheatgerm**

**Put all the ingredients in a blender and blend until smooth.**

### *Sally says...*

Healthy skin comes from within. Keeping the right balance of healthy gut bacteria is essential for maintaining a healthy digestive system which can help prevent inflammatory conditions such as eczema and psoriasis. Live yogurt contains lots of these beneficial bacteria and is also high in protein which is required for growth and repair of new skin cells. Bananas are rich in inulin, a prebiotic which also feeds the healthy bacteria. Flaxseeds, high in the essential fat omega-3, help reduce inflammation associated with itching and redness commonly caused by these skin conditions.

Avocados and wheatgerm contain high levels of vitamin E which helps relieve extreme dryness and itching. Kale, pineapple and lime are extremely good sources of vitamin C, a powerful antioxidant which encourages the growth of new skin, softens and moisturises.

■ **To find out more about Sally, visit**  
**[www.sallywisbeynutrition.co.uk](http://www.sallywisbeynutrition.co.uk)**