It's Written All Over Your Face!

Natural Beauty Secrets From Women Who Know Your Face Doesn't Lie
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Foreword

We want to make our eyes brighter, our thighs tighter and our faces look younger. We want dark hair, light hair, curly hair, straight hair, shiny hair, too. In our attempts to have plumper lips, and smaller hips, we cake and paste ourselves with all manner of creams, lotions, lubes and tubes of stuff.

But have you ever stopped to wonder what that stuff is? In our search for beauty we’ve spent a pretty penny on cosmetics. But the actual cost, may be greater than we realize. Because there’s lead in your lipstick, mercury in your mascara and petroleum in your perfume.

Every year women spend millions of dollars on beauty creams, gels, cleansers, serums and moisturisers when there is a simple, less expensive alternative: eat more fresh, raw fruits, vegetables, nuts and seeds and smother yourself with the therapeutic properties of roots, herbs, flowers and fruits!

The idea of changing your body-mind health from the inside out is nothing new. It was, after all, Hippocrates (ca. 460 BC – ca. 370 BC), the father of modern medicine, who said: “Food should be our medicine. Medicine should be our food.”

Fruits, vegetables, nuts, seeds, ferments, herbs, plants and water in their most natural and “live” states are the most amazing beauty elixirs on the planet, but don’t take our word for it: skincare companies around the world are using a variety of fermented foods, marine and botanical extracts (including essential oils), as active ingredients in their daily skin-care and anti-aging product ranges. (See Your DIY Guide to Immaculate Skin, p. 40).

By keeping it simple, and adding more fresh, natural foods into your life, like carrot (p.18), spinach (p.20), coconut kefir (p. 22) and hemp (p.24), you can learn to manage conditions like eczema (p. 8) psoriasis (p. 10), rosacea (p. 13), and acne (p. 15). Explore Superfoods (p. 27) and herbs (p. 30), and don’t forget the magical Mayan health elixir: chocolate (p. 32)! We know you’ll love the recipes (p. 35-37), especially the pineapple face scrub (p. 46).

We guarantee that to the degree that you try it, you will experience amazing results. Your hair might be a little more shiny; your skin might feel a lot softer and smoother, and you might just start to feel a lightness that harks back to the innocence of childhood.

And don’t forget to check out our amazing list of contributors; the talented men and women who created the words on these pages so that you can embark on your journey to radiant skin.

Walk in beauty!

Stephanie xx

Director, The Raw Divas
In This Booklet You’ll Learn:

• Which foods you can eat to help you manage common skin conditions like acne, eczema, psoriasis and rosacea

• Some of the most effective foods that earn their status as beauty elixir when it comes to their effects on the skin, like carrots, hemp, coconut kefir and spinach!

• The Superfoods and herbs that you can consume (and apply!) to radiate that glow from within, including the consumption of chocolate!

• How to make natural beauty products at home using both food and essential oils

• How to prepare some amazing recipes containing the best “skin food” so that you can prepare yummy, scrummy meals at home as both a treat to your skin AND your taste buds!
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Your Skin
Irritated by Eczema?
Raw Food to the Rescue!

by Katie Rainbird

You may very well be one of the one-in-every-three-people who suffers from eczema, and probably has done since childhood.

It’s likely then, that you’re familiar with the symptoms of eczema, notably and irritatingly the hallmark itching and scratching that can literally drive you up the wall only to send you crashing with the ensuing red, raw, weeping and flaked skin.

What are the Causes of Eczema?

Eczema is mostly caused by an inherited atopic disposition (atopy = asthma, hay fever and eczema), therefore it cannot be “cured” but it can be controlled, reversed and relieved with the most natural of remedies: food.

Natural Remedies for Eczema

An imbalance of good: bad bacteria or a “leaky gut” contribute to the symptoms of eczema, thus we aim to heal and seal our Gastro-Intestinal Tracts with food that is abundant in compounds that assist with:

- detoxification
- tissue repair
- promoting beneficial bacteria
Therapeutic Foods for Eczema

• Bitter greens and herbal bitters
• Brassicas (cabbage family)

Bitter greens and herbal bitters

• They stimulate digestive secretions to assist with digestion and support the liver
• Optimal digestion allows maximum nutrient uptake and reduced risk of allergy
• Source of Vitamin A which assists in the healing of the gut and skin tissue

• chicory  •  rocket
• dandelion greens  •  lettuce
• endive  •  spinach
• mustard and turnip greens  •  Swiss chard

How to eat them?

• Raw
• In salads
• Steamed
• Pulsed into pesto!
• Juice... beet greens or kale to your regular juice for a splash of super green goodness.

Brassicas (cabbage family)

• Promote healing of the gut tissue
• They are sulphur-rich
• They assists the liver’s detoxification pathways
• They are a source of fibre to feed good bacteria

• cabbage  •  kale
• cauliflower  •  kohlrabi
• brussels sprouts  •  radish
• broccoli  •  rocket
• broccolini  •  watercress
How to eat them?

• Finely shaved into salads
• Juiced
• “Green smoothied”
• Lightly steamed

Heal your Eczema with Raw Foods

You’ve probably been living with eczema for most of your life and have tried numerous approaches to heal it. Look inward: support your digestive system in it’s vital role of metabolising, delivering nutrients and eliminating wastes and before too long you will see the difference in your skin...and so will others!
Top 5 Raw Food Tips for Psoriasis

by Katie Rainbird

If you suffer from psoriasis, the characteristically silvery/pink and scaly hallmarks will be well known to you.

As common as it may seem, you’d be surprised to know that the primary causes of psoriasis as yet remain unknown. We do know one thing, however: changes to your diet may actually help you to treat and manage your symptoms of psoriasis.

Healing Psoriasis with Raw Food

We can clearly see an allergic/inflammatory/gut picture here so the dietary treatment of psoriasis is aimed at:

- Eliminating food allergens
- Decreasing inflammation
- Healing the gut

Top 5 Steps for Treating & Managing the Symptoms of Psoriasis

1: Remove or significantly decrease all known food allergens
2: Eat Vitamin C and bioflavonoid-rich foods
3: Eat Cabbage-family and dark green foods
4: Eat “good fats”
5: Add calcium and magnesium foods

1: Remove Or Significantly Decrease All Known Food Allergens

A trip to your doctor to diagnose any particular food allergies is recommended.
#2: Eat Vitamin C And Bioflavonoid-Rich Foods

- Anti-inflammatory
- Anti-allergy
- Anti-oxidant
- Tissue healing
- Support adrenal glands
  - berries
  - blackcurrant
  - citrus
  - pineapple
  - red
  - yellow and orange vegetables
  - dark green leafy vegetables
  - buckwheat
  - garlic
  - onions
  - parsley
  - soy products
  - aloe vera juice

#3: Cabbage-family and dark green foods

- Liver detoxifying
- Decrease allergic reactions
- Healing to gut tissue (anti-inflammatory)
  - cabbages
  - cauliflower
  - brussels sprouts
  - broccoli
  - broccolini
  - kale
  - kohlrabi
  - radish
  - rocket
  - watercress

#4: Eat “good fats”

- Nourishing to the skin
- Support central nervous system
- Regulate hormonal activity (some may find flare-ups occur at hormonally active times)
  - raw, unsalted nuts
  - flaxseeds
  - chia seeds
  - cold pressed oils and fish oils
  - pepitas
  - sunflower seeds
  - sesame seeds
#5: Add Calcium/Magnesium Foods

• Support the central nervous system (anxiety, worry, stress, decreased energy)
• Restore bone mineral nutrients lost to pro-inflammatory diets and inflammation processes
• Calcium works with Vitamin D (another fat-soluble nutrient indicated in the treatment of psoriasis)

• raw, unsalted nuts
• seeds
• nut and seed pastes and oils
• dark green leafy vegetables
• soy products
• figs

The skin is the largest organ of the body and it speaks to us on behalf of our other organs, mostly in pictures.

So brush off that dust, touch up that peeled and flaking canvas and re-frame your picture. It’s as simple as a visit to your local grower’s market.
Eat Raw Food & Ferments to Banish Rosacea

by Melissa Fine

The chronic facial reddening that comes with rosacea can be uncomfortable and embarrassing. Even worse is that without treatment, symptoms can exacerbate and become permanent.

A number of rosacea sufferers are turning to raw foods and ferments to treat their skin and are ecstatic with the results.

Raw foods are great for rosacea for the following reasons:

**Raw Foods are Fibre-Rich**

A low-fibre diet (high in processed foods like white bread) can leave you constipated, encouraging waste to build up and be expelled via other portals of exit, such as the skin. Instead, fill up on raw fruit, veg, nuts and seeds – they can improve a sluggish digestive system by speeding up waste elimination.

**Raw Foods are High in H2O**

Heaps of fruit and veg have a water content of up to 90%...So, having your daily 2 and 5 can help hydrate skin cells, potentially decreasing the skin-dryness common to rosacea.

**Raw Foods are Alkaline**

There’s a theory that rosacea may be worsened by mild acidosis (when the body's too acidic). Many raw foods help your body achieve a more alkaline-state.

Did you know that ferments and citrus fruits are naturally acidic, but become alkaline when digested? On the other hand, cooked or refined foods (like meat and soda) are alkaline, but turn acidic in the body.

**Raw Foods are Cool in Temperature**

Rosacea is triggered by blood-vessel-dilating stimulants, like foods and drinks served at high temperatures. Served chilled or
at room temperature, raw food won’t inflame your skin like a hot hamburger will.

What About Raw Living Foods For Skin Health?

Good gut health is linked to a decrease in inflammatory skin conditions like rosacea.

Full of beneficial bacteria, raw fermented food helps maintain desirable micro-flora in your digestive system when imbalances occur (due to bacteria-destroyers like antibiotics and refined sugar).

Raw ferments can also replenish the body with B12; this is noteworthy because there’s a connection between a deficiency in this vitamin and rosacea outbreaks.

Raw Foods For Your Skin Health

Apart from the obvious fresh fruit and veg, here are some other ideas:

• Freshly-squeezed fruit and vegetable juice
  • Great for providing your insides with a nutrient-dense drink that’s also high in H2O...beetroot, carrot and apple is a delicious combo

• Raw, fermented foods
  • Creamy, coconut kefir and sauerkraut (sour cabbage)

• Brazil nuts
  • Along with their fibre-content, they’re rich in zinc, a natural anti-inflammatory

For a natural rosacea-remedy, try raw foods and ferments!
Get Your Head Out of the Sand: Raw Foods to Fight Acne

by Stephanie Gadsden

The fight for clear skin can at times be frustrating for acne sufferers.

Acne is a common skin condition characterised by pimples on the face, chest, and back. Acne can bare its ugly head at any age, so if you are an adult suffering from this condition, don’t worry you are not alone. Acne occurs when the pores of the skin become blocked with oil, dead skin cells and bacteria. Factors contributing to acne include excess androgens (the acne causing hormones), a high Glycaemic Index (GI) diet, stress and even your genes.

How a Raw Food Diet Can Help

• Raw food supports your body’s natural detoxifying powers
• Raw food helps to balance your hormones
• Raw food is low GI
• Raw food inhibits insulin-growth factor (IGF-1), a key promoter of acne.

N.B IGF-1 stimulates the body to release more androgens which increase cell turn over and sebum (oil) secretion, resulting in clogged pores and acne prone skin. So if you suffer from acne now is the time to go raw!

Key Foods to Fight Acne

• Flaxseed (also know as Linseed)
• Hemp seed
• Chia seed

These foods are high in the essential fatty acids (EFA’s) omega 3 and omega 6 which decrease inflammation, and in turn promote healing of the skin and reduce scaring. EFA’s balance hormones by supporting liver detoxification and reducing IGF-1. These seeds are packed full of dietary fibre to keep you regular and promote elimination of toxins through your bowels instead of through your skin!
How to include these foods in your diet

• Flaxseeds
  • Add to salads, smoothies or your morning muesli.

• Chia
  • Add to your favourite raw dishes or eaten alone. Top-tip: soak the chia in fresh fruit juice and mix through mashed bananas and berries for a delicious sweet snack!

• Hemp
  • Make your own guacamole. Blend two avocados, one tablespoon of hemp oil, a 1/4 cup of hemp seeds, two teaspoons of freshly squeezed lemon or lime juice and two pinches of cayenne pepper for that extra kick.

Now you have the raw tools to get your skin looking vibrant and healthy, remember that foods high in essential fatty acids are essential to overcoming acne, so include flax, chia and hemp in your daily menu.
The Raw Foods
Want Skin that Glows? Eat More Carrots!

By Christie Fischer

Carrots Pack A Punch!

These babies are so full of goodness; and the 3 most important ones being:

- beta-carotene
- alpha carotene
- and phyto-chemicals

Beta-carotene is an anti-oxidant that gets converted into vitamin A once inside the body, and then it starts doing magical things; this pocket-rocket assists the liver in flushing toxins out of your body.

Alpha-carotene (another carotenoid) helps in inhibiting processes that may lead to tumour growth.

Phyto-chemicals help keep you beautiful by hindering the aging process, and also contain antiviral and antibacterial properties.

Carrots For Eczema?

Do you know anyone with eczema? Carrots and carrot juice do wonders for anyone suffering from eczema. Why? Because of the Vitamin A. It flushes out those nasty toxins. It is also essential for the maintenance and healing of your skin – well your epithelial tissues to be precise – and your skin is the biggest area of epithelial tissue you’ve got!

Fresh Carrot Face Pack

- Grate a few carrots and apply them to the affected area of skin.
- Leave it for 10-20 minutes, then wash it off. Instant relief!
Health Benefits of Carrots

As carrots are so good at cleansing from the inside out, can you imagine what these beauties are doing for the rest of our system as a result?

- They’re helping to strengthen your immune system.
- They keep your skin, lungs and intestinal tract in order, and promote healthy cell growth.
- The anti-oxidants and phyto-chemicals protect, nourish and moisturize your skin so you sparkle all day long.

And on top of all that, they’ll make you smile and keep that spring in your step!

So eat or drink up!
Eat Spinach for Skin You Can be Proud Of

By Christie Fischer

This delicious dark leafy green plant is packed with anti-oxidant powerhouses which work to slow down the aging process and protect skin cells from free radical damage (these are the nasty guys that are gonna try to give you wrinkles).

Spinach also strengthens your skin tissue and when eaten regularly gives you that all over GLOW.

Spinach is also high in anti-inflammatory properties, and the green goodness inside is going to help flush out any toxins that might have been building up over time simply due to the way most of us live our lives these days.

Spinach For Healing Skin Conditions Like Psoriasis

Spinach is an amazing addition to your diet if you’re prone to or suffering from psoriasis. Why? Well mainly because of the anti-inflammatory effects helping to ease the raised redness.

It is also high in folate (which is a vital nutrient for DNA repair). And that means it’s going to help your skin to look its absolute best from the inside out – yep; getting rid of those itchy, red, flaky patches too!

Spinach is Packed Full of Nutrients For Overall Body Health

Vitamin E
  • The nutrient responsible for slowing down the aging process and also helping to keep your skin smooth and glowing

Beta-Carotene
  • An anti-inflammatory also helping tissue repair and toxin removal
Vitamin C  
• Three times as much as your average veggie in fact

Calcium  
• For your bones

Iron  
• To transport oxygen all around your body and keep you from looking pale

... amongst a whole bunch of other wonderful nutrients that your body will LOVE you for eating.

So whether you’re wanting to be beautifully GLOWING, to load your body with vitamins and minerals for optimum health, or to help with skin conditions such as psoriasis, SPINACH is one of nature’s finest additions to your (already colourful) plate!

Buon appetito!
Try Coconut Kefir to Clarify Your Skin

by Melissa Fine

Creamy, coconut kefir is currently in the limelight for its potential to improve rosacea, a chronic skin disease affecting millions worldwide.

What is kefir? With the consistency of a drinkable yogurt, coconut kefir contains coconut milk and/or coconut water, along with formulated grains made from bacteria and yeasts. These kefir cultures convert the carbohydrates from the coconut milk or water into alcohol and carbon dioxide. This fermentation process gives kefir its tartness and fizz.

Coconut kefir health benefits

It has been found that coconut kefir may reduce the facial redness, bumps and watery-eyes common to rosacea...but how?

Put simply, your skin often reflects the state of your internal health. Rosacea symptoms often worsen under certain health conditions – conditions which the nutrients in coconut kefir can improve.

Stress can prompt a rosacea flare-up. Coconut kefir may decrease tension and subsequently, rosacea symptoms, as it’s rich in calcium and magnesium: minerals which maintain the nervous system. Also, coconut kefir is high in the essential amino acid ‘Tryptophan’ (a building block of protein), which has a calming affect on nerves.

Vitamin B deficiencies may be linked to rosacea outbreaks. So if you’re low in Vitamin B and suffer from rosacea, try adding kefir to your diet – it’s loaded with Vitamins B2 and B12 for skin health.

Lack of beneficial gut-bacteria (encouraged by factors like infection and pollution) can aggravate rosacea, along with eczema, psoriasis and acne. This is because good bacteria aid digestion, nutrient absorption and immunity, all required for healthy skin. Kefir cultures offer abundant micro flora to balance your digestive system, which in turn, balances your skin.
How to make coconut kefir

In a glass or plastic jar, combine: 1L of coconut water, a can of coconut milk and kefir starter (available from health food stores). Leave covered at room temperature for 24 hours. Stir and drink up! If you find plain coconut kefir too sour, stir in some raw honey. Or, add to a smoothie with banana and carob powder; their sweetness balances out kefir’s astringency…you’ll think you’re drinking a milkshake!

So treat your skin from the inside out with some coconut kefir!
Hemp As A Beauty Elixir

by Melissa Fine

First things first: *Hemp is NOT a drug!* Yes, it comes from the same plant family as marijuana, but it lacks sufficient chemicals to induce a high.

Actually, hemp seed and its oil are perfectly balanced foods, providing endless health benefits. Currently, hemp is in the spotlight for being a skin saviour.

**Hemp Seed Nutrition**

A complete protein, hemp contains all the essential amino acids (building blocks of protein) needed for optimum functioning. And with a protein status similar to eggs and dairy, it’s ideal for vegans!

Of all the vegetable oils, hemp has the most ideal Essential Fatty Acid (EFA) balance, with an ideal Omega 6:Omega 3 ratio of about 3:1. This is significant because the average Omega 6:Omega 3 ratio in the typical Western diet is 10:1, being too high in Omega 6, yet lacking Omega 3.

Hemp also contains generous amounts of the rarer polyunsaturated fatty acids gamma-linolenic acid (GLA) and stearidonic acid (SDA). And it’s high in fibre and Vitamin E!

**So What Can These Nutrients Can Do For Your Skin?**

Hemp heals acne: Lack of EFAs can prompt hormonal imbalances, wreaking havoc on your skin. Consuming appropriate amounts of Omega 3 and 6 can aid hormone regulation, which reduces your chances of a pimple outbreak.

Hail hemp for treating eczema! Fats in GLA and SDA help reduce the dryness, redness and itchiness of inflammatory dermatitis. Eczema can also improve with a regular digestive system, so hemp’s high fibre content helps eliminate waste and in turn, eradicate eczema.
Got dry or sunburnt skin? Applied as a moisturiser, hemp oil (unlike most oils) won’t just sit on your skin. Instead, it penetrates skin cells and plumps them up by providing lipid replenishment.

Hemp is also a great wound and scar remedy, as protein and antioxidant Vitamin E aid cell repair.
Superfoods, Herbs and Chocolate
What Everybody Ought to Know about Aloe Vera

by Matthew Gaffney

You don’t need to take Cleopatra’s or Hippocrates’s word for it.

Nor do you have to read The Bible or Papyrus Ebers from 1500 B.C. Egypt to understand the health properties associated with one of the earth’s most beautifying and nourishing plant foods.

And thankfully none of us have to fight like Alexander the Great to secure the prized Aloe Vera plant that was used to apply to the wounds of his soldiers!!

Aloe Vera Nourishes the Body

Aloe Vera gel and aloe vera juice are nourishing for the body, inside and out.

Of all the Superfoods I consume on a regular basis…..including:

- goji
- maca
- camu
- cacao
- noni
- hemp
- coconuts
- bee-hive

…..Aloe Vera is my favourite as a digestion aid and for creating optimum skin health.

Skin Alchemy and Aloe

Aloe has been used for thousands of years for the treatment of:

- infections
- poison ivy
- psoriasis
- scar removal
- stretch marks
- varicose veins
- skin browns spots and more..
What the Research Says

Researchers at Malmo University Hospital in Sweden conducted a trial on 60 chronic psoriasis patients. Treatment with Aloe Vera cream resulted in remission in 83% of patients, vs. the 6.6% remission rate of the placebo group.

It is commonly believed that the moisturizing emollient and healing properties are due to its polysaccharide complex and it is considered a divine mixture of:

- antibiotic
- astringent
- and coagulating agents

...while also being a pain and scar inhibitor and growth stimulator.

Aloe and Digestion

Aloe Vera with its complex nutrient make-up is considered by many as a ubiquitous digestion tonic. Author Max Skousen notes in his book that ‘digestive organs perk up’. David Wolfe writes that Aloe’s polysaccharides have lubricating effects on the joints, brain, nervous system and skin.

Wolfe also writes that Aloe is known to:

- dissolve mucous in the intestines
- mitigate yeast
- improve digestion
- stimulate peristalsis
- and reduce inflammation

Author Emil Mondoaa, M.D. writes that in human trials, Aloe improved digestion and absorption and enhanced good bacteria flora in the digestive tract by reducing yeast and pH levels.

How to incorporate Aloe Vera into your life

If you are fortunate, you will find whole Aloe Vera leaves in your local natural foods store or farmers market. Fillet the inner gel and blend it into your smoothies or skin creams. You can rub the inner leaf straight onto your skin and also soak the outer leaf in a glass of drinking water. Add a few goji berries to this and you are laughing. The next best options are to find cold pressed,
stabilized, or righteously processed powdered forms. Go forth and consume Aloe Vera for radiant skin and optimum digestion!

Nota Bene

If you are next to an Aloe plot (jealous), you can fillet the inner gel and rinse off the bitter outer slimy stuff (although some say there is goodness in this too)...but it is this bitter slime that is said to cause diarrhea. I use this part of the plant on my skin (wow, don’t I sound manly, but it is incredible).

For us metro city folk, we are relegated to extracts...many of which have been pasteurized and have questionable preservatives. I did find a brand that uses ‘fractual-distillation’ and while it is not raw, it has no preservatives and they claim their process improves its bio-availability.
How to Energize Your Skin with Astragalus

by Matthew Gaffney

The toughest part about choosing which herb to highlight as a skin elixir is singling out one or two of the many powerful herbs in the plant kingdom. I chose an Herbal All Star that is sure to add sheen to your skin but I did leave many worthy epidermal enlightening candidates on the sideline.

Before I highlight this Herbal All Star, let me note that our bodies largest organ, aka the skin, beams even brighter with an overall righteous nutrition plan. After all, our external skin is a reflection of our internal terrain. So let’s stoke our inner systems with a diet rich in whole, unrefined, unpasteurized, health-consciously processed, phyto and glyco-nutrient, alkaline forming, sprouted, pro/pre-biotic, and EFA rich foods...whew!

Astragalus for Skin Health

This herbal All Star is one of the most revered herbs in the Orient and beyond. Of the thousands of herbs in Traditional Chinese Medicine, Astragalus ranks as one of the most potent tonics in the world and it has special connections with the skin. Master Herbalist Ron Teeguarden writes the following on Astragalus in his book Radiant Health: ‘It is said to strengthen the primary energy of the body and all metabolic functions. It is revered for its impact on the respiratory and eliminative functions of the body which are primary in achieving radiant skin.’

In China, Astragalus is sometimes considered superior to Ginseng as an energizer. Astragalus is said to have an effect on the surface of the body while stimulating circulation in the subcutaneous tissues, providing suppleness to the flesh and adaptive energy to the skin. Astragalus aids the skin in eliminating toxins and is commonly used topically to expedite the healing of skin...as above, so below.

Research on Astragalus

Studies at the M.D. Anderson Cancer Research Center at University of Houston demonstrated that Astragalus improves the immune response in humans undergoing radiation and chemotherapy. The FDA has not approved Astragalus for this purpose...
although it is approved for this in many other countries. The active constituents of Astragalus, ‘the total Astragaloside’, has potent antioxidant activity, that is stronger than vitamin E, Grape Seed extract and Ginkgo biloba.

**Superior Class Herbs**

Astragalus is at the top of the short list of superior class herbs. For an herb to be recognized as a superior herb, it must have been found over many centuries to meet six specific qualifications:

- It must provide an abundance of jing- (essence), qi- (vitality), shen- (spirit)
- It must aid in attainment of long life
- It must have broad and profound health promoting actions resulting in a radiantly healthy life
- It must have no negative side effects
- It must help improve one’s state of spiritual and emotional well-being and happiness
- It must taste good enough and be easily digestible.

Astragalus certainly passes the test with flying colours!

**How to Get Some Astragalus into Your Daily Diet**

Astragalus is most often found in capsule form although it is available in powder form. I recently purchased an 8:1 extract of Astragalus powder and it happens to be a pleasant tasting herb, with a slightly sweet taste. It’s the blimey Reishi and Cordyceps that make my herbal cappuccino’s bitter.

**My Chinese Herbal Cappuccino Recipe**

- Gynostemma tea liquid base heated to 170 degrees Fahrenheit
- Add 1/2 teaspoon of Astragalus (and other herbs that you fancy)
- Sweeten with righteous sweetener: yacon root, coconut sugar, agave, raw honey
- Add a blend of raw nut milk and fresh coconut water

Blend all ingredients together for a creamy herbal delight.
The Art of Seduction: Rich, Glossy Chocolate

By Alisha Waterman

I have spent the last 20 – 25 years obsessed with the rich, glossy seduction of chocolate. The way it smells, the way it melts ever so slightly as it sits on your tongue. I have also spent just as many years with some serious guilt about my little addiction.

It is so liberating to be able to shed the guilt and the pounds of years of chocolate love. It’s great to realise I can now enjoy beautiful yummy chocolate, that not only satisfies my love for the food of the Amazons but is a healthy Superfood that nourishes my body.

What is Raw Chocolate?

Raw chocolate, like all chocolate, is derived from the cacao bean. The difference with raw chocolate is that it is not heated, thus left in a very pure and less processed form.

Raw chocolate is rich and tasty in colour but unlike the chocolate you find on most supermarkets shelves, is absent in all the bad ingredients that wreak havoc on our love handles, skin and our emotional state of mind.

The History of the Cacao Bean

The cacao bean originates from the Amazon and the plant that bears its fruit was introduced into Central America from these parts. Ancient civilizations such as the Aztecs and Mayan communities revered the cacao bean in such high importance it became their main currency. They would trade cocoa beans in exchange for food and other goods.
Health benefits of Cacao

Cacao has been recognised (once again) as an amazing Superfood. It is rich in:

**Magnesium**
- Known to balance brain chemistry, build strong bones and help a person feel happier and more balanced

**Sulphur**
- Known for promoting strong nails and healthy hair, shiny skin and detoxifying the liver

What more can I say! Every girl’s dream has become a reality. Not only can chocolate be scrumptious, in its raw form it is healthy, promotes happiness and can even make your beautiful skin glow. Who says a little indulgence isn’t good for you?
The Recipes
Sweet Carrot Salad
Servings: 2

Ingredients:
• 3 cups grated carrot
• 3 cups grated beets
• Meat of 1 young coconut
• Fresh dill, to taste
• Lemon juice, to taste
• 1/2 cup raisins – soaked ahead of time for one hour
• Water from soaked raisins

Directions:
1. Grate carrots and beets.
2. Chop the meat of the young coconut in a food processor.
3. Combine all the ingredients and eat!

Tip: When you add the raisins, don’t worry about getting a bit of that raisin water in the salad. It’s sweet and SO tasty!

This recipe is from Divalicious (The Raw Divas, $14.97)

New Spinach Salad
Servings: 2

Ingredients:
• 1 six-ounce package of baby spinach leaves
• 2 tablespoons fresh orange juice
• 1 teaspoon fresh lemon juice
• ½ teaspoon mustard powder
• 3 tablespoons extra-virgin cold-pressed olive oil
• Celtic sea salt and black pepper, to taste
• 2 tablespoons dried cranberries
• 3 tablespoons pine nuts

Directions:
1. Place spinach in a large bowl.
2. In a small bowl, combine orange juice, lemon, mustard powder, olive oil, salt, and pepper.
3. Add the dressing, cranberries, and pine nuts to the spinach.
4. Toss lightly and serve.

This recipe is from The Simple Gourmet (The Raw Divas, $12.95)
Wild Greens with Yogurt Dressing
Servings: 2

The probiotic powder used in this recipe will not only make for a deliciously tasty dressing, it will also ramp up the beneficial bacteria in your body, allowing your skin to glow!

Ingredients for the salad:
• 1/2 pound of baby spring mix or your own wild greens consisting of purslane, lamb’s quarter’s, sheep sorrel, malva, wild mustard and nettles
• Cherry or plum tomatoes
• Angela’s Yogurt Dressing (recipe to follow)

Ingredients for the dressing:
• 2 cups raw almonds
• Distilled water
• Probiotic powder

Directions:
1. Soak 2 cups of raw almonds in enough water to cover the almonds and let soak for 24 hours. Rinse and drain the almonds. Place the almonds in the blender with 2 cups of distilled water.
2. Add 1 small scoop of probiotic powder to the blender and blend all the ingredients together until smooth. Pour the almond mixture into a glass bowl and cover with cheese cloth. Let mixture culture for about 3-4 hours.
3. Take 3 tablespoons of the cultured yogurt and add that to a mixing bowl. Add just enough distilled water to the yogurt to make a creamy dressing, not too thick or thin, just right. To that add salt, pepper, cayenne, and garlic to taste. Pour mixture over the wild greens and enjoy!

Enjoy fermented raw food recipes like this one, and watch your skin glow from the inside out!

*This recipe is from The Simple Gourmet (The Raw Divas, $12.95)*
Cherry Vanilla Hemp Shake
Servings: 2 cups

Ingredients:
• 1/2 cup water
• 1/4 cup organic shelled hemp seeds
• 1 (10 oz.) bag frozen organic cherries (or 2 cups fresh cherries, pitted)
• 1 teaspoon raw agave nectar (or 1 pitted date)
• 1/2 vanilla bean, chopped
• Pinch Himalayan crystal salt

Directions:
1. Blend all of the ingredients together until smooth. Enjoy!

This recipe is from Divalicious (The Raw Divas, $14.97)
Indulge Yourself: Eat Raw Brownies

Try this recipe for raw brownies; made with walnuts, cashew butter, date syrup and cacao powder, you’re gonna love this tempting brownie treat!

Ingredients:
• 3 cups walnuts
• 2 tablespoons raw cashew Butter
• 1/2 cup date syrup
• 1/4 cups Cacao powder
• 1/8 teaspoon Himalayan salt

For the frosting:
• 2 cups cashews, soaked for 1 hour
• 3 teaspoons vanilla flavour
• 1/2 cup date syrup
• 1/2 cups water

Directions:
For the brownies:
1. Process the walnuts into a fine flour in a food processor.
2. Add the rest of the ingredients and process again until smooth.
3. Shape into individual balls. Press each individual ball by making a thumb print on top.

Directions for making the frosting:
1. Process the cashews, vanilla flavour, date syrup and water until smooth.
2. Place the frosting in the refrigerator for 20 minutes to thicken.
3. Remove frosting, frost the brownies, and serve!

This recipe is from The Decadent Gourmet (The Raw Divas, $14.95)
Raw Beauty
Essentially Beautiful: Your DIY Guide to Immaculate Skin

By Stephanie Holland

Looking for a skincare range that makes your skin soft and supple, and gives it a natural glow? Interested in using products that work in harmony with your health and wellbeing? Essential oils might be just what you’re looking for and, chances are, you may already be benefitting from their therapeutic properties. Recognised for their effectiveness industry-wide, they are used as active ingredients in many of your favourite products around the world from cleansers to anti-aging serums, and have provided the inspiration for entire skincare ranges.

With an impressive resume, we can see why. Organic essential oils have powerful therapeutic properties that nourish, hydrate and soothe any skin type or condition; they enter and leave the body efficiently without leaving any toxins behind; they balance oily or dry skin; they prevent premature aging skin and treat acne; and they positively impact our emotions. With a greater focus on the safety and efficacy of ingredients, essential oils are stepping forward to prove that they’re more than just pretty aromas.

Quality And Purity Determine Effectiveness

Used in skincare for their therapeutic properties and their divine fragrances, essential oils and other botanical ingredients shine in the spotlight as the increasing focus on the purity and quality of ingredients drive skincare formulation. "It’s important because everything is absorbed and affects our wellbeing," stresses Elizabeth Barbalich, founder of Antipodes. Not only that, quality equals efficacy, says Emma Newman product developer at NUDE: “You wouldn’t believe that a shrivelled up vegetable has the same nutritional value as a freshly picked one; why should skincare be any different? People are becoming more aware of what they put into their bodies and therefore it’s a natural progression to consider what you’re putting onto your skin.”

High quality ingredients that garner impressive results attract attention; results oriented skincare are good for business. Skincare companies around the world are using a variety of fermented foods, marine and botanical extracts including essential
oils, as active ingredients in their daily skincare and anti-aging product ranges. This trend signals only one thing: they work! How? “The skin knows how to use the ingredients so you get much better results from using natural ingredients. It’s like eating an orange when you need Vitamin C rather than taking a synthetic vitamin supplement. We know that the body finds it more difficult to process synthetic ingredients because of the amount of synthetic vitamins wasted when ingested (visible in the colour of your urine). We know that with the right nutrition we look and feel better, why would it be any different for our skin?” offers Emma.

They can also be more effective than synthetic ingredients, claims Robert Tisserand, aromatherapy consultant, teacher and author of The Art of Aromatherapy: “Some natural ingredients are able to offer benefits such as antioxidant action that are difficult to match in synthetics. Natural ingredients often have a more attractive efficacy and safety profile,” he says. “There is more research activity than at any time in the past, relating to both essential oils and essential oil constituents. There’s also a tremendous interest in the cosmetics industry, and I believe there are some unexplored possibilities for essential oils there.”

**Essential Oils Have Impact Beyond The Skin**

Essential oil benefits don’t stop (or start!) on contact with your skin; you experience their effect before they even touch your skin as you inhale their beautiful aromas, making them increasingly attractive to premium skincare brands. “The essential oils we use in NUDE products are mainly for beautiful, natural fragrances that soothe the mind and the skin,” says Emma. They make you feel less stressed and more positive, resulting in clearer, more radiant skin. Take chamomile and lavender for example, both of which are very soothing and can help to relieve stress; rose which is associated with luxury and feeling feminine; and lime, which is refreshing and uplifting. All four oils are also excellent for bringing about beautiful and nourished skin. Considering that stress can trigger a variety of skin conditions, you’re killing two birds with one stone. How’s that for natural skincare that packs a punch?!
Your DIY Guide To Using Essential Oils At Home

Whether you buy ready-made products or choose to make them yourself at home, you can combine essential oils with hydrosols and carrier oils to create a personalised skincare solution for any skin type:

• Hydrosols are the distillate produced as a result of the steam distillation of essential oils. They contain the same properties as the essential oils, albeit in water form. They are excellent for cleansing and toning.
• Carrier oils are made from nuts, seeds and vegetables. They are packed full of essential fatty acids and vitamins, and are excellent for softening, protecting and preventing moisture loss. They make an excellent base for moisturising blends and serums. “The combination of oils we use are rich in Omegas 3, 6,7 and 9. Each of these are essential to skin health and function. Omegas maintain the flexibility of the cell wall allowing toxins out of the cell and nutrients and oxygen into the cell, enabling healing, detoxification, cell renewal and moisturising the skin,” adds Emma.

We’ve created a DIY Guide that gives you everything you need to know to create a basic essential oil skincare routine at home that includes: how to protect normal skin, balance oily or dry skin, reduce the appearance of fine lines and wrinkles, and help to treat congested skin or acne.

Protect, Moisturise And Hydrate Normal Skin

Considered the holy grail of skin types, normal skin is soft and supple, and has a natural glow. Essential oils of neroli, rose otto, geranium, Indian sandalwood, lavender or ylang ylang protect, moisturise and hydrate normal skin. These can be blended with carrier oils of apricot, jojoba wax or peach.

DIY daily care: To make a daily facial serum for normal skin, add 3 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with witch hazel hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.
Balance Oily Skin

Excessive production of sebum is advantageous in later years as oily skin ages much more slowly than dry skin. In younger years, this is no consolation for shiny skin that is prone to blemishes. While harsh astringents can exacerbate the problem, essential oils can help control the amount of sebum produced as well as the bacteria that can cause infection. Essential oils of cypress, geranium, bergamot, palmarosa, Kashmiri lavender and wild turmeric help to balance oily skin. Jojoba wax is one of the best carrier oils for oily skin; it can help to control the accumulation of excessive sebum and reportedly prevents its build up.

DIY Daily care:
To make a daily facial serum for oily skin, add 5 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with roman chamomile or neroli hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.

Help Seal In The Moisture For Dry Skin

Underactive sebaceous glands lead to dry skin. This occurs naturally as part of the aging process. Often dehydrated, dry skin needs help retaining moisture. Essential oils of rose, sandalwood, neroli, Indian rosewood and Jasminum sambac (a specific variety of jasmine) are excellent for protecting against moisture loss. Carrier oils of jojoba wax, avocado, wheatgerm, almond, apricot, peach, evening primrose and carrot are nourishing and softening.

DIY Daily care:
To make a daily facial serum for dry skin, add 3 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with rose hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.

Promote A Healthy And Youthful Complexion

Due to the degeneration of the elastin fibres in our skin over time, fine lines and wrinkles start to appear and gradually deepen. Cytophylactic and cicatrisant oils encourage the growth of skin cells and the formation of scar tissue that help to heal even older scars, reduce the appearance of wrinkles, and minimise other signs of premature aging. Essential oils of rose, frankincense, patchouli, everlasting, Jasminum sambac (a specific variety of jasmine) and sandalwood help to heal and rejuvenate
aging skin. Carrier oils of avocado, evening primrose, jojoba and rose hip also facilitate skin rejuvenation.

DIY Daily care:
To make a daily facial serum for dry skin, add 3 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with rose or witch hazel hydrosol, apply to face and neck in the morning and in the evening. Wait 5 minutes before applying makeup.

Heal And Soothe Acne

Acne can affect any age group and is the result of the complex interaction between hormones, keratinisation, sebum and bacteria, according to Salvatore Battaglia in his book The Complete Guide to Aromatherapy. Antiseptic and anti-inflammatory oils help reduce bacterial infection and associated inflammation. Essential oils of lavender, lemon, tea tree, sandalwood, wild turmeric and Indian lime help to treat the physical symptoms of acne as well as reduce stress, a common cause of the condition. Carrier oils of arnica, hazelnut, jojoba, kukui nut, rose hip and tamanu are nourishing, lightly astringent and do not leave the skin feeling greasy.

DIY Daily care:
To make a daily facial serum for dry skin, add 3 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with roman chamomile hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.

Radiant Beauty at Your Fingertips

Once you start using essential oils in your skincare you’ll notice a change to the feel and look of your skin within a few days, and a more noticeable change in texture and condition within a month, but this will depend largely on your skin condition and your overall health and wellbeing. Greater benefits are noticed over regular and long-term use.

Organic essential oils boast a diverse skincare portfolio. They smell good; they make you feel good; and they yield premium results. Whatever your skin condition, and with a natural pharmacy of over three hundred species from around the world to choose from, radiant beauty is only a few drops away!
DIY Daily Skincare Tips

Buy organic, wild-crafted or bio-dynamically sourced essential oils, hydrosols and carrier oils from reputable suppliers.

Essential oils are volatile so buy and store them in dark blue glass bottles to keep their molecules intact.

Cleanse your face twice in the evening. Once removes the dirt, twice deep cleans the pores. Apply serum to damp face and neck after toning to seal in the moisture.

Essential Oil Facts

Contemporary aromatherapy uses hydrosols, essential oils and carrier oils extracted from three hundred species of flora.

Not all plant species are aromatic. It is estimated that 20% of plant life on the planet contains essential oils.

Almost all essential oils are antifungal, antiviral and antibacterial, depending on their chemical constituents.
How to Make a Raw Face Scrub at Home

by Eliza Ceci

Of course we all know by now that the foods we eat create our cells and ultimately our health. I’ve never seen better results for the skin than eating a predominantly raw food diet. The natural enzymes, vitamins, minerals, antioxidants and so on are true food for beautiful, radiant and glowing skin. But what about the products we put on our skin? If we are taking massive care with what we put into our bodies via food, then why not put equal emphasis on what we put on our skin?

Toxins and The Skin

Our skin is like a big sponge. It sucks up everything that is applied onto it. Toxins in the products we use over-burden our liver and give it much too much work to do. The liver has such an important job of cleaning our blood and removing toxins to keep us healthy (among other chores). I certainly don’t want to disrupt my liver by making it work too hard, do you?

Organic Beauty Products

That is why I have gone the Renegade Beauty route as Nadine Artemis would say! I’ve thrown away the majority of my old products (which I checked against the Cosmetic Database and were full of carcinogens and toxins - eek!) and in their place I’ve chosen to make my own products where possible. As for my make-up, old habits die hard and I have been having fun testing out organic, vegan and less processed products from companies that use fewer ingredients and more importantly ones I can pronounce!
**“So Delicious You Could Eat It” Papaya & Pineapple Exfoliating Mask**

Here is my recipe to make an extremely effective, all-natural, home-made mask in minutes:

- 2 Chunks Fresh Pineapple
- 1 Ripe Papaya
- 1/2 teaspoon Raw Honey

Add all ingredients to your blender or mix by hand until a smooth consistency is achieved. Apply to your face for 5-10 minutes. Rinse with cool water. Apply your favourite moisturizer.

**Notes:**
Papaya is rich in vitamin C and enzymes that take away dead skin cells while the pineapple softens the skin and fights free radical damage! Adding in raw honey is wonderful for extra soothing and luxury! Enjoy the benefits of raw, natural, pure beauty without the fear of toxins.
Contributors
(in order of appearance)

Katie Rainbird
Katie Rainbird is in her final year of studies in Nutritional Medicine at a natural therapies college in Sydney, Australia.
Katie is passionate about using fresh, organic produce and upholding the naturopathic principles she has been taught to empower others to enter into their own healing relationship with food.

Melissa Fine
Melissa is in her second year at Nature Care College in Sydney, Australia. Having studied for a degree in English at Sydney’s Macquarie University, she’s now on her way to receiving an Advanced Diploma of Nutritional Medicine.
Four years ago she was overweight and uncomfortable in her skin. She then discovered health food blogs and the wonders of wholefoods for well-being….and today she is 11 kilos lighter and ready to share some health tips!

Stephanie Gadsden
Steph is in her final year of naturopathy at Endeavour College in Melbourne, Australia and is passionate about food, health and well-being.
She is an advocate for using the power of food (especially raw) to promote wellness and combat disease. Her particular interest lies in using complementary medicine and integrated approaches for mental health.
Christie Fischer

After years of self-education on food and nutrition, Christie is now studying Nutritional Medicine alongside Raw Food Nutrition in Sydney, Australia.

As a qualified holistic lifestyle coach and energetic raw foodie herself, she enjoys empowering others to make positive choices and changes in their own lives.

Matthew Gaffney

Matthew Gaffney is the author of The Chocolate Sundae Paradox and the creator of TheFeelGoodLounge.com.

Inspired by the pursuit of radiant health, Matt’s transformation went from a burger and pizza connoisseur to a radiant health connoisseur.

Matt features three of his raw Superfood elixirs in a natural foods store in Los Angeles under TheFeelGoodLounge label.

Alisha Waterman

Alisha is a Reiki Master and Practitioner, Makeup Artist and is currently studying to become a Naturopath in Sydney, Australia.

Alisha has an avid interest in the body’s ability to heal itself and is exploring the emotional, physical and spiritual ways in which a person can do this. Alisha has over 10 years’ experience in Learning & Development including supporting Adult Learners and those from At-Risk groups.

Stephanie Holland

Stephanie works alongside Tera Warner on The Raw Diva business as they endeavour to inspire, support and encourage you on your pathway to radiant health with raw food.

A keen aromatherapist, having studied in the land that nourishes all your senses (none other than the inimitable New Zealand), she is inspired by aroma and the power of essential oils to calm the mind, and heal the body and the spirit. She lives in London.

Eliza Ceci
Eliza Ceci, owner of PeaceOnMyPlate.com is a holistic health & self care coach helping women and girls overcome struggles with food & self worth.

Her passion has led her to create awareness & support for her clients around natural birthing, conscious conception, & holistic views of true, real beauty. She is inspired to teach her concept of radical self-love and has a deep mission to have all of our daughters learn self love with grace & ease.