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Good Housekeeping

NEW RESEARCH

Switch on your skinny gene

'I lost 7lb in 7 days!'

GH
exclusive!

Davina McCall
On how she renewed her wedding vows and finally found happiness

29 GENIUS ORGANISING TRICKS
to save your sanity

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TEMPTING
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Your most glamorous age defying tricks (from just £1)



Looking good, whatever your age, doesn't have to be complicated, time-consuming or expensive. Try these simple strategies and smart buys – then sit back and enjoy the compliments.

FEATURE EVE CAMERON

The key to looking youthful is calm, hydrated skin, says dermatologist Justine Hextall. 'One of the simplest things is to look at your cleanser. If your skin is tight and shiny after cleansing, your skin is too alkaline and you're using the wrong product.'

Justine recommends acidic, gentle cleansers, such as Cetaphil, £8.99 (Boots), Avène Gentle Gel Cleanser, £11.50 (feelunique.com), and cleansing oils.

CULTIVATE FRIENDLY MICROFLORA

Fermented foods such as sauerkraut, kimchi and miso boost levels of good bacteria in our gut in the same way as yogurt – and are essential for skin health, according to more and more beauty and wellbeing experts. Fermented ingredients and probiotics are increasingly used in beauty products, and work to boost skin's natural defences – another way to slow ageing. You'll find probiotics in brands like Aurelia Skincare and Nude, and in ranges like Una Brennan's Superfacialist at Boots, from £6.99. Murad Advanced Blemish & Wrinkle Reducer, £45, and Anti-Ageing Moisturiser SPF30, £42, use fermented black tea, which is rich in detoxifying and antioxidant properties and acts as a pre-biotic, which helps healthy bacteria to thrive.

Your holistic prescription

For naturopathic doctor Nigma Talib, glowing, youthful skin starts in the gut, together with healthy lifestyle choices. These tips are from her book, *Reverse the Signs of Ageing* (Vermilion).

EAT MINDFULLY

Chew your food well and slowly. Remember: chewing is the first step in digestion and doing it well will ensure you take in the maximum amount of nutrients from the food you eat – the same nutrients that feed your skin. Chewing well also has other benefits: it's been linked to more balanced levels of blood glucose and insulin, which helps reduce the ageing impact of these on the system and makes you feel fuller faster.

TAKE EXERCISE

According to studies at Canada's McMaster University, the skin of people who work out regularly looks completely different from that of people the same age who don't. In their trials, the skin of 40-something

exercisers looked more like skin of 20- to 30-somethings. They had a thinner stratum corneum, which indicated better cell renewal, and the dermis was thicker than that of a non-exerciser.

When the same McMaster team asked a group of sedentary people to start exercising, they found that their skin started to take on the same youthful properties – they actually turned back time on their faces. The researchers think that substances called myokines, which increase in numbers in the skin as we work out, instruct the cells to act younger.

Add this to the fact that circulation is raised when you work out, giving skin a youthful glow, and that exercise helps promote bone growth (how fast the face ages also depends on having a healthy bone mass), and you can see why the authors of another trial at Germany's Saarland University Clinic called it 'striking' how much younger exercisers looked compared to sedentary people of the same age. This doesn't mean you need to be in the gym 24/7, though. In the McMaster trial, the new exercisers were working out at a moderate pace just twice a week for 30 minutes.

