



EAT SPINACH TO MAKE YOUR EYES BRIGHT

...AND OTHER EDIBLE BEAUTY TIPS

Experts agree that we can eat ourselves to a radiant complexion. Here are five key ways your groceries can give you added glow

We've all heard the saying that "beauty comes from the inside", and while that usually means being kind and compassionate, our inner health really is reflected in our outer beauty.

So much of our health begins with our diet, and that means you can "eat" your way to beauty. Experts say that a few tweaks to your diet can give you whiter eyes and younger-looking, clearer skin.

Here, Saimaa Miller, a naturopath and health coach, and Ricardo Riskalla, a personal trainer, raw food chef and all-round guru to many of Australia's top models, give us the "glow-down" on what foods to favour to look and feel better than ever.

WHITEN EYES WITH GREENS

Spinach doesn't just make you strong, it can also make your eyes look good. "The whites, or sclera, of our eyes can turn yellowish due to the harshness of our climate – too much sun or wind exposure can damage the DNA of the



eye's cellular structure, causing yellowing," Miller says. "Spinach is loaded with lutein, which keeps your eyes healthy and sparkling. It's also a good source of vitamins B, C and E, potassium, calcium, iron, magnesium, and omega-3 fatty acids."

Riskalla recommends having spirulina, which is also great for the eyes. "It's rich in vitamins and minerals, and has a powerful detoxifying and nourishing effect on your system that helps remove dark shadows and dryness from skin."

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WARM UP SKIN TONE WITH BETA-CAROTENE

Carrots can add warmth to skin tone thanks to their high levels of the antioxidant betacarotene. This compound is converted into vitamin A in the body – needed for healthy eyes, organs and skin – and is responsible for the pigment in fruit and veg such as carrots and tomatoes. It also assists in tissue repair and protects the skin against sun damage.

“Betacarotene not only has the ability to improve skin elasticity and tone, but the carotenoid component enables a natural tanning of skin by subtly changing pigment,” Miller says. Riskalla agrees: “I come from Brazil, where lots of people drink carrot juice mixed with papaya to get a glow.”

KEEP SKIN YOUNG BY GOING RAW

Ageing occurs when free radicals attack the cells, and the production of collagen and elastin breaks down. The best way to mop up free radicals is to have a diet that's high in antioxidants, and Riskalla says the secret to getting the most impact from your fruit and veg is to eat them raw. “I recommend all of my clients eat food in the raw state to make sure they're getting all the antioxidants they need to reduce the inflammatory process,” he explains.

Try to eat as many different coloured fruit and veg as possible, and favour dark leafy greens, blue and black foods (such as berries and beans) as they tend to have the highest antioxidant value. And raw doesn't have to mean salad. Buy a spiralising tool to make zucchini “pasta” or use a dehydrator to gently heat meals to about 36°C – this is considered raw enough to hold its nutrients but is more palatable when it's chilly outside.



STOP CELL DAMAGE WITH RAW CACAO

Chocolate fans take note: Studies have shown that cocoa and dark chocolate slow the production of the signalling molecules involved in inflammation, Riskalla says, and this means less cell damage and better skin function in general.

But we're not talking about your regular milk choc – the benefits come from raw, unheated, dark cacao. “Raw cacao powder contains 367 per cent more antioxidants than the very best cooked version,” he says. “The same 100g of raw cacao powder would have more than 95,500 oxygen radical absorbance capacity units [the antioxidant value], compared to 26,000 in the roasted version – that's way above any other food on the planet.”

BEAT ACNE BY QUITTING BAD FOOD

While raw chocolate can be sweet relief for skin, the old adage that chocolate can cause bad skin can be true of high-sugar varieties. “Congested or problematic skin conditions can arise when the skin is overburdened from highly processed substances such as refined sugar, white flour products and excessive fats,” Miller says. “These trigger our body's inflammation response and can lead to an overproduction of sebum.”

Miller adds that while natural sugars from fruit and good fats are usually healthy for skin, you should minimise these if you have acne, until the skin clears up. “Instead, dose up on foods that are rich in the antioxidants betacarotene, zinc, and vitamins A, C and E. Include healthy, monounsaturated fats such as avocado, olive and wheat germ oils, and foods rich in silica such as leafy green veg, cucumber, millet, oats, onions, rice, whole grains, barley and beetroot,” she says.



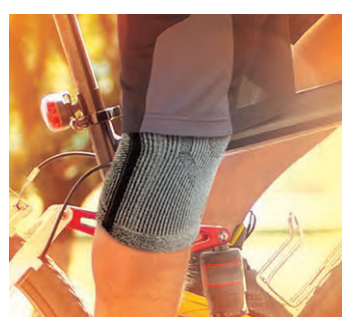
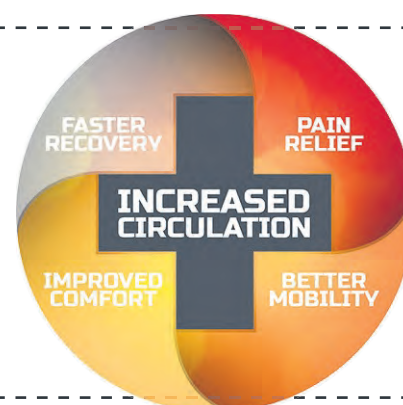
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