

# More than skin deep

Beautiful skin is not hidden in a jar of cosmetics. It starts from the inside. **Jenny Tarran** reports.

**G**ORGEOUS skin in just two weeks; it's a claim that you often see on advertisements for skin creams.

So far as Australian author Erica Angyal is concerned, the advertising claims of various skin-care ranges are preposterous.

"When you really look at it, there are no quick fixes," she said. "They are only temporary. The moisturisers will plump up the skin; for more lasting effects you work from the inside out."

With a Bachelor of Health Science from the University of Technology, Sydney, as well as a diploma of nutrition, Angyal understands the role nutrition and lifestyle play in our overall health.

"Our skin is an organ, the largest organ, and it is a great indicator of what is going on internally," she said.

Her knowledge of health and the beauty industry has led Angyal, now based in Tokyo, to write a book called *Gorgeous Skin in 30 Days: the natural anti-ageing plan for radiant, youthful skin*.

"In essence my book is a complete health and lifestyle approach to prevent premature ageing," she told *GT*.

So forget those expensive cosmetics and the surgeon's knife. You can eat your way to better skin, filling up on healthy food and making a few adjustments in your lifestyle.

"It's a complete internal approach to better skin, and it's basic common sense. It's not restrictive and doesn't cut out any food groups."

With thousands of products promising radiant and youthful skin fixes, she acknowledges that it is hard not to be conned by the advertising.

But she says the area where the skin is developed is in the deeper layers of the epidermis, where the moisturisers and lotions don't penetrate.

A combination of exercise, sleep, relaxation and nutritious food is the key to good-looking skin.

According to Angyal, the skin is the body's barometer when it comes to health.

Bad-looking or premature-ageing skin is often an indication that all is not well; and as for stress, the skin is sensitive to an overloaded lifestyle.

When it comes to diet, she says that moderation is the key, not fad diets.

"We need to hydrate the skin from the inside and that means we do need oils full of Omega 3s such as olive oil, nuts, avocados and from deep-sea fish," she said.

"We need about two tablespoons of the good oils



every day; we need it to be able to absorb the vitamins and to absorb the antioxidants our skin needs."

A lot of emphasis had been placed on low-fat foods in the past few decades, but Angyal said that steering towards only low-fat food could be destructive.

"Stay away from the low fat; often the products are full of artificial sweeteners. We are getting back to the basics, but we still need it drummed into us."

The basics she refers to is a balanced diet, taking in food from all the food groups, including oils and carbohydrates, plenty of fruit and vegetables and water, along with exercise, sleep and relaxation.

To guide readers, the book includes a 30-day program, complete with sensible menu plans and ideas on how to switch off and relax.

There is also plenty of information about the glycaemic index, taking away the headache of trying to work out what is high and what is low on the GI index.

Super foods, vitamin supplements and exercise are also discussed, as well as common mistakes and lifestyle sins that should be avoided.

*Gorgeous Skin in 30 Days*, by Erica Angyal, is priced at \$29.95 and published by Lothian Books.



**GOOD LOOKING:** Author Erica Angyal . . . "In essence my book is a complete health and lifestyle approach to prevent premature ageing".

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## A super start to the new you

PART of *Gorgeous Skin in 30 Days* is a special 30-day meal and lifestyle plan. Each day features different meals, all of which are based on what Erica Angyal describes as super foods for your skin.

Here is day one of her 30-day skin plan.

### Breakfast

- ¾ cup of natural yoghurt with sliced fresh fruit (choose one or a mix of rockmelon, honeydew, berries, peaches, plums or pears).
- Sprinkle with sliced almonds or walnuts and drizzle with a little raw honey to sweeten if desired.
- Add two tablespoons of freshly ground flax seeds.
- Green tea/herbal tea.

### Lunch

- Salad of lettuce, rocket, tomatoes, mushrooms, fresh herbs, crumbed goat's cheese, slices of pears and chopped walnuts.
- Drizzle with extra-virgin olive oil, balsamic vinegar and lemon juice.

- 1 tin of salmon in brine/water/spring water.
- 1 slice of wholegrain dark rye or pumpernickel.

### Dinner

- Grilled salmon steak with Greek salad (save some salmon for your salad tomorrow).
- Two slices of rockmelon along with a few raw unsalted macadamia nuts.

### Throughout the day

- Snacks mid-morning/afternoon from snacks list.
- Wedges of organic apples dipped in raw organic almond butter.
- Half a dozen green or black olives.
- Raw almonds/raw unsalted macadamia nuts/raw walnuts.
- Low GI fruits such as pears and apples.
- Bowl of fresh blackberries or blueberries sprinkled with almond slices.
- Half a cup of frozen red grapes.

### Lifestyle

Weight training.