



THE 3 KEY NUTRIENTS FOR YOUTHFUL SKIN

CNM (College of Naturopathic Medicine) reports for Vegan Life

Keeping our skin youthful and radiant becomes more and more of a challenge the older we get. As time goes by, our skin naturally loses its elasticity, moisture and texture.

The good news is that there are plenty of things you can do to help keep your skin looking young and healthy. As well as not smoking and avoiding overexposure to the sun, make sure that you drink plenty of water and are getting plenty of rejuvenating sleep. Including the following nutrients in your diet will provide your skin with the boost it needs to remain youthful and healthy.

Vitamin C

The antioxidant properties of vitamin C and its role in collagen synthesis makes vitamin C a vital molecule for skin health by improving overall appearance and reducing the risk of dry skin, as well as

helping to prevent wrinkles and skin sagging. Some studies have shown that vitamin C may even help prevent and heal skin damage caused by ultraviolet rays from the sun.

Some excellent sources of vitamin C include oranges, strawberries, broccoli, peppers and kale. Vitamin C paired with zinc forms a skin health powerhouse.

Zinc

Zinc is an essential mineral that assists in helping to repair damage scarring from breakouts as well as providing anti-inflammatory benefits (meaning fewer breakouts). It also protects your skin from potentially damaging UV radiation from the sun. Having an optimal level of zinc in your diet may help to reduce acne just as effectively as antibiotics such as tetracyclines, which can come with health risks.

Plant-based dietary sources of zinc include pumpkin seeds and cashew nuts. To receive the highest amount of zinc from cashew nuts it's best to 'activate' them by pre-soaking.

Omega-3

Omega-3 fats may reduce inflammation, by decreasing a hormone called insulin-like growth factor (IGF-1). Adding foods rich in omega-3 fatty acids to your diet can lower the incidence of inflammatory skin conditions such as acne and psoriasis, and may result in smoother, younger-looking skin. Ensuring a healthy, balanced vegan diet is important and getting enough omega-3 is an integral part of that. Plant-based sources of the nutrient can be found in various foods, aim to eat about a tablespoon of chia seeds, two tablespoons of hemp seeds or six walnut halves daily to guarantee you're getting the recommended

amount. This smoothie is loaded with hard working skin helpers such as omega-3 fats in walnuts, vitamin C in lemon and zinc from chia seeds. The cucumber is packed with enzyme-rich water and antioxidants, which keeps your skin smooth and helps stave off wrinkles. Combine that with kale's abundance of vitamins A, C and E for new cell growth and you are looking at the ultimate inside-out facial. Plus, the catechins in green tea are antibacterial agents that help fight acne-causing bacteria. Catechins even help regulate hormonal imbalances in the body, one of the key causes of acne.

By nutritionist Eva Killeen who directs the Natural Chef Course and Vegan Natural Chef Course at CNM (College of Naturopathic Medicine). www.naturopathy-uk.com.

GLOWING SKIN SMOOTHIE

Serves 2

- 1 avocado, peeled and de-stoned
- 1 very large handful of kale
- 1 tbsp chia seeds
- 5 walnuts, no shells
- 2 green tea bags
- 300ml (1¼ cup) water (you can add more or less depending upon your preferred texture)
- ½ cucumber
- ⅓ peeled lemon

- 1 Pour 300ml boiling water over the tea bags and leave to steep for 5 minutes.
- 2 Remove the bags and allow to cool.
- 3 Place the kale, walnuts, avocado, chia seeds, cucumber, lemon and cold tea in to a blender and blend until smooth.
- 4 Pour into 2 tall glasses and serve.



COMPETITION

WIN

a case of Lanson **NEW** organic
Green Label Champagne
worth **£300!**

Lanson Green Label Champagne is produced using organic grapes grown exclusively on an estate vineyard at Verneuil, in the heart of the Marne valley. Committed to organic and biodynamic cultivation for many years, the vineyard is dedicated to protecting the ecosystem and respects the balance between soil, plants and humans.

Perfectly ripe fruit flavours such as pear, mirabelle plum and mango linger deliciously on the palate, melting away in a wine with deep vitality and minerality. The long and fresh finish reveals notes of spices and exotic fruits, and is of course vegan.



For your chance to win please go to
veganlifemag.com/lansoncomp