

WELLBEING



Smooth way

Sparkling, clear skin comes from within —

WHEN I was a little girl, eating greens at dinnertime often was a battle of wills. My mother would force me to endure their bitter taste, and I would stubbornly refuse.

It has taken me a few years, but I have come to realise she was right. Leafy greens are exceptionally good for health.

Their benefits are still being discovered, and lately they have enjoyed a resurgence in popularity in the form of green smoothies. These are a wonderful way of treating your body and your skin.

They are a convenient way to boost your daily servings of vegetables.

Unlike juices, they are a complete food that's full of fibre. The blending process makes greens easy to digest, making it easier for our bodies to use their valuable nutrients. They also have alkalising properties that counter the many foods we eat that make our bodies too acidic.

Green smoothies contain antioxidants and phytonutrients to promote good health and beauty.

There are also claims they help with weight loss.

Some researchers believe they aid by decreasing a person's appetite through the action of a compound called thylakoid. This might also be the reason many fans of these delicious drinks claim they help to reduce sugar and junk food cravings.

The flow-on effect from eating more greens and decreasing the junk food and sugar is that we are more likely to have a lovely balance of the correct bacteria in our digestive tract. Cutting-edge research shows that there is a definite connection between the type of bacteria in our digestive tract and whether or not we find it easy to gain weight.

Jeffery Gordon MD, a biologist at Washington University, found that lean people had different proportions of microflora in their digestive tract to those who

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to radiance

treat your digestive system to a refreshing 'spa', says **Janine Tait**

struggle with weight gain.

In technical terms, if you have a greater proportion of the microflora from Firmicutes, your body will extract more calories from your food.

This research helps add another piece to the puzzle of why some people can eat what they like and not gain weight while others just need to look at food to add the kilos.

A new addition to my smoothie is the new Bestow Beauty Powder.

It is a delicious, beautifying blend of nutrient-rich plants, designed to give health and radiance to your skin.

Bestow Beauty Powder helps to improve your skin from the inside.

It is formulated to provide a source of all of the nutritional building blocks your body needs to produce good quality collagen and elastin, your skin's natural, anti-ageing fibres.

It also contains all of the key vitamins and minerals that support the proper functioning of the skin.

This super-nourishing blend contains flaxseed fibre, kelp,



Janine Tait



include this delicious ritual in your day and do your health and your skin a favour?

■ Bestow Beauty Powder is available from beauty therapists. Ph 0800 455 224 for stockists.

spirulina, wheatgrass, alfalfa, coconut, blackcurrant extract and pumpkin flour.

It is highly nutritious, leaving skin feeling smoother, more velvety and more radiant. And, with a mild, slightly sweet flavour, it tastes as beautiful as your skin will look and feel.

So why not

Bestow skin smoothie

- 1/2 quantity of apple juice
- 1/2 quantity of water or coconut water
- 1 banana
- 1 kiwifruit, pear or other fruit
- A handful of leafy greens (kale, spinach, silverbeet, chard or any other green vegetable that can be wrapped around your finger).
- It is advisable to alternate your greens rather than have the same one continuously.
- 1 tbsp Bestow Beauty Powder a person
- 1 tbsp Bestow Beauty Oil a person

