

THE JOY of JUICING

BEAUTY FROM THE INSIDE OUT

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Women spend a fortune on skin care products trying to obtain a smooth, glowing complexion. But new research shows the best place to start is in the kitchen.

People say 'beauty comes from within' and 'you are what you eat' but I am one woman who fully understands the truth behind these words. I created the Bestow Beauty range of skin food, a product range at the forefront of a world-wide trend towards dermo-nutrition, where food is used to treat our skin from the inside out.

Each edition of the Venus magazine I will be sharing ways you can introduce beautiful, pleasurable rituals into your life that will benefit your skin and improve your health at the same time.

THE BENEFITS OF JUICING

Juicing is a wonderful way of extracting the beneficial nutrients out of fruit and vegetables and deliver them directly to our cells. It is said that within 15 minutes of drinking your juice its nutrients are feeding every cell in your body! How's that for a direct hit of goodness?

Every morning I start my day with a fresh organic juice of beetroot, carrot, ginger and a leafy green. Kale is one of my favourites but I rotate this with other greens to ensure I am getting all the health benefits.

Here are some easy rules you need to know to make the best juices:

MAKE IT FRESH

Make your juices fresh and drink them immediately as they are very prone to oxidation.

KEEP IT SIMPLE

Don't mix too many different juices. I use a maximum of four but some juice connoisseurs suggest you limit it to three.

ADD YOUR OIL

Juices contain lots of fat-soluble vitamins but these won't be assimilated if oil isn't present so I top my juice off with a good dollop of my Bestow Beauty Oil.

WATCH YOUR MIXES

Fruit juices tend to stir up the toxins and acids and stimulate elimination. Vegetable juices tend to be more soothing, more alkaline and eliminate toxins in a milder way. Don't mix the two in the same drink.

USE ORGANICS

I avoid conventionally grown produce because of the concentrated nature of the juice, by using fruit and vegetables treated with sprays, you run the risk of getting a concentrated amount of chemicals in your juice.

I have spent the past 15 years working with Australian naturopath Janice Sarre Smith, whose skin care range, Janesce, embraces the concept of combining topical products and beauty treatments with specific nutritional advice. I have been practicing this philosophy for many years now but dermo-nutrition is still a relatively new concept in the beauty therapy industry. ☀

