

Peace of mind



Preparing for a wedding can be a stressful experience for many so ensure you take care of yourself with this nutritional advice

Making nutritional changes is key to looking and feeling your best on the big day, according to experts at The College of Naturopathic Medicine.

Gemma Hurditch, CNM's director of nutrition says: "If you want bright skin and eyes, and be able to deal with stress, then work on your diet and lifestyle."

For a fresh start, there are benefits from a detox, but don't do it less than three months before, or you could walk down the aisle with spots, an outward sign of your body eliminating toxins. A naturopathic practitioner advises on detox and prescribes herbs or supplements to support the lymphatic system. A colon hydrotherapy session could be useful. For health issues or special requirements see a nutritional

therapist who tailor-makes a plan. Otherwise follow this advice:

- Ditch cigarettes, alcohol, caffeine, sweetened drinks. Drink pure water or herbal teas. Dandelion and Nettle tea can help the liver eliminate toxins.

- Buy fresh, organic, unprocessed food. Avoid sugar, which causes dips throughout the day and aggravates stress levels.

- Eat dark green vegetables, and high coloured veg and fruit like peppers and berries. Eat salad every day. Never use a microwave.

- Eat unrefined wholegrains like oats and brown rice, and consume daily protein such as fish, lean meat, and/or beans and legumes or quinoa. Small quantities of nuts and seeds, oily fish or flaxseed provide essential fatty acids, which help keep your skin healthy.

Nutritional therapist Lorna Driver Davies, who lectures on herbs for everyday living, says: "My top tip for good skin is MSM, a natural food supplement rich in sulphur. It helps us absorb more nutrients and eliminate toxins. It also makes the skin beautifully soft. Stress takes its toll on skin too, so an adaptogen herb, like Siberian Ginseng can work wonders."

A relaxing therapy session such as reflexology, or acupuncture also help to de-stress and rebalance.

As always, diet and exercise are vital. "At the minimum you should take a short walk each day," says Gemma. "Your body will release endorphins which are stress-relieving. With a healthy diet, you're also likely to change shape, so make sure you fix a last-minute dress fitting."

The College of Naturopathic Medicine (CNM) provides training for careers in natural therapies. Short courses are available in nutrition, herbs, homeopathy, skincare, pregnancy and fertility, fasting, etc.
www.naturopathy-uk.com
01342 410505