

# NATURAL HEALTH & BEAUTY

# NATURAL HEALTH

HOMEOPATHY | TRADITIONAL CHINESE MEDICINE | FLOWER REMEDIES | AROMATHERAPY

BRAND NEW LOOK!

## SPIRITUAL DETOX

TURN YOUR LIFE  
AROUND IN JUST  
**48 HOURS**

GYNAE SOS  
"I CURED MY PMT  
WITH KINESIOLOGY"

## DONNA AIR

"Why going organic changed my life"

HOLISTIC CLINIC

**139** TIPS AND THERAPIES  
FOR A HEALTHIER YOU

### EXPERT ADVICE

**LYNNE FRANKS**  
OUR NEW  
COLUMNIST  
**BAREFOOT DOCTOR**  
TRY HIS TAO  
MEDITATIONS  
**DEEPAK CHOPRA**  
HIS KARMA  
MANIFESTO

## QUIZ

DISCOVER YOUR REAL  
EMOTIONAL NEEDS  
*(and find your dream  
relationship)*

**BE YOUR OWN  
LIFE COACH**  
Wave goodbye  
to anger



+ NATURAL TONICS TO BOOST YOUR SEX LIFE 5 DIY THERAPIES TO BANISH BACK PAIN FOR EVER!

NATURAL HEALTH & BEAUTY

COMPLEMENTARY THERAPIES FOR MIND, BODY & SOUL

SEPTEMBER 2008 £3.25

PICTURE



# The Goddess FACTOR

Want to be radiant and beautiful both inside and out? Learn the secrets of the 'Beauty-Brain Loop', and you'll be a true goddess, say psychiatrist Dr Eva Ritvo and Beverly Hills dermatologist Dr Debra Luftman

**D**awn, the wife of a good friend of ours, was seven-and-a-half months pregnant. One day, she was walking from her bank to her car when a woman she had never seen before rolled down the window of her Mercedes and said, "I just want to tell you that you look absolutely beautiful." Dawn beamed for the rest of the day and still tells the story with great pride more than a year after her child, a daughter, was born.

But what inspired the unknown woman to offer such a surprising compliment? After all, Dawn admits that at that stage of her pregnancy her walk was more of a waddle, and says that her belly "was arriving in rooms about 30 seconds before the rest of me." But here's the key: she loved being pregnant. She felt that it made her beautiful. As a result, she took great care of her health and her skin. She exercised and kept her weight under control. She dressed as fashionably as maternity attire would allow. Most important, she carried herself with a serenity and joy that were visible, and that had drawn the woman's attention.

## The Beauty-Brain Loop

When the disparate aspects of beauty work in synergy to make a woman more radiant and magnetic inside and out, we say that she's

## Approach life from a new direction

We all get complacent about our everyday physical environment, so to get a fresh perspective try approaching it from a different angle. Drive to work via a different route, or climb onto the roof of your house and look around. Your attitude can shift when you see things from a different altitude.

making the most of the Beauty-Brain Loop. The Loop is a holistic, interconnected system with four moving parts which are inner beauty, health, outer beauty and environment.

## Here's the secret

We're going to share some of our best advice – as physicians and women – on getting the most you can from every stage of the Loop. But before we do, let's be clear on our objective. We're not just out to help you be beautiful. Beauty tends to be >

Every day is an opportunity to make the right choices and make yourself better

## Here's your homework

Boost your magnetism with these four components of the Beauty-Brain Loop

**Inner beauty** Your self-esteem, attitude, sense of purpose, emotional wellbeing and love for others.

**Health** Fitness, diet, weight control; everything that determines your vitality and energy.

**Outer beauty** Your skin, hair, nails and anything else that determines the external 'packaging' the world sees.

**Environment** How people respond to you socially; your career and passions, and your relationships.

Make changes in one stage of the Loop and you bring about changes in the other three as well. For example, let's say you begin an exercise and diet programme and lose a lot of weight. This positive change sparks others. You look more attractive, so you begin to take greater care of your skin and grooming as well as spending money on stylish new clothes. You feel better about yourself when you look in the mirror, so your self-esteem gets a boost and you carry yourself with greater confidence. Others compliment you, inspiring you to experiment in other areas of your life.

That is the Loop in action. When you enhance one zone of your total beauty landscape, you create a cascade effect that often brings about improvements in other zones as well. Inner beauty, health, outer beauty and environment are deeply linked and highly sensitive to each other.

Of course, it doesn't take much imagination to see the flip side of this relationship: if you abuse one stage of the Loop, things can go downhill quickly. Sadness over a failed relationship that leads to binge eating and weight gain can spiral into personal neglect, health damage and even true depression.

So the vital issue isn't just understanding the Beauty-Brain Loop, but knowing how to make the most of it for your own complete beauty, inside and out.



somewhat shallow and largely physical, and most of us aren't blessed with the face and body of a supermodel. We need to go to a deeper level. Our mission is to help you become magnetic. That means not only are you as physically fabulous as possible, but you radiate confidence and health and intelligence and joy – qualities that draw people to you like iron to a magnet. That's complete beauty from the inside out, the kind that optimising the Beauty-Brain Loop can help you achieve. So...let's do the Loop:

### Inner beauty

Look at yourself in the mirror after you get out of the shower. Notice how instantly critical you are of your face, body, skin, hair, whatever frustrates you. Well, did you know that you are 20 per cent more attractive to others than you look in the mirror to yourself? When you stand before the glass, you're judging yourself based only on the size of your hips

and the shape of your nose, and that's not the totality of who you are. You are also your personality, smile, carriage, sense of humour and ability to make a marvellous martini. To others, you're the complete package; to yourself, you're just that woman who's never quite thin enough. So next time you look in the mirror, give yourself a 20 per cent bonus in attractiveness and remember that's how others see you.

### Health

Mix up your diet. Research is showing that an ever-expanding range of foods come with tremendous health benefits. Dark chocolate with a high cacao content contains a powerful antioxidant, while turmeric, the spice that lends curry its yellow colour, is one of the most powerful anti-inflammatory agents known. Even many breeds of the innocuous mushroom have been shown to improve the function of the immune system. So even if you think you're



## The Beauty Prescription

### Small things that make a big difference

Remember that beauty is a journey, not a destination. The Loop is continuous, so every day is an opportunity to make the right choices and make yourself better in numerous ways. This makes it easier to avoid the self-recrimination that many women engage in when they fall short of today's impossibly high beauty standards.

Missed a workout? There's always tomorrow. Gave in to dietary temptation? Get back on track at breakfast. It's the things we do daily that make us more

beautiful. For example, be kind to your hair. You protect your skin from UV rays when you go out, but what about your hair, which becomes dehydrated and brittle?

Also, drink green tea. Recent studies have shown that it reduces hardening of the arteries, increases levels of good cholesterol, and may even have a protective effect against some cancers.



healthy because you eat the same five fruits or veggies daily, get healthier by getting more variety. Try things you may not have thought about before: exotic spices, greens, nuts and berries. Remember, food is an opportunity to take care of your body.

### Outer beauty

The only bad thing about exercise and diet is that they take time. When you're trying to turn around years of beauty neglect, you need some fast results for quick encouragement.

So try doing things that deliver that all-important instant gratification. Have your nails done or get a cosmetic makeover from a professional make-up artist who can give you lots of personalised tips for making the best of your features. Be willing to spend a little money if you can. When you spend more on something, you'll see it as having greater value; this can motivate you to make more changes so that

your expensive manicure isn't 'wasted'.

### Environment

Expand your environment by talking to one person each month with whose opinions you know you will completely disagree. Spend some time listening and really trying to understand the other person's point of view. Research from Emory University, in which subjects were shown speeches by politicians who both supported and contradicted their own beliefs, shows that our brains work very hard to support our biases and block out contradictory ideas. Listening to someone whose views appall you actually works out that part of the brain that is predisposed to reinforce bias, opens your eyes and helps you relate to others more openly.

Those ideas all help to activate the Beauty-Brain Loop. Once you activate it by taking positive action in any stage, you start the others moving as well. So

changes in your outer beauty lead to greater self-regard and improvements in inner beauty. Hiring a personal trainer to become fitter makes you more appealing to others – and since a large body of research has shown that beautiful people are treated better in society this could be a real advantage in, let's say, career advancement.

The point is, when you take control of any aspect of your overall beauty system, you cannot lose. Even if the improvements are small you will only benefit when you understand how the Loop works. It's popular today to talk about saving the global ecosystem; while we're doing that, let's also get to work preserving our own personal ecosystems too. **NH**

'Beauty and The Brain Doctors' – Debra Luftman, MD and Eva Ritvo, MD are co-authors of *The Beauty Prescription* (£13.99, McGraw-Hill) [thebeautyprescription.com](http://thebeautyprescription.com)





## Treatment of the month... Samvahana Tri Dasha Synchronised Oil Massage

To have a massage is a universally acknowledged treat. To have a synchronised massage, with two pairs of hands kneading every knot and twist on your weary vessel is sheer ecstasy, especially when administered by founder of ayurvedic brand Tri Dasha, Sunita Passi and her assistant Korn.

Using an oil that was a cooling blend of herbs and spices especially suited to 'hot' pitta constitutions, Sunita and Korn began their therapeutic and perfectly synchronised palm dance upon my back, believed to help heal and balance the body's energy flow. It was intensely relaxing to have four hands smoothing and stroking me like some over-fed cat, and the combination of the deliciously spicy oil and the stimulation of all my nerve endings was also incredibly energising at the same time. Heavenly. **CG**

Costs £170 at the Baglioni Hotel's Rejuvenation Spa in Hyde Park Corner. Call 020 7368 5923 or go to [tri-dasha.co.uk](http://tri-dasha.co.uk)

## Keira loves Hamadi's organic hair range

### Quick fix

"For instant relief from the puffiness and irritation of hayfever and allergies, try using an ayurvedic Neti pot daily. The simple nasal irrigation technique uses luke warm salt water to gently cleanse the nasal passages and is available from yoga shops"



Bharti Vyas is one of the UK's leading holistic beauty therapists and ayurvedic experts

Want to know what Keira Knightley, Heather Graham and Natalie Imbruglia all have in common? They all have a penchant for Hamadi haircare. Created by celebrity Hollywood hairdresser Jamal Hamadi, the range is made from 100 per cent organic essential oils and plant extracts and is available from [puresha.com](http://puresha.com)



## Q&A THE BEAUTY AND THE BRAIN DOCTORS



Our stateside agony aunts Dr Debra Luftman and Dr Eva Ritvo answer your beauty dilemmas

**Q** I am a fifty-two year old woman and have recently noticed that my upper eyelids have started to droop. What can I do to make them look better?

**A** Droopy eyelids are a natural result of ageing as the delicate skin around the eyes loses elasticity. In extreme cases, eyelid surgery, known as blepharoplasty is an option, and a procedure called Thermage is very effective.

You could also try a crescent-shaped plastic device such as Eye Magic (£14.94, [eyemagic.net](http://eyemagic.net)) that adheres to the eyelid crease to give it a lifted appearance. It's not a permanent fix but useful for special occasions.

Look into cosmetic acupuncture – a study found that 90 per cent of people saw improvement in the elasticity of facial muscles and in complexion. Excellent eye health relies on omega 3's and plenty of still water, rest and quality sleep. Remember, we are all 20 per cent more attractive than we think we are. Believe that you are still beautiful and please don't let this affect your confidence. Seek a consultation with a make-up artist to find interesting ways to 'dress your eyes' – certain eye shadows may accentuate the issue.

*The Beauty Prescription - The Complete Formula For Looking And Feeling Beautiful*, (£13.99, McGraw-Hill)

### It's delicious...

We can't get enough of Ilaci ([ilaci.co.uk](http://ilaci.co.uk)), a brand new organic skincare range from Hungary. Handmade and packed with natural, good enough to eat ingredients, the products look and smell like they were whizzed up fresh in someone's kitchen. Yum!

