

FEBRUARY 2015 £3.99

UK'S TOP HOLISTIC EXPERTS & WRITERS

NATURAL HEALTH

ACUPUNCTURE ■ CORE SCULPTING ■ MASSAGE ■ PROBIOTICS ■ REIKI

Wake up HEALTHIER TOMORROW!

86 SIMPLE WAYS TO UPGRADE
YOUR WELLBEING

THE EXTRAORDINARY BENEFITS OF YOGA

Special report

Life-saving questions
every woman should ask

See page 23

Plus...
**BE YOUR
OWN SEX
THERAPIST!**

Elle Macpherson

THE BODY AT 50

HER NATURAL
ANTI-AGEING
SECRETS

3 steps
to perfect
SKIN

RESET YOUR DIET

in just 7 days

TRY OUR EASY-TO-FOLLOW PLAN



LIZ EARLE: HER FAVOURITE JUICING RECIPES FOR AMAZING ENERGY



Q My upper eyelids are getting quite droopy. Is this a symptom of disease, and what can I do about it?

A **Theresa says:** Expressions that show emotions such as sadness, sleepiness, disapproval and worry will affect the muscles leading to droopy eyelids. However, droopy eyelids can also result from constitutional disharmony. In Chinese medicine this would be due to a deficiency in the function of the spleen, which is responsible for nourishing the muscles.

Another factor influencing droopy eyelids could be tightness in the scalp. The eyebrows will sag, thus the upper eyelids will droop due to there being no balance in tonicity of the muscle there.

I would recommend acupuncture as a highly effective treatment. Specific points are targeted to lift the eyelids, disperse puffiness and improve eyesight. To support this cosmetic treatment the spleen and any other underlying issues will also be treated.

Q I want to improve my skin with nutrition. What are the best foods and drinks for a glowing complexion?

A **Gabriela says:** Beautiful skin starts with nourishment from within. Counteract free radical damage by shopping for foods that contain super-skin nutrients vitamin A, C and E. For a golden glow (and to keep deep wrinkles at bay) vitamin A is the ticket. You'll get plenty of it in both orange and green foods, like carrots, spinach, broccoli and kale.

Omega 3 fats from oily fish like salmon, sardines and mackerel are also important for healthy skin. The fats form the part of the cell membrane that helps to hold the skin cell together. A healthy cell membrane translates into a healthy skin cell.

BEAUTY know-how

Got a query? Our team of experts can help you on your quest for natural gorgeousness

AURELIA REVITALISE AND GLOW SERUM

This is an ideal anytime serum, and can also be mixed into your foundation to enrich it and give your skin a dewy glow. The multi award-winner helps deposit probiotics, peptides and antioxidants where they are most needed.



Don't forget to stay hydrated by drinking at least 1.5 litres of water each day and try replacing caffeinated tea or coffee with herbal varieties. Try juicing green superfoods like kale, broccoli and spinach or make a berry smoothie containing fruits bursting with vitamin C. The combination of all the nutrients obtained by eating a diet rich in antioxidants can help skin repair itself, whether you are suffering from acne, scarring, broken capillaries or even blotchy skin.

Q The skin around my nose and mouth goes really red in the winter. Why is that?

A **Lindsey says:** When you're outdoors in cold weather, the blood vessels reduce the circulation to cold areas such as the nose and face. After coming indoors the blood vessels dilate which can give us a rosy glow. Sometimes the combination of cold weather, winter wind and especially runny noses can make this delicate area a little sore.

Remember to:

- Wrap up warm and protect your face as much as possible with a hat and scarf.
- Always blot, don't rub and use extra soft natural tissues
- A little Hope's Relief intensive dry skin rescue is my favourite way to repair and soothe sore, dry and itchy skin and is suitable for all ages from babies to adults.
- Invest in a good natural lip balm to keep the lips supple and protect from drying.

MEET THE EXPERTS

We pick the brains of the industry's insiders...



THERESA VELASQUEZ
from AcuMedic clinic of
acupuncture and chinese
medicine, acumedic.com



GABRIELA PEACOCK
Nutritionist and founder of
GP Nutrition
gpnutrition.co.uk



LINDSEY MILLER
Medical herbalist from
Hope's Relief natural
skincare. Find out more at
hopesrelief.com.au