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# MORE THAN skin deep

Forget the cosmetic counter – start eating your way to better skin, advises nutritionist and author Erica Angyal. She talks to *Mex Cooper*

**T**his could be the beauty tip you've always wished for – "eat more fat".

Health practitioner, nutritionist and author of *Gorgeous Skin in 30 days* Erica Angyal says fats are essential for good skin and a rosy glow.

But before you reach for the hot chips and chocolate Erica is talking about "good fats".

Yes, there's a catch but it's still good news with good fats including olive oil, avocado and raw nuts.

"So many women eat with weight on their minds not skin and to be healthy you need good fats," Erica says.

Based in Tokyo, Erica, 36, is the official nutritionist of Miss Universe Japan, has a diploma in nutrition and a health science degree in acupuncture.

She has been interested in the link between food and skin since she first went to Japan as a 15-year-old with fair skin and freckles and noticed the difference a traditional Japanese diet made to her complexion.

"The skin being the largest organ and the most visible it is a really good indicator for what is happening internally," she says.

Erica believes eating the right foods can slow the ageing process and be more effective than the countless anti-ageing cosmetics.



*Gorgeous Skin in 30 days* offers a three-point plan to improve your skin without cosmetics or surgery

"There are about 10,000 anti-ageing products and if only one worked why not just sell that?" she asks.

Avoiding foods such as butter, margarine, red meat, sugar, fatty processed meats, refined carbohydrates, soft drinks and cordials and increasing your intake of olive oil, nuts, fish, beans, and vegetables, especially green leafy types, is the best way to fight wrinkles, according to Erica.

The recipe may sound familiar and, yes, she also recommends exercise, but Erica says many women motivated to lose weight eat low fat but too much sugar – a skin sin.

"Cigarettes and sun are seen as big (causes of ageing) but we have to look at sugar as well," Erica says.

She says sugar can aggravate acne, rob cells of nutrients, generate free radicals, and lead to high levels of blood sugar and spikes in insulin that thin the skin.

In *Gorgeous Skin in 30 days* Erica sets out a three-step plan to improve skin through diet, nutritional supplements and lifestyle changes.

She says her plan is a "great overall diet for preventative health" and hopes that Australian women – who she claims are the biggest injectors of botox in the world – will be motivated to follow it by their looks if not their internal health.

There is a section for special occasions for the bride-to-be, recipes and a guide on detoxing.

"The key thing is that it all comes down to preparation and planning," she says. "Sticking to the basic principals - lots of fruit, vegetables and proteins."

And she has one other beauty tip that everyone wants to hear: "You shouldn't be too obsessive about it either."

***Gorgeous Skin in 30 days*, RRP \$29.95, is published by Lothian Books.**



Nutritionist Erica Angyal says her rosy glow comes from within



## THE DAILY DO-GOODERS FOR BEAUTIFUL SKIN

### Perfect protein

Deep sea fish such as salmon, tuna, mackerel and other fish filled with great skin fats, such as sardines. Free-range turkey and chicken, organic free-range cuts of lean meats, organic eggs, whey protein, whole unprocessed soy products, and yoghurt (organic where possible).

### Fabulous fats

Good fats include virgin cold-pressed olive and coconut oil, fresh raw nuts such as almonds, hazelnuts, pecans, macadamias and walnuts, seeds like sunflower and pumpkin, olives, avocados, macadamia, cold-pressed flaxseed oil and flax seeds.

### Good carbs

Green leafy vegetables such as spinach, Cos lettuce, broccoli, asparagus, beans, tomatoes, mushrooms, sweet potatoes, capsicums, cauliflower, carrots, cherries, blueberries, plums, kiwi fruit, peaches, pears, apples, rockmelon, whole oats, rye and other "real" wholegrain breads, brown rice, quinoa, barley, chickpeas, lentils, millet, buckwheat and wild rice.

### Add excitement

Toasted sesame seeds, crushed pumpkin seeds, fresh and dried herbs such as basil, coriander, dill and parsley, spices, ginger, crushed garlic and tamari (wheat-free soy sauce).

(Source: Gorgeous Skin in 30 days)



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