

The Menu for Beauty

STORY BY REBECCA KIDMAN

*"YOU MAY BE ABLE TO HELP
THE SKIN STAY HEALTHIER AND
SUPPLE BY MAKING
SURE YOU GET ENOUGH
ANTIOXIDANT VITAMINS."*

THE FOUNDATIONS OF WONDERFULLY GLOWING SKIN COME STRAIGHT FROM YOUR KITCHEN, SO EAT AND DRINK TO LOOK YOUR BEST.

Radiance is a wonderful quality and this healthy glow is a real bonus on the wedding day.

Taking care of the skin by regular cleansing, toning, exfoliating and moisturising is important, but how we treat and nourish our bodies is critical to how we look. Good skin is a reflection of our inner health; we really are what we eat.

Healthy skin comes from the inside. If you want the best skin possible for your wedding day you must consider the foods you are putting on your plate. They should contain all the essential nutrients for good skin.

Vitamin A is one of the most important components for healthy skin, it is necessary for the maintenance and repair of skin tissue. Low-fat dairy products are a good source, include these in your diet, particularly low-fat natural yoghurt. Shop for a good quality brand with high levels of acidophilus, this live bacteria is fantastic for intestinal health. Anything that helps maintain normal digestion is going to be reflected in healthy looking skin.

Vitamin B Complex is a requirement for skin health, although the single most important B vitamin is Biotin. This is a nutrient that forms the basis of the skin, nail and hair cells. Eat bananas, eggs, oatmeal and rice.

Vitamins C and E are high in antioxidants, they help prevent free radical damage. Free radicals gobble up collagen and elastin, the fibres that support skin structure, which in turn cause wrinkles and other signs of aging. You may be able to help the skin stay healthier and supple by making sure you get enough antioxidant vitamins. Citrus fruits, blackcurrants, strawberries, guava, red chillies, broccoli, cauliflower and leafy green vegetables are stacked with vitamin C. Brown rice, wheat germ, blackberries, bananas, carrots, egg yolk, broccoli, parsley and kelp contain vitamin E.

CONTINUED OVERLEAF...

NATURAL HEALTH

Minerals like zinc are also on the list for healthy skin. Zinc benefits the hair and nails as well as the skin. It helps to slow the aging process and is involved with the structure of the cell wall. Where there are breakouts, zinc works to clear the skin by toning down oil production, preventing the breakouts from occurring or speeding up the healing process so the breakouts clear up faster. Oysters, lean meat, poultry, and pumpkin seeds should be on the menu for zinc.

Selenium is also important, so eat whole grain cereals, seafood, garlic and eggs.

Copper at the right levels in the body, together with vitamin C and zinc, help to develop elastin, the fibres that support the skin's structure from underneath. Copper is found in many foods and a deficiency is rarely seen.

Essential Fatty Acids or EFAs are also a must for skin health. They are responsible for healthy cell walls, which keep water in. The stronger the cell walls the better the cells can hold moisture. This results in plumper, younger looking skin. Include Omega 3 and Omega 6 rich foods in your diet, they are fish, walnut and flaxseed oil.

Good hydration plays a huge role in keeping skin looking healthy and young. If possible, choose filtered or spring water to avoid the chemicals which can be harmful. Adding a small amount of freshly squeezed lemon juice can help the absorption of the water into the cells.

Avoid or minimise alcohol, coffee, sugar, and smoking. Diarise a visit to your local qualified naturopath to get advice on supplementation. That visit is a good place to start assessing the diet and lifestyle changes that may be needed to look your absolute best on your big day.

"WHERE THERE ARE BREAKOUTS, ZINC WORKS TO CLEAR THE SKIN BY TONING DOWN OIL PRODUCTION, PREVENTING THE BREAKOUTS FROM OCCURRING OR SPEEDING UP THE HEALING PROCESS SO THE BREAKOUTS CLEAR UP QUICKER."

**REBECCA KIDMAN IS A
QUALIFIED NATUROPATH**
ADVANCED DIPLOMA IN APPLIED
SCIENCE (NATUROPATHY)
ADVANCED CERTIFICATE IN
IRIDODOLOGY
HEMAVIEW PRACTITIONER
VEGATEST PRACTITIONER