

secret to radiant skin

Detox is a buzzword today for health and glowing skin – but there's more to it than cleansing the bowels!



Today, our daily diets are not enough to give us the radiant, healthy skin we desire. According to Jennifer Lee, a nutritionist working with Bioxil, "Being a woman with a healthy body and a pretty pink skin tone is a challenge nowadays. Women are unable to maintain proper nutrition through food intake as our soil is depleted, the food supply is tainted with hormones and processing additives, and women are losing many digestive enzymes that help to process food in our body. Toxin overload is becoming a major concern."

A normal, healthy body should detoxify naturally. However, toxin overload leads to an impairment of the body's own natural detox and eliminative functions. This has been linked to migraine, skin irritations, weight gain, fluid retention and



Nutritionist Jennifer Lee.

constipation. How does this affect our skin? Says Jennifer, "Skin is one of the first parts of the body to show problems. Toxins cause internal toxicity of blood. As a result, an enormous amount of toxins attempt to pass out of the body through skin pores. Concentrated toxic residues can damage the skin as they pass through for excretion. Gradually, our skin develops a rough texture and signs of premature-ageing. The skin loses its translucency and the ability to reflect a natural pink hue; this results in a dull and darker pallor."

That's why it's necessary to detox. Says Jennifer, "It is important to include food supplements that work synergistically

to actively cleanse the blood, colon, kidneys, liver and lymphatic system when you detox. Bowel cleansing supplements are dominating the market nowadays but consumers must understand that detox is much more than just detoxifying the bowel.

"An ideal supplement like Inner D-Tox consists of a good mix of fibre (both soluble and insoluble), probiotics, prebiotics, and liver-cleansing herbs such as milk thistle, dandelion and green tea that will encourage the body to release accumulated waste materials whilst providing optimal nourishment to the body." She adds, "After a detox regime, for even better results, try a formulation like Skin Radiance, with over 30 natural ingredients that nourish and revitalise the deep dermal layer of the skin. Harmony is restored, clearing the way for smoother skin and a lovely rosy look." **IWI**

TRY THIS DELICIOUS SMOOTHIE RECIPE FOR RADIANT SKIN



Dragon fruits are great for skin because of their high Anthocyanins content. Anthocyanins are antioxidants that improve blood circulation. Combined with cucumber, this makes a real tonic for your skin, hair and general health.

- *½ dragon fruit, peeled and chopped
- *½ cucumber, peeled and chopped
- *250ml yoghurt drink
- *1 sachet Skin Radiance
- *Ice cubes (optional)

Dissolve the contents of Skin Radiance in half a glass of lukewarm water. Place chopped dragon fruit and cucumber in a blender. Add in yoghurt drink, then the Skin Radiance mix. Process till smooth and add ice cubes. Serve immediately.