

The UK's best-selling vegan magazine

10p from every issue sold is donated to
 **Mind Bath**
 for better mental health

Vegan Food & LIVING

NOVEMBER 2020

START PLANNING FOR

Christmas

75

PLANT-BASED RECIPES

Showstopping sweet & savoury dishes for festive celebrations

How to make your own gifts

Shop the best
VEGAN ADVENT CALENDARS



NUTRITION FOCUS

- Get a **better night's sleep**
- 20 natural **anti-ageing tips** for your skin
- **Boost your immune system** in time for winter

CRUELTY-FREE CLOTHING
 Meet the brands developing high tech alternatives to feathers

WORLD VEGAN MONTH
 Find creative ways to spread the vegan message

One pot wonders
 Embrace change
 Guide to Palestine



10 MINS
 self-care fixes

GINGERBREAD TRIFLE - P32



Natural anti-ageing tips for your skin

Gemma Hurditch, Naturopath and Lecturer at the College of Naturopathic Medicine (CNM), helps you find the best ways to keep your skin looking young

It is a common and pervasive belief that our body fades and declines with age. Getting older for most people translates to debility, more medications, loss of muscle, deteriorating skin elasticity and bone mass. It's important to look at what we can do naturally to increase our resilience and wellbeing. Anything we do to help maintain healthy skin will benefit the whole body and our general health.

KEEPING HYDRATED

Hydration is important; aim for two litres of water/caffeine-free herbal tea per day. Hydration helps keep skin plump and dewy and rids the body of toxins, which can be ageing. Rooibos is a good alternative to black tea, as it is rich in antioxidants, can be taken like black tea with oat milk, and is caffeine-free. Other great choices include rosehip, chamomile and dandelion, which provide antioxidant and other beneficial properties. Antioxidants can help protect our skin from stressors such as sunlight and pollution and reduce the likelihood of premature ageing.

Nettle has histamine-reducing properties and contains silica, which supports our anti-ageing processes.

Vitamin C is a well-known antioxidant skin nutrient, as it helps us form collagen, giving skin elasticity and spring. It's best taken alongside bioflavonoids. That's how vitamin C is found in nature – for example in kiwi fruit, citrus and peppers. Lysine is an important nutrient for collagen synthesis too. A vegan diet can be lacking in lysine as staple vegan foods such as nuts, seeds and wholegrain are often higher in the amino acid arginine, which competes with lysine. Keep up your lysine intake with pears, apples, figs, lentils, apricots and mung beans. Remember to soak, ferment or sprout grains, seeds and legumes for better access to their nutritional values.

Other nutrients for renewing skin include beta-carotene – favour orange, dark green and yellow-coloured fruit and vegetables; in fact beta-carotene is found to give the skin a healthy glow

that is more attractive than a suntan! Vitamin E helps to protect the skin from sun damage, so remember to include avocados and almonds. Eating lots of organic fresh veg and fruit ensures a wide range of skin supporting nutrients.

FEED YOUR SKIN

Good fats keep our skin healthy – a couple of tbsp of freshly ground flaxseed or an algae omega-3 supplement can be beneficial. Cold pressed, organic extra-virgin olive oil is excellent to add at the table; one to two tbsp a day is a good dose. Keeping skin 'well oiled' is key to combating dryness and the ageing effects of dry skin, such as skin thinning and that 'crêpe' look. Avoid margarine, frying in seed oils, added sugar and processed foods – these are ageing for skin and the rest of the body too.

Increased AGES (Advanced Glycation End productS) are linked to skin ageing and a term known as 'sugar sag' is used in dermatology circles. Glycation refers to the process of proteins, lipids or nucleic acids bonding to sugar molecules, usually glucose or fructose. AGES are increased not only with dietary sugar consumption, but also grilling, frying and roasting, as these cooking methods create more AGES than water cooking. People with high blood sugar, such as diabetics, have more AGES, which may be evident in skin quality. The glycaemic index or glycaemic load (an even better tool) are indicators of how quickly a food will spike blood sugar – loads of resources can be found online on how to keep to a

low index or load. Focus on vegetables, legumes, nuts, seeds, wholegrains and water-based cooking

methods, such as steaming or sautéing. Adding anti-inflammatory herbs like turmeric and garlic, sugar-balancing spices such as cinnamon and black pepper and circulatory stimulant herbs, such as cayenne and ginger, can also help infuse a youthful rosy glow.

ALCOHOL AND SMOKING

Reducing smoking and alcohol intake



"Stress and unhappy thoughts can cause worry lines"





will go a long way towards helping you maintain your youthful skin for longer. Alcohol is a drain on the body's resources, can interfere with sleep, which is crucial for regeneration, and it is dehydrating – none of which is good for the skin. And we could have a whole article on how smoking damages skin... From 'smoker's lines' to crow's feet and the constriction of blood vessels that inhibits nutrients and oxygen from reaching skin cells, resulting in stagnation and toxicity that leads to skin ageing and even cancer.

Sun damage is a major cause of aged looking skin, so go for some natural sun protection. During summer months avoid midday sun, particularly to the face and hands. Try natural zinc oxide-based sunscreens and shade. In cooler months, a couple of drops of red raspberry seed oil in your palm mixed with equal amounts of moisturiser boosts its UV protection for daily wear, and remember to treat lips also. If you do catch too much sun, pure aloe vera (use the inner gel from the fresh leaves of the plant) and lavender essential oil can help reduce inflammation and damage. Use neat but with caution as some people are sensitive – avoid using near the eye area.

WASHING WISELY

When washing, water should be warm not hot; hot water will strip natural oils and dry the skin, which can make it more prone to wrinkling and crêpiness and even allow unfriendly bacteria to flourish, causing rashes, itching and worse. Finish a shower with cool water. Do not use soap or harsh cleansers on the face. Sodium lauryl sulphate, parabens and mineral oils should be avoided. Use only gentle natural care products. Moisturise directly after showering. Gentle circular motion is best – be particularly mindful not to pull at or drag the skin of the face, neck and décolletage, which can be very fine and sensitive. If you are using a light moisturiser, add heavier products such as facial oils afterwards to lock in the lighter moisturiser ingredients.

Moisturise to suit your skin type – if you have dry skin use more nourishing creams and facial oils. For oilier skin, keep to lighter, non-clogging oils, such as jojoba. Rosehip oil is a bit richer and may be better for a drier complexion. Blend your own natural skin products – jojoba oil or rosehip oil for the face and coconut oil for the body. Add six drops of essential oil per 20ml of carrier oil. Good choices for mature skin to combat ageing include; geranium, rose, frankincense, lavender and sandalwood.

Sleep is important for a healthy body and glowing, ageless skin. Elevating the head and shoulders with a specially designed wedge pillow helps lymph to drain through the night and reduces puffiness and bags. Sleeping on your back is also beneficial. Sleeping on our back keeps sleep creases from forming and over time settling in to stay! It can be a difficult skill to master, sometimes having a pillow between the knees and sleeping with the knees turned to one side can be more comfortable than lying directly on the back.

Stress and unhappy thoughts can cause worry and frown lines – find something that helps you enjoy life and lifts your spirits, including time in nature, time spent with loved ones or a hobby that makes your heart sing. It's well known that people who have interests age slower and live longer. ♥



GEMMA HURDITCH

Naturopath Gemma Hurditch is a CNM (College of Naturopathic Medicine) lecturer. CNM trains successful natural therapy professionals, online and in class. Colleges across the UK and Ireland. Visit cnmcourses.com or call 01342 777 747

