

## NUTRITION GO WITH THE GLOW



# Eat, drink, rest well

be merry

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Most of us are overtired and overworked. But these dietary tips will give a healthy glow.

#### 1. Drink mineralised water

Water is essential for cells and organs to function optimally. Most people are chronically dehydrated and should drink at least 30 millilitres per kilogram of body weight daily. Drinking enough water gives you more energy, and can help with weight management, as hunger is often confused with thirst.

Additionally, when dehydrated, the body adapts by reabsorbing water from the colon, causing constipation, which could lead to poor health and skin.

Tap water is full of toxins and heavy metals that do not benefit the body, and distilled water lacks minerals, so I recommend mineralised water.

#### 2. Eat a rainbow of colours and at least five vegetable servings a day

The more colourful the fruit or

vegetable, the more nutrients it has. The orange colour of butternut squash, for example, is due to its high level of beta-carotene. Eat a variety of colours to get full benefits. For healthy skin and hair, try these specific compounds:

- Vitamin C helps in the formation of connective tissue.
- Biotin, a B vitamin found in peanuts and some fruit and vegetables, may improve hair growth.
- Silica, found in horsetail, alfalfa and many other fruit and vegetables, is an important component of collagen, the substance that gives skin its bounce.

#### 3. Load up on vitamin D

Vitamin D deficiency has been linked to many cancers, high blood pressure, heart disease, diabetes, depression, fibromyalgia, chronic muscle pain, bone loss and autoimmune diseases such as multiple sclerosis. Most people are deficient because they stay indoors, use sunblock and don't get enough D from the diet. Get a blood test for 25-hydroxy vitamin D and take supplements if necessary. It can

often take six to 10 months to get back to optimal levels.

#### 4. Get checked for food intolerances

The common ones are dairy, gluten, wheat, eggs and soya beans. Such intolerances can play a key role in many ailments. Discovering and treating intolerances can help with weight loss and boost energy levels, prevent headaches and irritable bowel syndrome. It can improve mood and autoimmune conditions.

#### 5. Ensure daily bowel movements

It's essential for health. The ideal is a bowel movement after every meal. With a lack of movement, the body reabsorbs toxins, leading to headaches, fatigue and poor skin. Simply drink enough water, eat enough fibre – found in wholegrains and vegetables – and exercise. Magnesium deficiency can also cause slow bowel movements.

#### 6. Drink green tea daily

Green tea has antioxidant compounds and is naturally detoxifying. Much research has shown the benefits of antioxidants, particularly in cancer prevention.

#### 7. Take fish oils daily

There is a vast amount of research that shows the benefits of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), compounds found in fish oil. EPA and DHA have been found to help with everything from preventing cardiovascular disease by lowering lipid levels to helping combat depression. They work by keeping cell walls healthy, which helps maintain healthy skin.

#### 8. Choose organic

Eating organic food is important to prevent a high intake of insecticides, hormones or antibiotics. Often the least contaminated fruit or vegetables are those with an outer layer that can be removed before eating, such as bananas or avocados. Also try to frequent local organic markets or use food-box deliveries.

#### 9. Get at least seven to nine hours sleep a night

Most people are sleep deprived. They wake up exhausted and use coffee to keep going. A study carried out over 14 days at the University of Pennsylvania showed that subjects

who had eight hours of sleep rarely suffered attention lapses and showed no cognitive decline over the study. Those in the four-hour and six-hour sleep group showed a steady decline in the same areas and, frighteningly, at the end of the study, felt that the lack of sleep was not affecting them.

Go to bed early. An hour's sleep before midnight is worth two after.

#### 10. Exercise

Exercise is well known for its cardiovascular, osteoporotic and other health benefits. It is detoxifying and improves the functioning of the organ systems. Regular exercise also helps prevent anxiety and depression, as it releases endorphins, also known as happy hormones. It even helps reduce the severity and frequency of hot flushes in menopausal women.

Even a simple exercise programme helps, such as a daily 30-minute walk.

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## RECIPE FOR HEALTH BREAKFAST SMOOTHIE

### A berried treasure for health and vitality

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This is a power smoothie that will boost your energy and spirits, pick you up in the morning and keep you going long into the day.

Protein is important in the morning as it helps stabilise blood sugar, which in turn helps the hormone-producing adrenal glands. Protein provides the building blocks for tissues

and organs, and good mood neurotransmitters.

Berries are filled with powerful antioxidants called polyphenols. Avocados contain healthy oils and spirulina detoxifies, alkalises and is a great source of nutrients.

Finally, flax seed in ground form is great for protecting the female reproductive organs and the male prostate gland from disease. It also helps keep cholesterol in a safe range, supports liver and gall bladder function, improves large bowel health, reverses fibrocystic

breast disease, possibly supports bone density and improves the texture and smoothness of skin.

Everything combined makes a great smoothie.

#### You'll need:

- 240ml-350ml soy, rice, almond or oat milk
- 2-4 tablespoons whey, rice or soy protein powder
- ¼ cup fresh or frozen berries
- ¼ avocado
- 1-2 teaspoon spirulina
- 1-2 tablespoon ground flax seeds

