



SLOW AGEING TODAY

20-pages to help you look & feel younger for longer!

TOP Santé

HEALTH & BEAUTY

TONE YOUR BUM

All in 6 simple moves!

HOW TO LOSE WEIGHT

Expert tips for low-carb living

- Boost collagen
- Reduce wrinkles
- Improve elasticity

With the NEW beauty device!

FIND HORMONAL BALANCE

Curb cravings & stay trim too!

YOUTH BOOSTING MEALS

5 quick + simple recipes for health & longevity



DAVINA McCALL

'My body is looking bang tidy!'

The TV star on positive ageing & loving life



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4.3 Average Review**
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"I cannot believe there is a product out there that actually works! This pen is amazing."


"At the first tingle of the cold sore I zap it ..honestly, it stops the virus in its tracks!!! Highly recommend!"

*From 3 years, self-administration from 12 years. **Based on 1,571 reviews 31/1/23

WELCOME!

If given the chance, would you turn back the clock to look, and feel, like you did 20 years ago? In her new book *Destination Fabulous*, author Anna Murphy, now in her 50s, recalled a conversation with a group of friends in their 20s and early 30s, all of whom were lamenting getting older and wanting to go back to when they felt they were at their "peak". Anna remained silent on the subject, until pressed, to which she replied that she wouldn't want to return to any previous age as she felt happier than ever. Shocked and intrigued, her friends asked how this could be? You can read more of Anna's story about finding contentment, a new sense of adventure, plus more purpose and passion in her 50s on page 58.

This seems to be the case with growing numbers of 50+ women, who feel free and energised at their "second spring", as menopause is referred to in Traditional Chinese Medicine. All of which makes me rather reluctant to admit that I've yet to discover this mindset; I confess, I'm still somewhat (OK, a lot) stuck in the past, holding on to how I looked 20, 10 and even five years ago, keenly feeling the passing of time with each new line and wrinkle. This is one of the reasons I've been testing a new LED face mask for this issue (see page 74), as although I want to embrace ageing as naturally as possible, I'm still up for trying anything that will improve the skin I'm in. My challenge, and perhaps it's yours, too, is leaning into growing older, letting go of the past and learning to love me as I am now, not how I used to be (I go into this more on page 98).

Someone who's doing this remarkably well is our cover star, Davina. She's clearly come through what can be an uncomfortable midlife transition looking and feeling amazing, providing inspiration for us all. If you have a positive ageing story to share, please connect with me on Instagram (see below). Enjoy the issue...

Katy Sunnasser x

 [instagram.com/thehealtheditor](https://www.instagram.com/thehealtheditor)



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IMAGE OF KATY: GEORGINA LITTLE PHOTOGRAPHY.



Read how cover star Davina McCall stays in shape physically and mentally. Page 14.

I share my thoughts on getting older and how midlife can be tricky. Page 98.

THE TOP SANTÉ MANIFESTO

We believe every woman has the ability to maximise her health and beauty at any age, regardless of health history.

With a balanced diet, effective exercise and a positive mindset, you can stay younger for longer, inside and out.

We'll bring you the latest information on wellbeing, fitness, food and beauty, empowering you to make informed choices now and for your future health.

What's gone before can't be undone or redone, so let's leave it in the past and focus on what can be changed today!

We're here to help you, one small step at a time.



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IMAGE: SHUTTERSTOCK.

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JULY 2023

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Frankie Bridge



FRANKIE BRIDGE IMAGE CREDIT: BILLIE SCHEEPERS

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VITABIOTICS



**QUEEN'S AWARD
4 TIMES WINNER**

TOP HEALTH

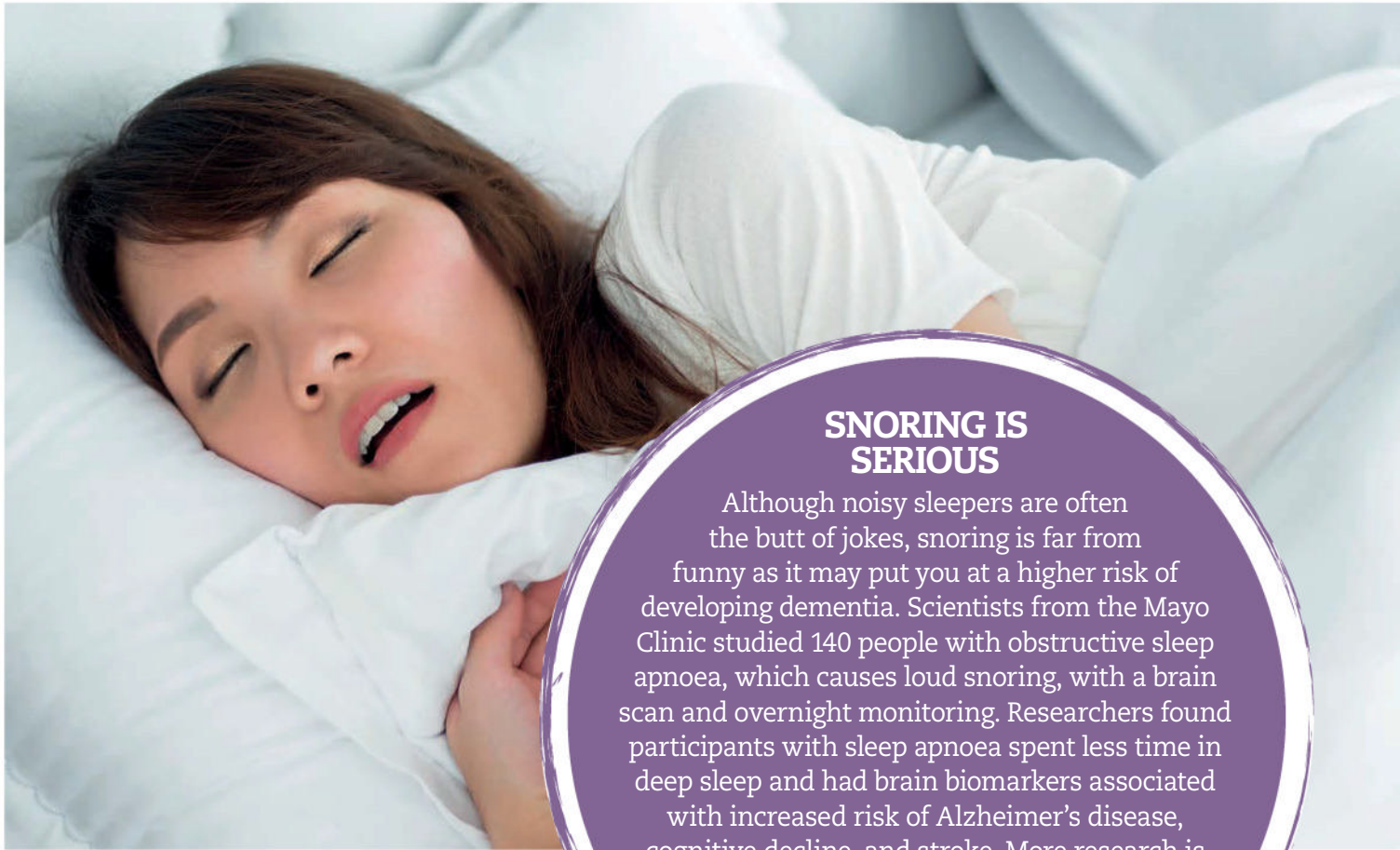
New studies, books, apps and more to help you stay well in mind and body.

ART BOOSTS WELLBEING

If you're feeling a bit blue, you can instantly elevate your mood with a dose of art, say scientists – and you needn't trek to an art gallery to get the benefits. Viewing art on a computer screen for a short time was enough to lower anxiety and boost mood, found researchers from the University of Vienna. In the study, 240 participants viewed an interactive Monet Water Lily exhibition. Afterwards, participants provided information about state of mind, how much pleasure was felt and how meaningful the experience was. Results showed significant improvements in mood and anxiety after just a few minutes of viewing online art. So, get scrolling through those Pinterest art collections!



‘According to scientists, you can instantly elevate your mood by looking at art.’

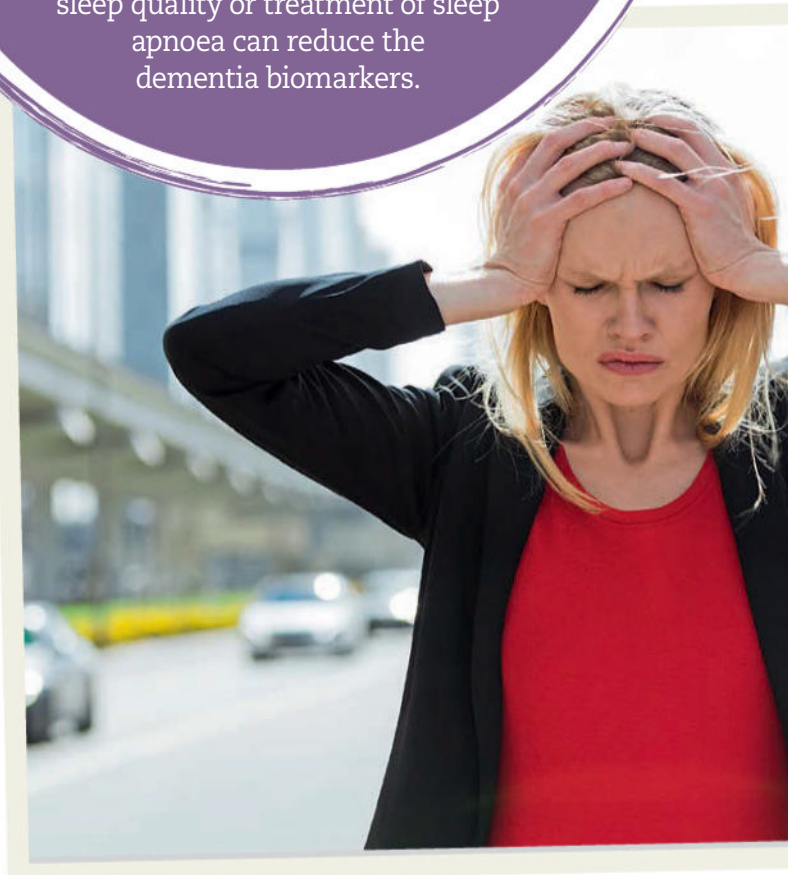
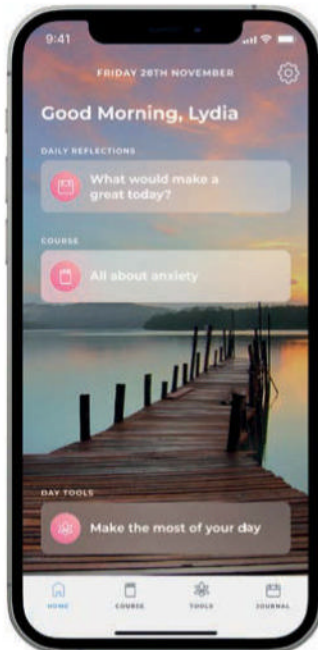
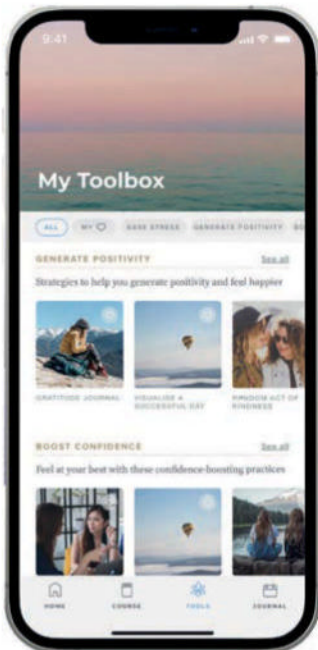


SNORING IS SERIOUS

Although noisy sleepers are often the butt of jokes, snoring is far from funny as it may put you at a higher risk of developing dementia. Scientists from the Mayo Clinic studied 140 people with obstructive sleep apnoea, which causes loud snoring, with a brain scan and overnight monitoring. Researchers found participants with sleep apnoea spent less time in deep sleep and had brain biomarkers associated with increased risk of Alzheimer's disease, cognitive decline, and stroke. More research is needed to find out whether improving sleep quality or treatment of sleep apnoea can reduce the dementia biomarkers.

APPY AND YOU KNOW IT

Understand your anxiety triggers and how to manage them with **Anxiety Solution** (Free trial then from £5.99, anxietysolution.app), which is based on the book of the same name by anxiety expert, Chloe Brotheridge. Tackle low self-esteem, racing thoughts, procrastination, social anxiety, insomnia and more using tried-and-tested CBT techniques, mindfulness meditations, stories and evening yoga.



NEW READ



Let's Talk About Loneliness: The Search for Connection in a Lonely World, by Simone Heng (£12.99, Hay House UK). Around 3.3 million Brits are chronically lonely, according to researchers, and this is linked to risk of heart disease, high blood pressure and dementia. Combining personal wisdom with the latest wellbeing research and practical tips, this new book will help you stay better connected. Learn how to create genuine relationships and how to nurture existing ones.



ANOTHER REASON TO EAT BROCCOLI!

Already known to help defend against type 2 diabetes and cancer, broccoli has been found by scientists to have yet more benefits. New research from Penn State University reveals the brassica contains molecules that protect the lining of your small intestine, thereby inhibiting the development of many diseases. Scientists fed mice a diet containing 15 per cent broccoli – equivalent to about three cups per day for humans. A control group wasn't given any broccoli. Results showed that those not eating broccoli had compromised gut health and were more prone to disease than those fed broccoli.



ROAD NOISE RAISES BLOOD PRESSURE – LITERALLY!

No, you're not imagining it. Hearing the continual roar of traffic and wailing sirens really does raise your blood pressure, according to the Journal of the American College of Cardiology. Researchers analysed data from more than 240,000 people, aged 40-69, who didn't have hypertension. They estimated road traffic noise based on residential addresses using a modeling tool. Then, participants were tracked for more than eight years to see how many developed hypertension. Results found people living near road traffic noise were more likely to develop hypertension, plus the risk increased with higher noise levels.

● Turn to page 38 to find out how you can reduce your exposure to noise pollution with plants!



TOP OF THE PODS

Listen in to frank, funny and illuminating conversations between two 50-something friends Liz and Michelle, in **Two Women Chatting** (twowomenchatting.com) as they discuss the highs and lows of life, plus ageing with positivity. The show has interesting insights from celebrity guests, including Angie Best, Lisa Snowdon, Melinda Messenger, Jo Elvin, Anthea Turner and Carolyn Harris MP.



KATY CURATES...

Editor-in-Chief Katy Sunnassee shares her latest favourite wellbeing finds. Connect with her at [instagram.com/thehealtheditor](https://www.instagram.com/thehealtheditor).



Dr PawPaw PAPANALURONIC range (from £6, [lookfantastic.com](https://www.lookfantastic.com)). This new range from Dr PawPaw provides the nourishing and soothing effects of papaya with eight hyaluronic acids plus bakuchiol, retinol and vitamins C and E in each of the products.

Loop Earplugs (from £19.95, [loopearplugs.com](https://www.loopearplugs.com)). Loop Earplugs' first seasonal collection, called Solstice, bring you the next generation of elevated earwear. These tiny buds are great for live music and events, noise sensitivity, focus, sleep, travel and more – all with bright, bold colours and a unique design.



ishga Muscle Recovery Oil (£41, [ishga.com](https://www.ishga.com)). Soothe your limbs after a workout with this gorgeous body oil that blends Hebridean seaweed extract with eucalyptus, may chang, peppermint, rosemary, lavender and rose geranium essential oils to increase circulation and soothe tired muscles. Almond and jojoba oils are nourishing and anti-inflammatory, too.





Take Stock Broths (£20.97 for 3 cartons, takestockfoods.com). This delicious broth is cooked using traditional methods in small batches, to extract all the flavour and nutrients from the ingredients. Choose from chicken, beef, fish or vegetable.

L'Occitane Immortelle Shea Youth Body Balm (£55, uk.loccitane.com).

This latest addition to the L'Occitane Immortelle range contains the brand's 100 per cent FairTrade shea butter and the flower that never fades, immortelle, which made the hand cream so popular. The immortelle flower is renowned for its antioxidant and intelligent ageing benefits.

● Turn to page 44 for our longevity special section including how to improve your skin!



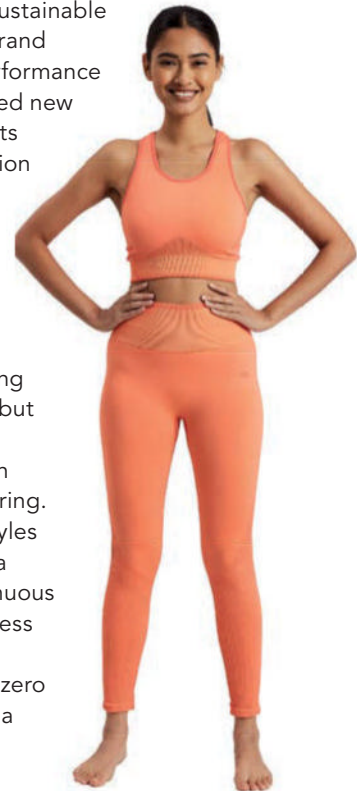
Known Advanced Hydrolysed Marine Collagen (from £29.99, knownnutrition.co.uk). These liquid collagen sachets are fully recyclable! Each box comes with a Freepost mailing bag. Simple fold in half to open and squeeze out the liquid containing 5g hydrolysed marine collagen, vitamins A, C and E, plus B5, flaxseed oil, bilberry, and pine bark extracts. ● See page 56 for more collagen supplements.



Marie Reynolds MRL Eye Collective (£76.80, mariereynoldslondon.com). This beautiful gift set includes two copper "Eye Balls" to reduce puffiness (keep them in the fridge for extra cooling), an Eye-Drate serum containing kukui and green coffee oil to soothe, protect and stimulate, plus five Eye Spa warming masks to help you relax.

UP Seamless Universal active leggings and matching bra top (£40 and £42, up.clothing).

Ethical and sustainable activewear brand Universal Performance (UP) has added new products to its latest collection that are made from organic cotton and bamboo. The fabric is not only strong and durable but it holds and supports with body contouring. All of UP's styles are made in a single, continuous knitting process making them seamless for zero chaffing and a better fit.





MY LIFE IN HEALTH

‘MY BODY IS LOOKING BANG TIDY!’

Davina McCall, 55, has been gracing our screens for three decades. Not only TV gold, she’s a much-loved fitness icon who’s passionate about exercise as well as championing menopause. The mum of three chats about her attitude to growing older – and wiser.

I don’t think you keep or lose confidence but I think you can keep and lose self-esteem. To me they are different things. I am a lot more confident now than I was in my 20s, 30s, and even 40s because I’m older and wiser – I love myself, warts and all! There is a big change that happens when you start loving yourself for all the good bits as well as also understand and accept that some of you needs working on. You always need to be prepared to work on the bits of yourself that you don’t like and to not give much attention to what anyone thinks about that.

As women, we are often critical of ourselves. But, and this is major, this morning I got up and I said to myself: “My body is looking bang tidy at the moment!” That’s because I’m exercising a bit more – four days a week rather than three – and I have also increased my strength training and it’s making me feel amazing!

It’s so important to include strength training when you work out, especially in midlife. Working out is great for your bones, heart, mental health and so much more. I am loving my yoga on Sundays, which

is always the last exercise session of the week for me. Yoga is literally the best way to start a Sunday and it really helps me physically and mentally to unwind and focus on the coming week.

Women often tell me they have no coordination when it comes to following exercise routines. My advice is not to worry and just to concentrate on keeping your body moving. The only way you get results is with consistency. And be sure not to miss doing a cool down post exercise as this isn’t just for your body to relax, it’s for your mind too.

'Things that used to bother me don't bother me as much now, or at all.'

I've got to give a shout-out to the influencers who have spent their youth taking photos of their cellulite to showcase their imperfections. Hand on heart, women such as Chessie King have made me feel a lot better about myself and my body. Since seeing influencers such as her online being out and proud about their bodies, I started wearing more shorts and miniskirts than I ever did in my 30s and 40s, or perhaps that's more about getting older and feeling more confident.

Have I got a bit more of a jelly belly now? Yes! I also have some crepey skin around the tops of my arms and my knees, but, overall, I like the way I feel, which comes from having body confidence. I feel strong and beautiful; being totally accepting of my imperfections is just part of who I am. What's interesting to me about getting older is that things that used to bother me really don't bother me as much or at all now.

Of course, my body shape has changed since my 20s but I love my body a lot more now than I ever did. We have been through a lot together including having three babies; that is why I appreciate it so much. In fact, I would write a love letter to my body saying: "Look at what you've done, you have been through so much and you are still here, thank you for delivering every day!"

I like smelling good and I always wear Molecule 01. People literally stop me in lifts to ask me what I'm wearing. As for skincare, I swear by Garnier Summer Body Gradual Tan Moisturiser. I start using it at the beginning of spring as I begin to get my arms and legs out more often.

I would say my look is low-key, but I've now reached an age where I feel as if I have to wear make-up every day. I always wear mascara and love using Natural Bronzer

Self-Tan Face Drops from Ambre Solaire. I put about 10 drops in my moisturiser to give me a bit of a glow. Also, even just curling my eyelashes, adding mascara and a little bit of lipstick makes me feel good, but sometimes just eyelashes is enough!

I never leave home without the mdlondon BLOW hairdryer. It's designed by Michael Douglas (founder of mdlondon and Davina's partner) who I love hanging out with – I'm so proud of him. The dryer is absolutely amazing. I'm being really honest when I say it is the best hairdryer I have ever used. I travel a lot and it's brilliant because it's small and light and it fits perfectly in the suitcase.

I have been drinking caffeine a lot and I love tea and coffee. I don't diet but I tend to not eat for 14 hours [between her last meal and the first one the next day], so I don't have breakfast, instead I have a brunch at maybe midday. I try to eat a very healthy balanced diet but of course I treat myself. I was on a couple of flights earlier in the year and was feeling jetlagged so didn't fast then, as it felt counterintuitive, but normally the fasting window works well for me, and I quite like working out on an empty stomach.

My job is hectic but when not at work my favourite way to relax is to walk. I love walking and I don't really care where I'm going, I just enjoy being out in nature. I also love a bath and I am obsessed with Badedas Indulgent Bath Gelee Original Bath Foam, which is so 70s and makes the bath look like a nuclear disaster but I like it – I cannot get enough of the smell!



Davina with Michael Douglas, creator of the BLOW hair dryer (£195, mdlondon.co.uk), which has been awarded the Quiet Mark. Michael's new launch is the STRAIT straightening irons (£109, available July at mdlondon.co.uk) with narrow and slim body and longer ironing plates with adjustable temperature control.







Healthy HOME

Transform your space with the latest kitchen gadgets, cleaning essentials and summer garden must-haves.



QUICK KETO COOKING

Following a low-carb diet? Create your own cauliflower rice in a flash with the **KitchenCraft Vegetable Rice -N- Slice** (£28.49, cookserveenjoy.com). Made from robust BPA-free plastic, this handy gadget works like a manual food processor to turn vegetables into fluffy, rice-sized grains. It's also ideal for finely chopping vegetables before adding them to salads or pasta sauces.

RAIN-RESISTANT FURNISHINGS

We've all been there: enjoying a summer garden party when the heavens open and you're left scrambling to bring in all the cushions, while getting drenched! Avoid the cushion dash with **Sewn Outdoor Cushions** (from £38, sewn-london.com). The washable cushions are resistant to rain, mould, UV, stains and fading, as well as being lightweight, breathable and super comfy. Available in seven designs.



SMART OUTDOOR LIGHTING

Brighten up your garden with the **4lite Festoon Lighting Range** (from £34.99, screwfix.com). Combining durability and style, the new heavy-duty outdoor lights are weatherproof and feature built-in hanging rings so you can easily fix them to fences or pergolas. You can also use the Festoon Light Holders with 4lite's A60 smart bulbs, which allow you to control the lights from your smartphone or smart home device.



WORDS: LILY SMITH. IMAGES: VARIOUS BRANDS.

Colourful crockery

Add a splash of colour to your garden party table with the **Sur La Table Colour Me Happy** range (from £8, puretabletop.com), created in partnership with certified B Corp company, Pure Table Top. Combining bold hues of blue, green, orange and yellow, the range features bright glassware and ceramics that have been created responsibly and sustainably.



ECO OUTDOOR COOKING

Dusting off your BBQ, pizza oven or firepit? Create a cleaner burn with **EcoBlaze Natural Firelighters** (£18.99, amazon.co.uk). Made in the UK using sustainable spruce strips and wool, these eco-friendly firelighters are dipped in wax to create a more efficient burn. Plus, unlike traditional firelighters, they won't emit any nasty odours or chemicals.



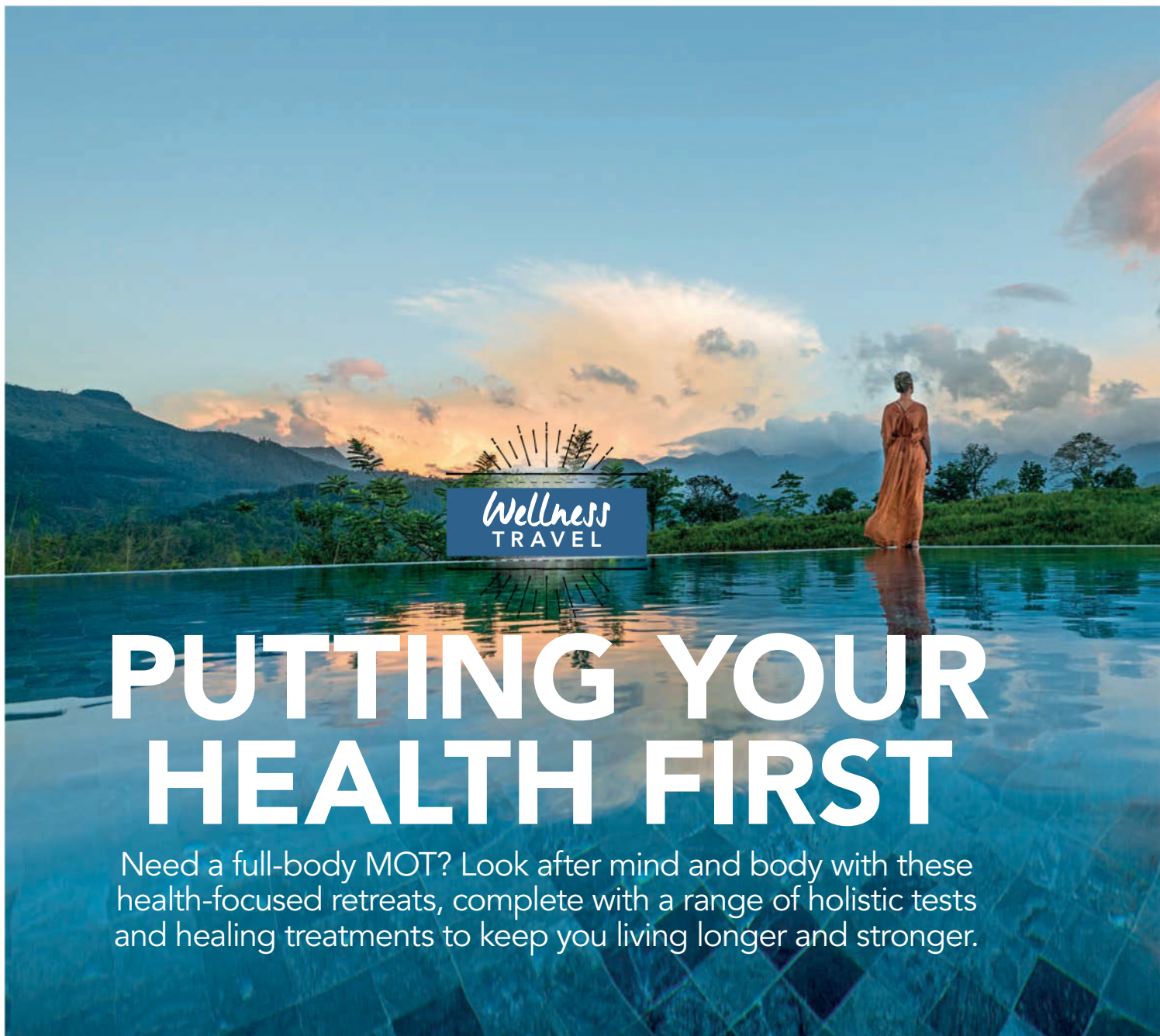
CLEAN UP YOUR LAUNDRY ROUTINE

Wilton Eco Laundry Capsules (£8.50, sainsburys.co.uk) contain essential oils and fight even the most stubborn stains to leave your laundry luxuriously fresh. Available in jasmine or patchouli, the capsules are dissolvable, biodegradable and come in plastic-free packaging.



SLEEPY SKINCARE

Upgrade your nighttime skincare routine with the **Owl Lark** range featuring **lonsilk™** (from £61.95 for 2 pillows, owllark.com). Woven from super-soft, hypoallergenic and naturally cooling eucalyptus silk, the bedding is durably infused with Polygiene StayFresh technology, which works to actively kill 99.97 per cent of microbes without disrupting your skin's natural flora.



PUTTING YOUR HEALTH FIRST

Need a full-body MOT? Look after mind and body with these health-focused retreats, complete with a range of holistic tests and healing treatments to keep you living longer and stronger.

Experience Ayurveda in Sri Lanka

WHAT: Personal Dosha Ayurveda Retreat at Santani Wellness Resort & Spa

WHERE: Sri Lanka

WHEN: Ongoing offer

PRICE: From £2,790 per person based on two sharing for 7-night stay (inc full board and return private transfers)

WEBSITE: healthandfitnessstravel.com

Always wanted to learn more about the benefits of Ayurveda? This is the retreat for you. Ideal for those with

specific health conditions such as arthritis, sciatica, spondylosis, psoriasis, eczema or respiratory tract disorder – or for anyone looking to generally improve their health and wellbeing – the Personal Dosha Ayurveda Retreat aims to alleviate your physical symptoms and encourage preventative healing through a bespoke Ayurvedic treatment regime.

After consulting with the doctor to establish your body type, lifestyle goals and dosha (in Ayurveda, this is

your unique mind-body type, which can lead to different health problems), you will enjoy daily yoga and meditation sessions, luxurious 90-minute spa treatments (every day!), cleansing herbal medications and detoxes, guided walks, plus full use of the steam room, sauna and pool. You'll also enjoy a personalised vegetarian or raw food meal plan according to your body's needs, to cleanse your digestive system and promote healing from within.



WORDS: LILY SMITH. IMAGES: VARIOUS RETREATS.





Slow the ageing process in Spain

WHAT: Healthy Ageing Woman

Retreat at SHA Wellness Clinic

WHERE: Alicante, Spain

WHEN: Ongoing offer

PRICE: From £8,900 per person based on two sharing for 7-night stay (inc full board and return private transfers)

WEBSITE: healthandfitnesstravel.com

Get a full picture of your health at Europe's premier medical wellness spa resort, SHA Wellness Clinic. Designed with menopausal women in mind, the programme aims to reduce sleeping problems, weight gain and hormonal imbalances, to leave you feeling healthier and happier as you advance in years.

Using a 360-degree approach that fuses the medical with the holistic, the team will create a bespoke programme for your stay, following a full set of comprehensive medical tests and wellbeing consultations. With a personalised meal plan, rejuvenating wellness therapies and enriching talks with experienced consultants, you're sure to return home equipped with all the knowledge you need to look after your mind and body and to promote longevity.



Regenerate your body in the Alps

WHAT: The Regeneration Retreat by Shine Retreats

WHERE: Tuscany, Italy

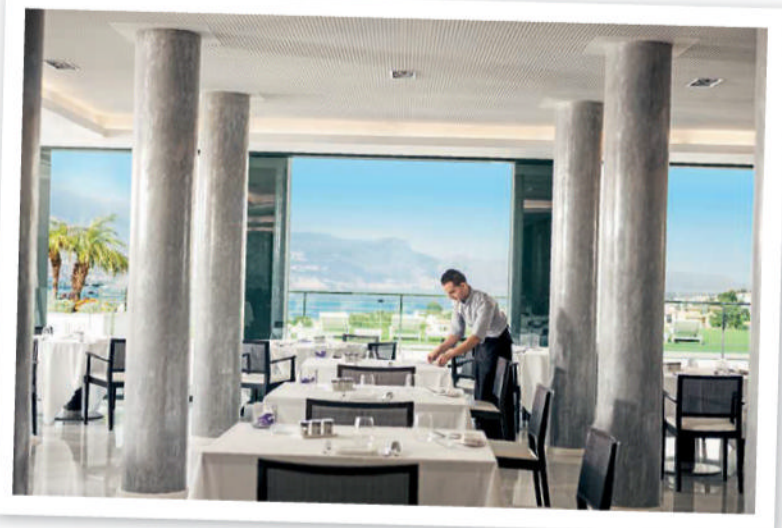
WHEN: September 4-11

PRICE: From £1,700 per person

WEBSITE: retreats.shineholistic.co.uk

Set in a beautiful Tuscan farmhouse in the idyllic Italian countryside, Shine's seven-day Regeneration Retreat will see you embark on a week-long journey of recovery, complete with nutritious meals, daily treatments and personal guidance from a team of health professionals, plus plenty of time to relax.

During your stay, you'll experience the healing power of the five-day Regeneration Diet, created by nutritionist Michelle McKenzie, which provides all the health benefits of fasting, while still being fed three wholefood, nutrient-rich, balanced meals each day. This specialised fasting method kick-starts cellular autophagy, whereby your body clears itself of damaged cells. You'll leave the retreat with the knowledge and confidence to repeat the process at home, thus continuing to build on your body's own natural healing ability.



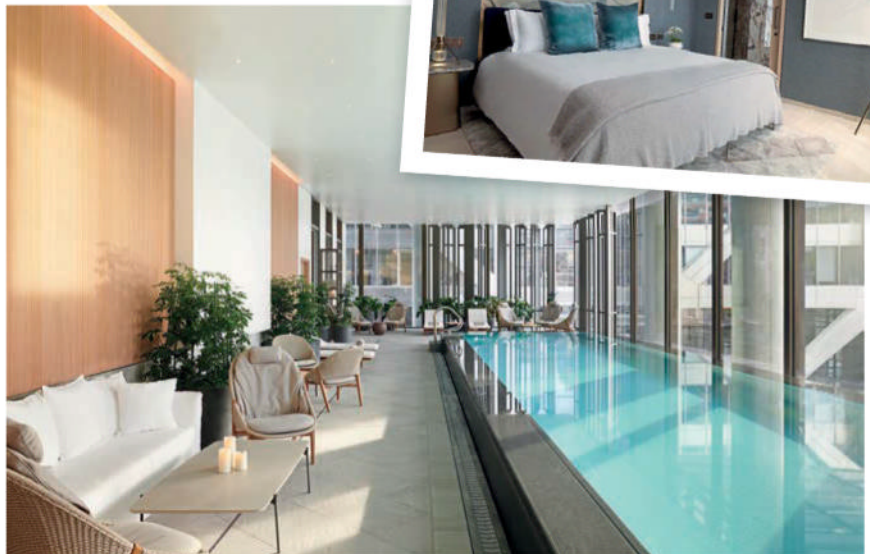


Have a full-body MOT in London

WHAT: MOT Experience at Pan Pacific
WHERE: London
WHEN: Ongoing offer
PRICE: Body MOT from £350 per person. Overnight stays from £520
WEBSITE: panpacificlondon.com

Supervised by the hotel's resident wellbeing experts, the Body MOT Experience takes place in the UK's most technologically advanced gym. Utilising world-leading tech, the experience involves a range of in-depth analytic tests, starting with the Pnoe, an automatic VO2 and metabolic analysing system, which investigates your heart, lung, muscular and neuromuscular function.

Next, you'll make use of the hotel's signature D-Wall, which captures and assesses your body's motions using 3D cameras and sensors. For the final step, Pan Pacific London's in-house nutritionist will work with you to



conduct a food intolerance and allergy test.

At the end of the Body MOT, you will be presented with a detailed 360-degree report on the status of your health and body, allowing you to move forward and make considered and fully informed decisions about what will benefit you most.

After your session, you can also make use of the impressive facilities that The Wellbeing Floor has to offer, including an infinity pool, sauna and steam room. Fancy extending your visit? Book a luxurious overnight stay in a deluxe room or suite and nourish your body with a meal from one of six on-site food and drink outlets.

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‘WHAT *flamenco* TAUGHT ME ABOUT MIDLIFE’

Author and motivational speaker Sarah Aviram, 41, was on holiday in Spain in January 2020 when she discovered how powerful midlife could be – in the middle of a dance performance!

AS I WATCHED THE flamenco dancers on stage in Valencia, Spain, I was mesmerised by the passion and intensity with which they moved their bodies. They conveyed a depth of emotion that seemed to come from something beyond the music – from deep within their soul. And it intrigued me to notice that they seemed older than the typical female dancers seen on stages around the world. It was then that I learned the secret of flamenco dancing: that female dancers must reach a certain level of emotional maturity to convey the “duende” of the genre, with duende

meaning a heightened state of expression and authenticity. That’s why many flamenco dancers don’t reach their peak until their 30s or later, and continue performing well into their 50s and beyond.

I couldn’t help but think how incredible it would be to live a life full of duende – to make decisions, take actions and express emotions that are deeply and authentically yours. To look forward to midlife and beyond because you know that the more experiences you have and knowledge you acquire, the more connected you will be to your true spirit.



WORDS: SARAH AVIRAM. IMAGES: EITAN TOKER (PICTURES OF SARAH) AND SHOTTERSTOCK



Dream big

Try Sarah's tips for envisaging the second half of your life as the best half of your life!

Step 1: Write a list of all the things you would love to accomplish. Write the statements in the present tense to make them feel even more tangible. You can include dreams for all areas of your life or focus on one at a time. Here are a variety of examples to inspire your thinking:

- I work for an organisation with values that inspires me daily.
- I combine my love for fitness and nature to create an outdoor adventure company.
- I am a highly paid public speaker on mindfulness and stress reduction.
- I'm taking part in my first 5K.
- I'm carving out a new identity and getting fitter and healthier.

Step 2: To help you dream bigger, write down 10 things you would do if you had no fear of judgement or criticism. You don't need currently to have the skills or knowledge on the subject to list it as a dream.

Step 3: Create a list of how you want to feel i.e. energised, inspired, excited. Imagine feeling those emotions and note down what experiences might make you feel like that.

Step 4: Imagine you're being featured in an article called "Women Who Peaked in MidLife". Write about your life as if you are that woman being profiled. Explain the setbacks and failures as the obstacles you needed to overcome. Share the proud milestones and successes you had along the way and how they made you feel.

Include the people who helped you or may have held you back; the best friend or mentor that believed in your potential and supported you or gave you an opportunity. Write about how you persisted because you wanted more. And finally, and most importantly, describe how you feel now at this point in your life.



PEAKING LATER IN LIFE

I was thrilled to see *Forbes'* 50 over 50 list in 2022 as, finally, businesswomen were being acknowledged for the depth of their experience, not just the speed. It's easy for women to assume that they're past their prime in midlife but what if instead we celebrated peaking later?

The truth is, you can peak at any age, and you can peak multiple times in life, and in different careers or industries. You're never too senior to try a new experience, develop new skills, or even refresh old ones.

When I watched those flamenco dancers, I realised that I too wanted to live a life full of duende, to express myself authentically and from my soul. And to share my knowledge with others based on my life experiences.

This realisation was the spark that began my second career of being an author, speaker and entrepreneur focused on re-motivating people at



work and beyond. It led to me to write a best-selling book, move to Mexico City, and build a business based on helping others thrive in their careers.

It's never too late to create the life you want, full of passion and

purpose. When you need a reminder of what's possible, go see a flamenco show and let it ignite your own authentic expression. Then go write down your new goals and take action toward achieving them!

Sarah Aviram is a former Fortune 500 Human Resources leader. After working remotely from 12 countries in 12 months, she wrote bestselling book, *Remotivation: The Remote Worker's Ultimate Guide to Life-Changing Fulfillment*. Sarah is an international keynote speaker, TEDx speaker and workshop facilitator on the topic of motivation in the new era of work. Learn more at sarahaviram.com.



YOUR HORMONE- HEALING DIET

The food you eat not only affects your weight and mood but your hormones, too. Functional nutritionist Pauline Cox reveals how to help balance your hormones in her new book, *Hungry Woman*, and shares her favourite insulin-balancing recipes.

FOOD IS NOT JUST FUEL. Food talks to our hormones and this little chat ends up directing us to gain weight, lose weight, lose sleep, feel great, feel terrible... you name it, hormones are involved and they are hugely influenced by the food we eat. And our bodies will choose to burn fat for fuel when glucose is not an option.

In other words, we turn to this incredible reserve of fuel we are carrying around with us, conveniently stored on our butts and hips, ready to burn and give us the energy we need to get going for the day. However – and here is the kicker – if we have a continuous presence of glucose and insulin, that reserve of fat stays decidedly put. Insulin will keep attempting to push more and more glucose into the cells, with any excess being converted into fat.

When we eat food with a high-carb load, this is efficiently broken down into glucose. The glucose from bread, pasta, porridge, croissants or cream cakes is mopped up by insulin and sent packing into the brain and muscle cells for energy, with the excess sent to the fat cells to be stored as fat.

CHRONIC CARBI-VORE

Our love of carbohydrates comes from the heady rush of sugar that swiftly follows the ingestion of these highly palatable foods. The glucose high is enthusiastically mopped up from the bloodstream and presented to the cells of the body to use for fuel. This sees us going from the dizzying heights of our sugar bliss to the plummeting lows.

Our delight for sweet food comes from our drive to survive. This sweet tooth would have served its purpose in the days of our ancestors. However, the endless shelves of packaged, artificially sweetened, highly processed and highly addictive foods that grace our modern-day food environment require us to become deafened to the incessant demands of our caveman genes as they go into a near frenzy, screaming at the top of their voices that we must stockpile more of this sweet stuff. As we give in to these deep-set desires, we feel our health spiralling downwards and our desire for the sweet stuff skyrocketing.

The recipes in my new book will help you rebalance your hormones and feel satisfied so you can avoid this carb rollercoaster...



TRY PAULINE'S HORMONE- BALANCING RECIPES

RED VELVET

Nitrate-rich foods such as beetroot are incredibly important for building nitric oxide, a key compound for increasing blood flow to the skin, vagina and pelvic organs, which optimises cardiovascular health, mental clarity, healing and recovery from injury.

Makes 12 small pancakes

- 5-6 wedges of cold, roasted beetroot
- Handful of frozen raspberries
- 2 tbsp cacao powder
- 400ml unsweetened nut milk
- 1 tsp mushroom powder – I use lion's mane (optional)
- 1 tbsp collagen peptides (optional)
- 1 tbsp maca powder (optional)

TO SERVE

- Seeds and crushed nuts of choice

1 Add all the ingredients to a blender and combine until smooth. Finish with some seeds and crushed nuts of choice on top (pecans work well!).





SUPER GREEN CAULI-RICE RISOTTO

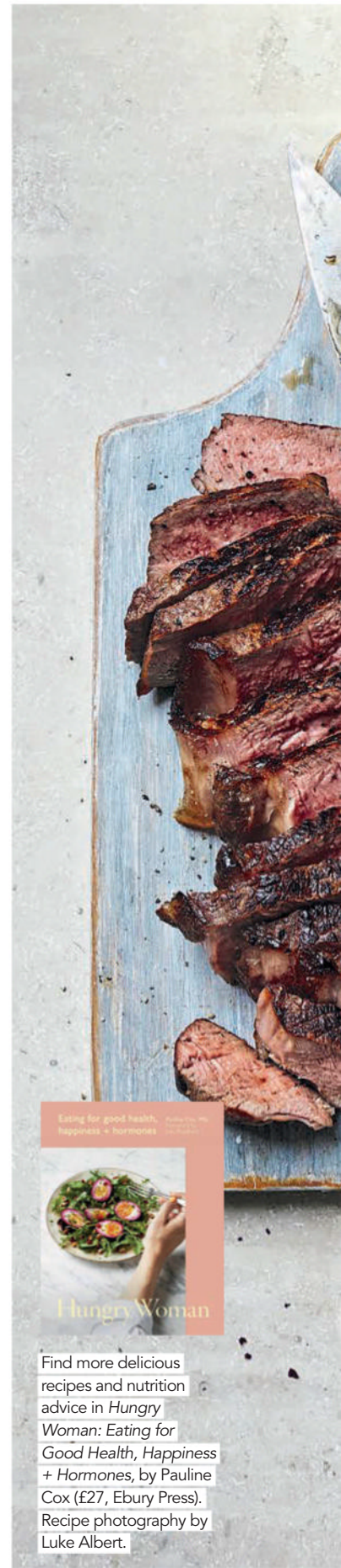
The fibre-packed, low-carb version of a classic is speedy, delicious and healthy, full of potassium and magnesium and is oh-so good for you.

Serves 2

- Coconut oil, for frying
- 1 white onion, diced
- 1 garlic clove, minced
- 1 leek, sliced and washed
- 2 small courgettes, chopped
- 400g cauli-rice
- 150ml veggie stock or bone broth or 4 ice cubes of frozen bone broth
- ½ bag of spinach
- ½ bag of kale, chopped with stalks removed
- 30g nutritional yeast, plus extra to serve
- Drizzle olive oil

- Handful sunflower seeds and pumpkin seeds
- Chopped fresh herbs of choice
- Good pinch beetroot salt

- 1 Add a little coconut oil to a large pan and sauté the onion, garlic, leek and courgettes until soft and brown. Add in the cauli-rice and cook with the veggie mix for a few mins before adding the stock.
- 2 Add the spinach and chopped kale, allowing it to wilt into the cauli-rice mix.
- 3 Take half of the veggie-cauli mix and add to a blender, then combine until smooth.
- 4 Reintroduce the smooth mix back to the remaining half of the veggie-cauli mix and stir in the nutritional yeast before plating up.
- 5 Drizzle with olive oil, toss on the seeds and chopped herbs, beetroot salt and an extra sprinkle of nutritional yeast.



Find more delicious recipes and nutrition advice in *Hungry Woman: Eating for Good Health, Happiness + Hormones*, by Pauline Cox (£27, Ebury Press). Recipe photography by Luke Albert.

BEETROOT-SALTED STEAK, MACADAMIA NUTS AND RASPBERRY BLUSH VINAIGRETTE

This simple steak is elevated to tangy heights with the addition of the raspberry blush vinaigrette.

Serves 2

- 2 beef steaks
- Ghee, butter or olive oil, for frying
- 100g mixed leaves
- 1 red onion, thinly sliced
- Handful salted macadamia nuts
- Raspberry blush vinaigrette
- A good pinch beetroot salt

- 1 Take the beef steaks out of the fridge 30 mins prior to cooking them.
- 2 Heat a pan and add some ghee, butter or olive oil. Get the pan nice and hot before adding the steak and cooking it on one side for 2-3 mins (depending on how you like it cooked). Don't touch it while it cooks.
- 3 Meanwhile, place the prepared leaves onto plates and toss over the sliced red onion.
- 4 Turn the steak and cook on the other side for 2-3 mins before removing from the heat and leaving to rest for 15-20 mins. Slice an avocado to serve.
- 5 Slice the steaks on a 45-degree angle and place on plates. Sprinkle on the macadamia nuts, drizzle the vinaigrette and finish with a pinch of beetroot salt.

RASPBERRY BLUSH VINAIGRETTE

This salad dressing is delicious on grilled goat's cheese, steak or to liven up any salad! Full of antioxidants and vitamin C (for building progesterone), it's worth making a batch and having it to hand in the fridge.

- 100g raspberries (approx 10-12 of the berries)
- 60ml extra virgin olive oil
- 1 lime, juiced
- 20ml balsamic vinegar
- 20ml beet kvass (optional)
- 1 tsp salt (ideally beetroot salt)

- 1 Add all of the ingredients to a blender and combine. Transfer to a clean glass jar with a lid. Keep in the fridge and use within three days.

To learn more about optimising blood sugars, reversing insulin resistance and the beneficial impact keto can have on longevity and hormonal health, scan the QR code to order the book.



POWER UP WITH *plants!*

From growing vitamin-packed herbs in a window box to the mood-boosting scent of floral blooms, everything you need for a feel-good lift can be found in your garden or local park. Discover mental and physical health benefits of cultivating plants in new book, *How Plants Can Save Your Life*, by Dr Ross Cameron, landscape architecture expert at Sheffield University and advisor to the Royal Horticultural Society.



WORDS: DR ROSS CAMERON. PHOTOGRAPHS: SHUTTERSTOCK.

A woman with blonde hair, wearing a light-colored hat, a grey long-sleeved shirt, and blue denim overalls, is kneeling in a garden. She is wearing green gardening gloves and is focused on working with a plant in a pot. The background is a lush green garden with trees and foliage.

Boost your mood with scent

Your sense of smell is processed by the brain's limbic system, which also determines memory and emotions. So, scent is a powerful mood enhancer. Use this positively in the garden and house to take yourself away from the mundane and the stressful.

GROW THIS: Flower perfumes can prompt positive memories, especially honeysuckle or jasmines, as well as roses. Also, reawaken memories of Mediterranean holidays with lavender and sage.

Grow your own superfood

Plants provide carbohydrates, proteins, fats, fibre, essential minerals and vitamins. But some contain greater quantities or more beneficial forms. So-called superfood plants have enhanced antioxidant behaviour, protecting cells and increasing immunity to disease. Growing your own food means it's flavourful and fresh – and ensures beneficial compounds don't degrade before you eat them.

GROW THIS: The leafy common cabbage and relatives (cauliflower, red cabbage, Brussels sprouts, kale and broccoli) are linked to cancer prevention, anti-inflammatory actions, bone strength and lowering cholesterol. Berries, peas, pulses, nuts, seeds, garlic and sweet potato are also nutrient-rich.

Keep fit by gardening

Physical inactivity is the fourth most common cause of premature death, and the cause of numerous preventable physical and mental disorders. Gardening is a great way to include frequent short bursts of movement into your routine to help keep your body in good condition.

DO THIS: Pushing a lawnmower, vigorously raking leaves or digging the soil burns about 400 calories per hour and improves cardiovascular performance, muscle and bone strength.

Gardening can also reduce the risk of osteoporosis in later life and protect against dementia.



A woman with long brown hair in a braid, wearing a white t-shirt and dark overalls, is smiling and tending to a garden. She is using blue-handled scissors to trim a lavender plant. The background shows a wooden fence and trees under a bright, sunny sky.

Breathe easy with plant purifiers

Not only do pollutants damage your lungs but small particles absorb into your bloodstream, causing cardiovascular disease. Reducing emissions is the answer but for now plants can mitigate effects by becoming a barrier between pollution, for example a road, and your home. Plants also filter out pollutants by adhering particles to their leaves and absorbing or deactivating some compounds.

PLANT THIS: Plants of varying height and density with many small, closely spaced leaves, such as a hedge, work best as a barrier. For indoors, choose plants with large leaves and strong transpiration rates, such as heartleaf philodendron or Swiss cheese plant.

Create a haven of noise reduction

Persistent or loud noises, such as road traffic, aircraft, barking dogs or noisy neighbours can negatively affect your sleep and even heart health. It can make you anxious, irritable and exhausted, but plants can help.

GROW THIS: Plants muffle noise by absorbing, reflecting and disrupting sound-wave patterns. Position plants between you and the noise source. Fine-leaved cedars deal with low-frequency sound waves of traffic. Broader-leaved evergreens (try *Prunus laurocerasus*) absorb high-frequency electrical noise. Grow climbers on exterior house walls to stop incoming noise reverberating.

Grow immunity-boosters in a window box

Herbs not only improve the aroma and flavour of staple foods but also protect from acute disease. Their leaves contain antioxidants, plus alkaloids, phenolic diterpenes, flavonoids and polyphenols – substances that inhibit inflammatory responses and prevent cell malfunction. These compounds also regulate mood and lower cholesterol.

GROW THIS: A window box of herbs will give you easy access to these healthful culinary plants. Try growing oregano (*Origanum vulgare*), parsley (*Petroselinum crispum*), dill (*Anethum graveolens*), basil (*Ocimum basilicum*), sage (*Salvia officinalis*) and rosemary (*Salvia rosmarinus*). Furnish garden paths with thyme (*Thymus*).



Find more helpful hints in *How Plants Can Save Your Life: 50 Inspirational Ideas for Planting and Growing*, by Dr Ross Cameron

(£25, Greenfinch), out now.

Other helpers...

It's not only the plants that help your wellbeing – there are other sights and sounds in nature that can help reduce stress and encourage a brighter outlook.

BIRDWATCH FOR MENTAL HEALTH

Birds bring vitality and colour to your garden. Devote a few minutes a day to observing them and you'll quickly become hooked on their antics. Many people find birdwatching fundamental to better mental health.

DO THIS: Position a bird feeder where you can watch your feathered companions, but provide security by planting a dense shrub about 2-3m away. Evergreen shrubs, such as holly provide sanctuary during the winter months. Rowan is a bird magnet, especially native rowan (*Sorbus aucuparia*).

CREATE STRESS-REDUCING SOUNDS

A trickling water feature is extremely relaxing. People are entranced by the sound of water, as both the calming sound and the visual movement are restorative.

TRY THIS: Enjoy the relaxing sound of moving water by creating a small water feature. Garden centres and online shops have something to suit most budgets, including the classic pond with a fountain, mini-waterfall, pebble pool or smaller ornament.

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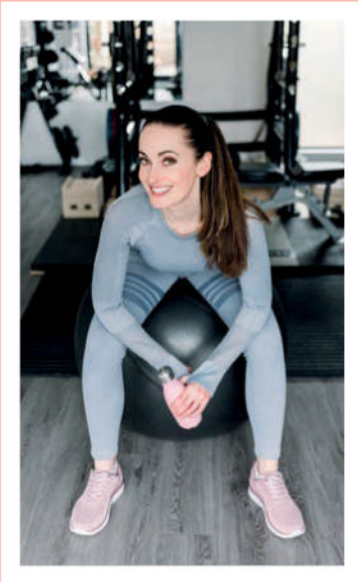
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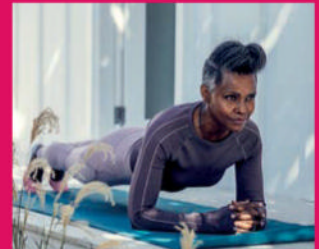
‘Subscribing to Top Santé is a great way to keep abreast of the latest health advice, and is also a thoughtful gift for a friend or relative! Every issue is packed with health, beauty, nutrition and fitness ideas aimed at midlife women, to keep you feeling and looking good.’ *Katy x*



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The magic of your metabolism

Optimise it, lose weight
and increase energy levels with
Germany's No.1 meal replacement.



David McCarthy

*Professor Emeritus Nutrition and
Health, London Metropolitan University*

You've probably heard at one time or another someone say, "I have a slow metabolism and that's why I seem to gain weight". You may have even thought that it applied to you. Establishing whether this is true and if so, finding ways to boost it and thereby burn more calories, certainly appears to be a worthwhile exercise.

Metabolism is the process by which our body converts food into essential energy we need to do anything from breathing, moving, to the renewal and maintenance of all our cells. As much as metabolism is linked to weight, nutritional intake also plays a fundamental role in this process. Given these influencing factors on body weight, the question posed is whether we can consume the very best nutrition which optimises our metabolism for the benefit our overall health, wellbeing, and physical form? The answer can be found in Almased®.

The secret is in the science

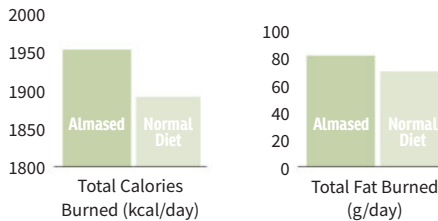
With more than 30 years of clinical research, renowned global scientists and medical journals have showcased the benefits of Almased® for weight loss and lasting weight maintenance. Ground-breaking clinical testing has found that even when compared to a low-fat, reduced-calorie diet, people who used Almased® achieved greater reduction in body weight, body fat and unhealthy abdominal fat, all while positively retaining essential muscle², without feeling hungry.

So unique is the product, the very latest clinical testing from North America has shown that when compared to a normal 2,000 calorie diet, healthy women who consumed Almased® burned a greater number of calories and most significantly, a greater amount of fat³ – all the result of superior improvements to the functioning of the body's metabolism⁴.



Experience the Almased® effect

Over a 32-hour period, nineteen healthy women had their calorie intake and calorie output measured in a state-of-the-art energy expenditure chamber (An Almased®-only diet was compared to a normal 2,000 calorie diet). The results were truly remarkable.



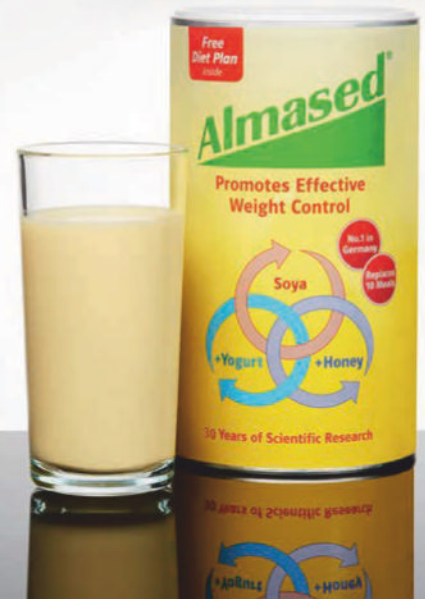
Consuming Almased® resulted in...

More calories burned

Increased fat burning

Negative fat balance: more fat was lost than consumed.

These first of their kind findings, confirm how consuming Almased® as a meal replacement results in greater daily calorie expenditure and greater fat burning when compared to a normal diet, thus playing a hugely significant role in successful weight loss for anyone taking Almased® in their daily diet. Professor David McCarthy explains that results such as these further underscore Almased®'s global reputation and position as Germany's No.1 meal replacement for weight loss and long-term weight maintenance without the dreaded yo-yo effect.



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Almased® can be used to replace any of your daily meals. Mix 50g of Almased® with 200-350ml of water or 200ml of low-fat milk and 2tsp of oil rich in essential fatty acids (e.g. olive, flaxseed, rapeseed or walnut). Both our **14-Day** and **Long-Term Plan** can be tailored to help you achieve your own weight loss goal.

Visit www.almased.co.uk to find out more or use the QR code.



*Euromonitor International (2020). 1. Deibert, P et al (2004). Intl. Journal of Obesity; 28(10):1349-52 2. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78. 3. Oliveira, C et al (2020). Poster presented at: Canadian Nutrition Society 2020 Annual Conference; 2020 May 7-13. 4. Vitamin B12 and Biotin contributes to normal energy-yielding metabolism. 5. Folate contributes to the reduction of tiredness and fatigue. †Reader's Digest. Trusted Brands 2020. Germany. Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss.

LIVE BETTER FOR LONGER!

Our 20-page special on longevity looks at the latest buzzword in the wellbeing world, why excess weight can shorten lifespan, the collagen supplements to support your body, an opinion piece on embracing life post-menopause, plus simple exercise tweaks to keep you youthful.



BEAT YOUR CHANCES OF A STROKE

Leading a healthy lifestyle has been found to almost halve your chances of having a stroke, even if your genetics put you in a higher risk category. Researchers at The University of Texas tracked the heart health and lifestyles of around 11,500 middle-aged people for 30 years. Those that followed advice to eat better, exercise, quit smoking, lose excess weight, reduce blood pressure, lower cholesterol and reduce sugar intake, decreased their stroke risk. Even those with a genetic disposition for a stroke reduced their risk by as much as 45 per cent.

WORDS: KATY SUNNASSEE. IMAGES: SHUTTERSTOCK, VARIOUS BRANDS.



GO FOR BLACK GARLIC

If you want to stay younger for longer, start eating black garlic. Research carried out at Manchester Metropolitan University suggests black garlic may help maintain good heart and brain function, lower cholesterol, improve circulation and protect your immune system. It can also help stave off neuro-degenerative conditions such as Alzheimer's. It may also slow signs of ageing due to its ability to inhibit glycation – when sugar reacts with proteins to damage the body.

TRY IT The Original Black Garlic (from £2.99, blackgarlic.co.uk) 'While I'd never chew on a regular clove, I could munch on the softened, sweet, almost licoricey black garlic cloves all day! Great for adding to meals, livening up a salad or just eating on their own,' Katy, Editor-in-Chief.





THE NEW KEY TO YOUTH AND BEAUTY

There's a new longevity ingredient on the block, promising to turn back time. We take a look at NAD+ and its precursors, plus how to get more of it both into your body – and on your face!

EVERYONE IS AFTER THE ELIXIR OF youth, it seems. Some go to great lengths to extend their life and health span, opting for cosmetic procedures to look – or try to look – younger outside, while following certain eating plans, or “eating clean” as it were, to cut down on toxicity within. Eating well, reducing stress, moving regularly, getting enough sleep (so crucial!) and having meaningful relationships are all helpful on the path to longevity – just watch the two-part *How to Live to 100*, presented by Jon Snow, which aired on Channel 4 and All 4 in January this year for examples of communities getting it right. But there are other, more specific and direct ways we can impact the life and health of our bodies at the very cellular level.

The supplement market has grown exponentially over the past decade; in a 2022 survey of 2,000 people, company My Vitamins reported that the average Brit was spending around £15 a month on supplements and

superfoods (myvitamins.com). And it's no wonder, what with all the new and improved formulas and exciting ingredients never heard of back in the 1990s when this magazine launched – when popping a Haliborange (which advertised in that launch issue!) was about the pinnacle of what “healthy” people did in terms of supplementation. Just look how far we've come since then.

Surely we now know how to stay young and beautiful? Isn't the supplement market saturated? Seems not, as 2023 is all about longevity boosters, specifically NAD+, which is a coenzyme that plays an important role in energy metabolism and DNA repair. This naturally occurring co-enzyme is found in all living things, and in humans it's present in all cells responsible for metabolic processes. ‘Nicotinamide adenine dinucleotide, or NAD+ for short, is the fuel that every cell in your body needs to keep functioning,’ says Edward van Harmelen, founder of supplement brand Youth & Earth (youthandearth.com).

‘By the age of 50, you may have only half the level of NAD+ you had in your 20s but you can boost levels.’

High levels of NAD+ correlate with high levels of cellular energy, which keeps you alert and energetic. It also helps improve energy metabolism, DNA repair and activates sirtuin genes – these defend your body against premature ageing by repairing DNA – to encourage good overall health.

And as with many biological processes, production of NAD+ begins to plummet after age 40. ‘By age 50, you may have only half the levels of NAD+ you had in your 20s, so by increasing your intake through supplements, you can help rejuvenate your cells to act younger and give you a natural boost in energy,’ says Max Way, founder of supplement brand Longevity Box (longevitybox.co.uk).

Nutritionist Gabriela Peacock is also a fan of NAD+ and writes about it in her new book, *2 Weeks to a Younger You* (turn to the food section for some of her recipes). ‘The bottom line is, NAD+ keeps us alive. It is so crucial that without it, we would shrivel up like a vampire who forgot it was morning and went swanning out into the sun!’ writes Gabriela. ‘Needless to say, as we age, NAD+ levels begin to deplete because sirtuins [aka longevity genes] need more and more NAD+ and this reduction can contribute to age-related conditions... Fortunately, increased levels of NAD+ are a by-product of making longevity-supporting changes to your diet and lifestyle,’ she adds.

A SUPPORTING ROLE

One way to increase your levels of NAD+ is by increasing your intake of NMN, which stands for nicotinamide mononucleotide. NMN is a vitamin B3 derivative that supports energy metabolism, insulin sensitivity and also mitochondrial function, meaning it helps the energy production of your cells and also helps prevent insulin resistance. What’s more, it acts as an anti-inflammatory and enhances cognition. NMN is a precursor to NAD+, which means it can be converted by your body into NAD+, thereby increasing your



Good for your skin too!

NAD+ isn't only useful for internal energy and vitality, it's also critical for your skin's DNA protection and repair as it helps with the production of collagen and elastin. So, it's no surprise to now see NAD+ cropping up in skincare formulations.

Swiss skincare brand Intuisse is one such company adding NAD+ to its products, currently offering three pharma-grade Active NAD+ formulations that encourage the production of collagen and elastin, while reducing risk of skin sensitivity to UV rays.

'As you age, your levels of NAD+ decline and down to 50 per cent what they were by the time you reach your 40s,' says CEO and founder of Intuisse, Isabel Greiner. 'For years, we've been drinking collagen drinks and applying topical treatments. But NAD+ seems to turn back the clock on our skin cells. The result? Improved skin texture, plumpness and tightness,' she adds.

'Research suggests NMN and NR may boost energy, increase insulin sensitivity and help repair DNA.'

overall levels of NAD+, bonus!

Another way to boost NAD+ is to supplement with nicotinamide riboside, or NR for short. NR is a molecule your body makes naturally and is one of two key building blocks for NAD+.

'NMN and NR are both biological precursors to NAD+, as NAD+ itself cannot be supplemented on its own,' says Gabriela. 'Research has suggested NMN and NR may boost energy, increase insulin sensitivity, lower inflammation and support genome stability by repairing DNA and boosting mitochondria.

'Some studies are even exploring whether they imitate the effects of calorie restriction, potentially supporting positive changes in body composition, like healthy weight loss,' she adds.

And while you can increase levels of NMN through diet, as it's found in avocado, broccoli, cabbage and tomato, it won't be easy. 'NMN occurs naturally in these foods but the concentrations are less than 1mg per kg; in other words, to get about 1mg of NMN, you'd have to eat 1kg of broccoli!' says Edward. 'To significantly boost levels of NAD+, your intake of NMN needs to be in the hundreds of milligrams per dose. This is way higher than what you can get from diet alone, no matter how much broccoli you eat!' he adds. This is where targeted supplements come in handy.



TOP OF THE PRODS!

These youth-boosting formulas will help your body stay younger for longer, inside and out...

1 YOUTH & EARTH NMN (£42.99 for 60 capsules or £29.99 for 10g sublingual powder, youthandearth.com) is vegan, soy free, gluten free, endotoxin-free and gastro-resistant, meaning it ensures a much higher bioavailability than standard capsules. It works best when taken first thing in the morning on an empty stomach.

2 INTUISE ACTIVE NAD+ FACE SERUM (£250 for applicator and 2 x 10ml refills, intuisse.com) is a light serum containing five per cent pharma-grade Active NAD+ liposomal formulation as well as pomegranate enzymes, marine plankton, natural fruit extract and meadowfoam seed oil to boost your skin's own collagen and elastin production. While the **Active NAD+ Essential Cream** (£165 for applicator plus 2 x 15ml refills) penetrates deeply to delay cell ageing and visibly reduce wrinkles and fine lines. Olive-oil derived squalane helps add extra softness.

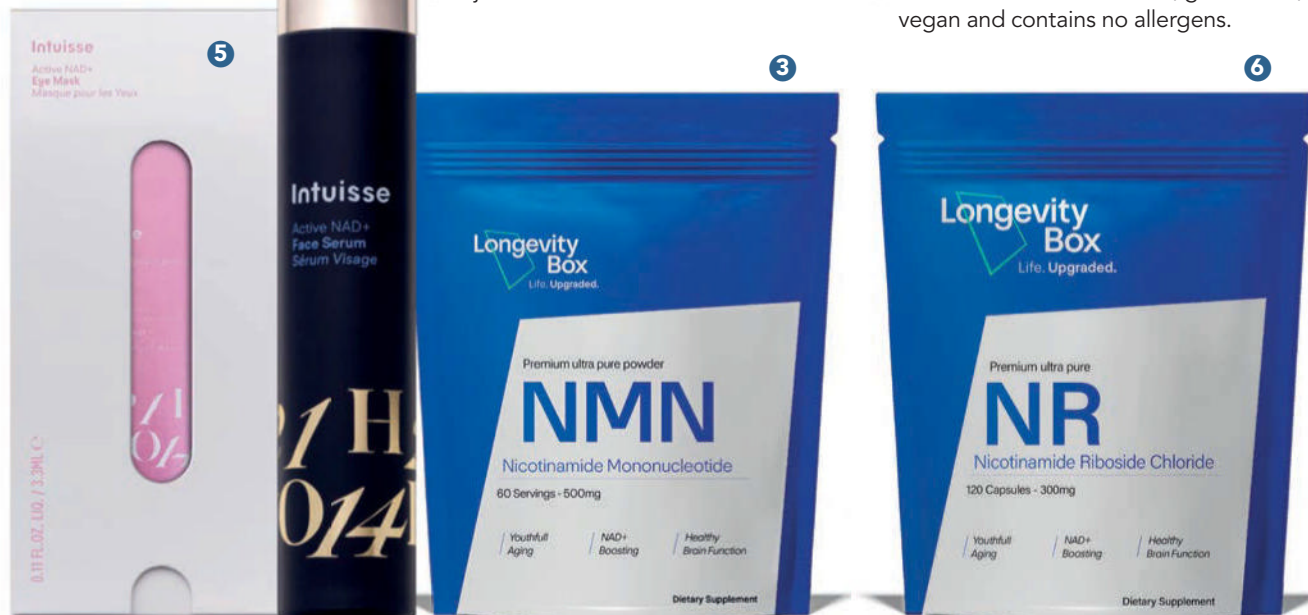
3 LONGEVITY BOX NMN POWDER (£49.99 for 30g, longevitybox.co.uk) is a high purity sublingual formulation that is highly bioavailable, making it more readily able to be absorbed by every cell in your body for a super-high NAD+ boost!

4 YOUTH & EARTH PRESERVAGE (£34.99 for 60, youthandearth.com) is formulated with a selection of polyphenols including resveratrol, curcumin and quercetin to help activate your own sirtuin longevity genes, which further helps slow ageing. Sirtuin genes are dependent on NAD+, so taking this with NMN helps double the benefits.

5 INTUISE ACTIVE NAD+ EYE MASKS (£15 per pair, intuisse.com) can be applied during down-time, perhaps while relaxing in the bath or watching TV. The rejuvenating pads deliver a pharma-grade Active NAD+ liposomal formulation that penetrates the deeper layers of the skin to improve tone, elasticity, firmness and brightness in just 15 minutes.



6 LONGEVITY BOX NICOTINAMIDE RIBOSIDE CHLORIDE (£49.99 for 120 caps, longevitybox.co.uk) enhances your body's production of NAD+. NR for short, it's fast becoming one of the most popular longevity supplements as it provides one of the key building blocks for NAD+. This formula is 99 per cent pure, independently lab tested, 100 per cent natural and non-GMO, gluten-free, vegan and contains no allergens.







Alice in *weight-loss* wonderland



COULD LOSING WEIGHT HELP YOU LIVE LONGER?

This month our weight-loss columnist Alice Dogruyol looks into the connection between body weight and longevity and investigates some of the best tools, technology and treatments that claim to help you lose weight and live longer.

Living with type 1 diabetes threatens my life every day and has the potential to shorten my life if I don't manage it 24/7. On top of that, having a younger sister in the process of recovering from chemotherapy and surgery has made me obsessed with longevity, nutrition, conventional and alternative medicine and health tech. I spend hours a day researching ways in which I might be able to help extend both my own and my family's lives. The advice is endless and, at times, confusing and contradictory, but I have made some interesting discoveries.

LONGEVITY AND OBESITY

In a way it's obvious that what you

eat can affect your lifespan. If you don't have access to good food, or much food at all, the likelihood of a premature death from malnutrition increases. Conversely, if you consume too much food and become overweight you are more likely to suffer from several diseases. According to Cancer Research UK, being overweight is the second biggest cause of cancer in the UK after smoking. It doesn't mean you'll definitely develop cancer but the risk is higher the more overweight you are and the longer you remain overweight.

When it comes to heart disease, a study carried out by Northwestern Medicine published in 2018 showed

similar longevity between normal weight and overweight people, but those who were overweight had a higher risk of developing cardiovascular disease at a younger age. The case for dropping as much excess weight as you can, to live longer, is strong.

THE DISEASE ROULETTE

Despite being overweight, I have type 1 diabetes, which, ironically, is not associated with having a high BMI, an unhealthy diet, or poor nutrition. Type 1 is a rare autoimmune disease that can trigger at any point in your life, possibly activated by a virus. I have had about 10 girlfriends over the past 10 years, all under 50, who have had a breast cancer diagnosis and none of

WORDS: ALICE DOGRUYOL. IMAGES: ALICE DOGRUYOL, SHUTTERSTOCK, VARIOUS BRANDS.



them were overweight; on the contrary they were all slim and extremely fit.

My younger sister also falls into this category as a slim, active, non-smoker who doesn't drink much alcohol and yet was given a diagnosis of advanced bowel cancer at age 43. I also know slim and active people who have received a diagnosis of heart disease and even type 2 diabetes! When I was diagnosed with type 1, I was the slimmest I had been in decades, but I was literally dying, silently. The lesson here is you can't automatically presume a slim person is healthy or an overweight person is unhealthy, but all the data points to obesity being a ticking time bomb for your wellbeing.

THE LINK BETWEEN GUT BACTERIA AND WEIGHT

According to Cancer Research UK, whilst there is an upward trend in cancer diagnoses in young adults, early onset cancers are still relatively uncommon. A team of researchers, led by Dr Shuji Ogino and Dr Tomotaka Ugai, from Harvard University, reviewed and compared data from around the world to help doctors and scientists understand what's going on. Ogino and Ugai are molecular pathological epidemiologists, which means they look at how changes to factors such as our lifestyles and environment can affect the way diseases evolve and progress. Dr Ogino has focused particular attention on the gut microbiome, which is the

community of bacteria that lives in your digestive system. He is part of the Optimisticc research team (cancergrandchallenges.org/teams/optimisticc) trying to pinpoint how the microbiome impacts the initiation and development of bowel cancer.

The study of gut bacteria is an evolving scientific field and current research suggests an unbalanced microbiome has potential connections to many health conditions including obesity, metabolic disorders, inflammation, cancer and depression. The composition of the microbiome is partly shaped by the foods you consume, but is affected by many things, including antibiotics.

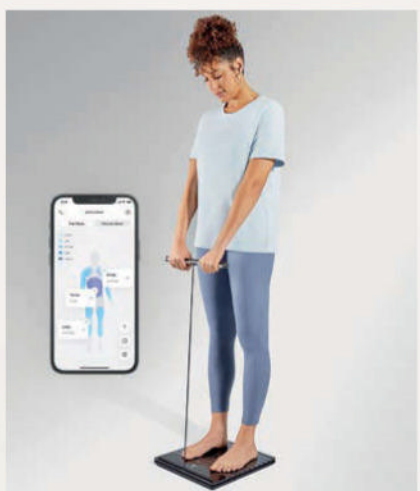
According to the National Library of Medicine, human and animal studies have shown that average-weight people have a different gut bacteria make-up than overweight or obese people, with more of some strains and fewer of others. The debate over the significance of the correlation between gut microbiota imbalance and obesity is one of the hottest topics in medicine!



Head to topsante.co.uk to follow Alice's weight-loss journey.



ALICE'S 5 TIPS TO HELP YOU STAY WELL, LOSE WEIGHT AND LIVE LONGER



1 USE SMART SCALES
 In 2017, when my blood sugar problems started, I invested in a Withings Smart Scales and Smart Watch. Now there's the **Withings Body Scan Scales** (£399, withings.com), which track changes in your body, alerting you to potential issues. They not only show weight but body composition including fat mass and distribution, BMI, visceral fat, muscle mass, bone mass, lean mass and water mass. An ECG detects problems with heart rate or rhythm, and they also assess foot nerve health, which is crucial for anyone with diabetes. Plus, it keeps me motivated to see my muscle mass percentage increase and the fat percentage decrease!

2 TAKE PROBIOTICS
 I have had to take more than my fair share of antibiotics over the years and am a big consumer of probiotics, especially **Symprove** (£49.99, symprove.com). Many years ago, I read

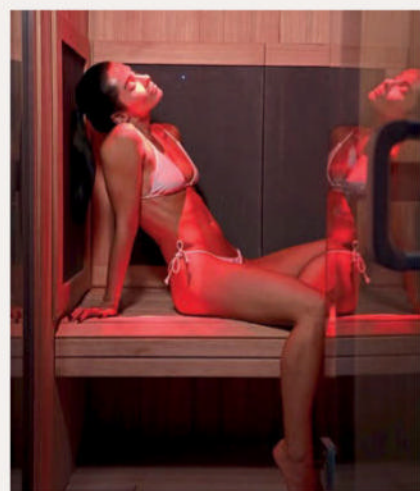


a clinical study on Symprove that focused specifically on its effectiveness in treating ulcerative colitis. I suggested that a family member try it who was suffering badly with this condition. Her flare ups were so bad at times that she couldn't leave the house as she had to be near a toilet at all times. In a relatively short period of time, her condition started to improve. She took Symprove alongside her prescribed medication and kept on getting better. Fast forward six years and her recent colonoscopy showed no evidence of ulcerative colitis.

3 GO FOR LIPOSOMAL VITAMINS
 For the past ten years I've been taking **Altrient Liposomal Vitamin C** (£49.96, abundanceandhealth.co.uk), on and off. Altrient uses a unique high-tech liposomal encapsulation gel delivery system for maximised absorption to get vitamins into your cells where they need to go to have the desired effect.



4 HAVE INFRARED SAUNAS
 I've been a fan of infrared saunas for years. When I use them regularly, I notice an improvement in my joints, skin and energy and I feel they help me de-stress and lose weight, not to mention eliminating environmental toxins that store up in fat tissue. My nearest infrared sauna is at **Remedi London** (£50 for a 45-minute session, remedilondon.com), which has a top-of-the-range Sunlighten sauna that delivers a combo of near-, mid- and far-infrared wavelengths. Sitting in an infrared sauna has also been likened to a passive cardio workout, as the increase in heart rate is similar to a short, moderate workout, which is a bonus!



5 TRUST YOUR INSTINCTS
 Early diagnosis is important when it comes to any disease. If you want to live long and well, take up all the health checks on offer. Check your boobs for lumps and keep a close eye on changes in bowel movements. Never miss a cervical smear test, mammogram, mole check or colonoscopy. If you are worried about any symptoms, go to your GP and push for answers. Don't let anyone fob you off if your instinct is telling you something isn't right. I had to push for a type 1 diabetes diagnosis as my GP was convinced I had type 2. Don't be afraid to request further tests.



SUPER SUPPS!

BOOST YOUR COLLAGEN

Improve your skin, bones, joint health and more with our pick of the best collagen supplements.



Added vitamins and minerals

Hush & Hush TimeCapsule® (£54.60 for 60 capsules, hushandhush.co.uk). Designed to boost collagen production, add moisture to the skin and shield against external aggressors, this daily skin-boosting supplement features a bioavailable blend of marine collagen, hyaluronic acid, zinc and vitamins A, B12, C, D, E and K.

COLLAGEN. IT'S BECOME A bit of a buzzword over the past few years. But supplementing with this important protein can offer a huge range of benefits. 'Collagen is the structural protein that gives your skin bounce and makes it feel firm. There are a number of different types in your skin, bones, tendons and ligaments,' says leading cosmetic nurse and independent prescriber, Nina Prisk (update-aesthetics.co.uk).

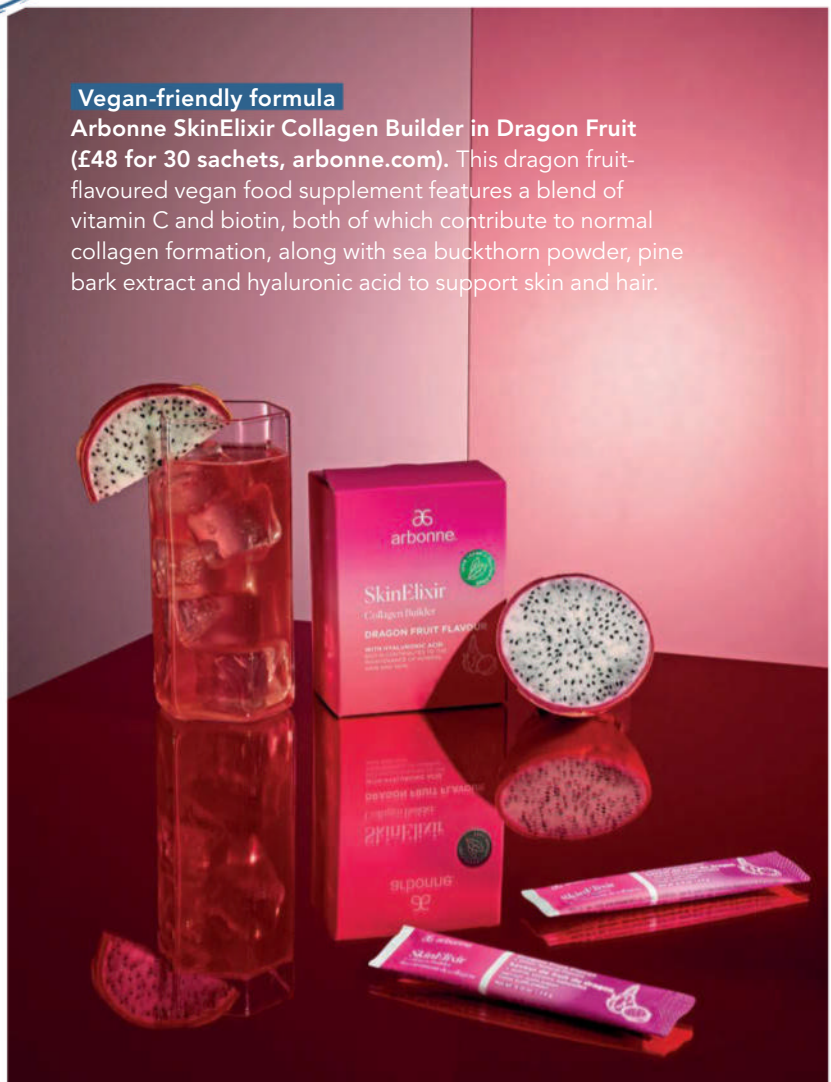
'Your collagen levels start dropping from your mid-20s by about 1-2 per cent per year. Even though this process is natural, it can be accelerated by lifestyle and environmental factors, such as sun exposure and poor diet,' she adds. 'Taking collagen supplements may help to increase muscle mass, prevent bone loss, relieve joint pain and improve skin health.'

MULTIPLE TYPES

There are three main sources of ingestible collagen: bovine (beef), marine (fish skin, scales and bones) and plant-based. Technically speaking, vegan "collagen" isn't actual collagen but is made from a variety of plant sources that make up a complete protein, thereby helping support your body to make its own collagen.

Vegan-friendly formula

Arbonne SkinElixir Collagen Builder in Dragon Fruit (£48 for 30 sachets, arbonne.com). This dragon fruit-flavoured vegan food supplement features a blend of vitamin C and biotin, both of which contribute to normal collagen formation, along with sea buckthorn powder, pine bark extract and hyaluronic acid to support skin and hair.



WORDS: LILY SMITH. IMAGES: VARIOUS BRANDS.



Environmentally aware

Cytoplan Marine Collagen (£31, cytoplan.co.uk). This bioactive marine collagen peptide formulation is certified by the Marine Stewardship Council. It contains Peptan® type 1 wild caught, sustainable marine collagen peptides from whitefish, which is both odourless and tasteless. Great for bone, skin, tendons, muscles and ligaments. Simply mix into drinks or food.



Five types of collagen included

So Body Co. Peptigen+ Multi-Collagen (£32.99 for 30 day, sobody.co). With zero sugar or additives, this gluten- and dairy-free supplement contains just three natural ingredients: hydrolysed marine, bovine and egg collagens, providing all five main types of collagen found in the body. Great for skin, joints, bones, organs and more.

Convenient sachet format

Kollo Premium Liquid Marine Collagen (from £35.99 for 14 sachets, kollohealth.com).

Founded by TV presenter and runner Jenni Falconer, this daily liquid collagen supplement provides 10,000mg of clinically tested marine collagen, along with l-lysine, vitamin C and various B vitamins, to promote healthier skin, hair and nails. Marine collagen is classified as a type 1 collagen, which is the kind that's most commonly found in the body.



‘There are five main types of collagen in your body – although a total of 28 have so far been identified!’



Collagen-boosting bundle

Correxiko Lisa Snowdon's Glow Box (£69 for 30-day supply of several products, correxiko.com). Enjoy Lisa Snowdon's favourite skin-boosting products with the Glow Box, featuring Correxiko's highly absorbable and ethically sourced marine collagen powder and capsules, along with the Ultra Omega 3 and RAW Vitamin C supplements, a smoothie recipe book and a Glow on the Go Bottle.





SIMPLE WAYS TO LIVE WELL

Nutritionist and author Gabriela Peacock says that when it comes to longevity, it pays to keep on moving!



A LOT OF RESEARCH HAS been done into the relationship between exercise and longevity; along with fasting, it's the most effective method of improving how the body ages. But with so many options to choose from, the world of exercise can become a little bit confusing. How often? What type? Running or walking? Stretching or strengthening? The answer is: a bit of everything. All movement is good. Exercise not only helps build muscle, but also has a cellular effect on the

body. It activates sirtuins, the longevity genes, and helps the body flush out dysfunctional, redundant cells that can cause health issues.

Getting active is not only incredibly powerful for longevity, it's essential for boosting energy, improving sleep, reducing inflammation, maintaining a balanced weight and improving mental health. Exercise is also incredibly rewarding. Its effects on the body and mind are often immediate – no one goes for a brisk, energising walk and comes home thinking, 'Ugh,

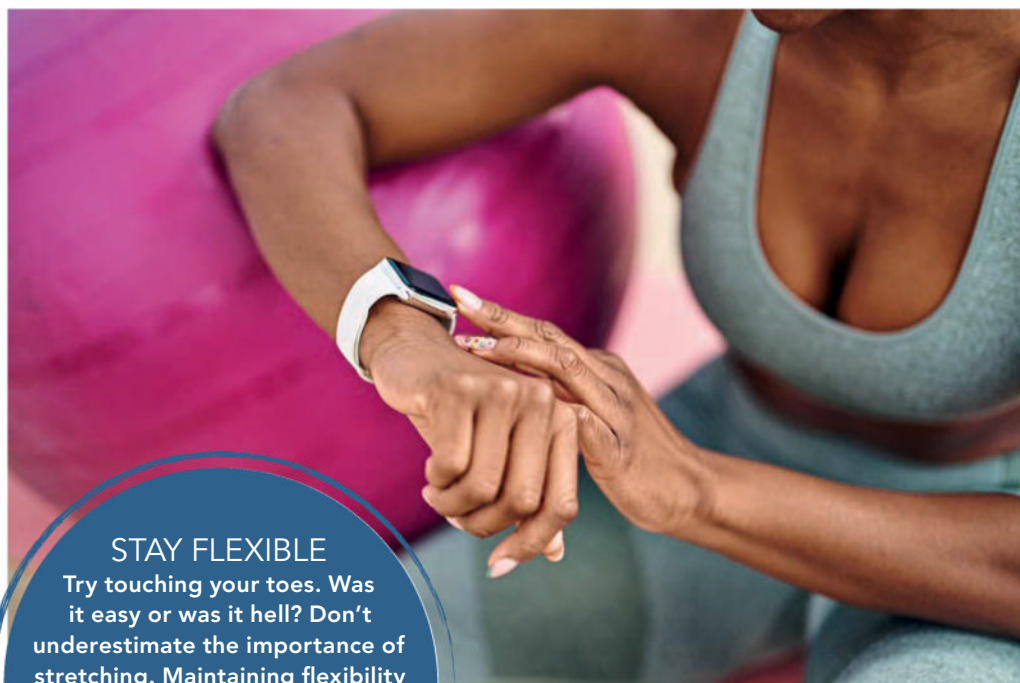
that was horrible, what a mistake.'

The daily recommended step count is 7,000-10,000. In one go, 10,000 steps would roughly equate to just over an hour's walk, but moving throughout the day contributes to that target, which means it's more likely that a 30-45-minute brisk walk will help you reach the 10k goal.

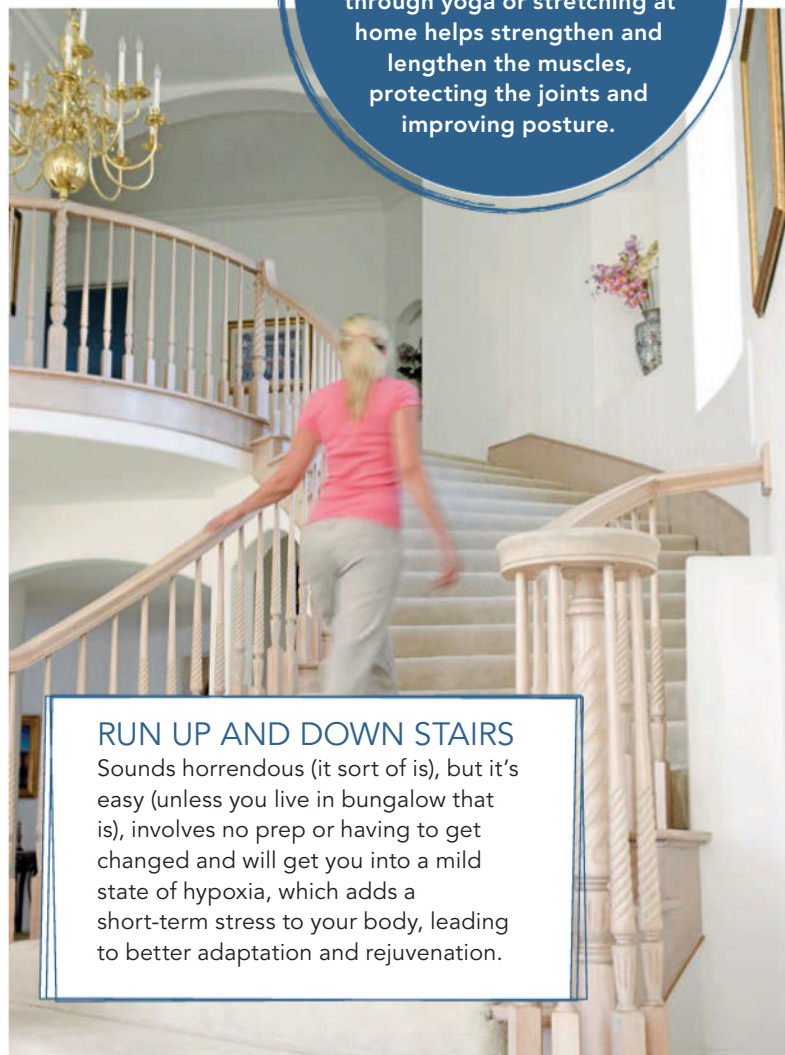
Cardio exercise involves any kind of rhythmical movement that gets your blood pumping, lungs working and heart rate going. This means being out of breath. See opposite for ideas...

MOVE REGULARLY

Don't underestimate the impact of small, constant movement, such as vacuuming your home. This all contributes to your daily step count, one of the simplest gateways into low-impact exercise, and helps to start the process of hormesis and autophagy. If you have a sedentary job, try a standing desk. Or get up and walk around when you're making a call. If you're standing in a queue, go up and down on your toes.



STAY FLEXIBLE
 Try touching your toes. Was it easy or was it hell? Don't underestimate the importance of stretching. Maintaining flexibility through yoga or stretching at home helps strengthen and lengthen the muscles, protecting the joints and improving posture.



RUN UP AND DOWN STAIRS
 Sounds horrendous (it sort of is), but it's easy (unless you live in bungalow that is), involves no prep or having to get changed and will get you into a mild state of hypoxia, which adds a short-term stress to your body, leading to better adaptation and rejuvenation.

ESCHEW THE CAR

Choose walking over other forms of transport. Use the stairs instead of escalators. Get off the bus or tube stop earlier and walk the rest of the way to your destination. Cycle to work or just for fun. Even a walk around the block after work will help to bring a sense of closure for the day, especially when so many of us are now working from home.

MIX THINGS UP

Vary the intensity and length of your daily physical exercise. It's easy to move from short-term stress on the body to long term by doing too much, so try more bite-sized sessions of movement rather than one long one.

TRY ORGANISED SPORT

Force your children to play tennis, football or rounders with you to get them off the sofa and reduce your chances of having boozy weekends and falling asleep in the middle of the afternoon!



Discover more longevity tips in Gabriela's new book *2 Weeks to a Younger You: Secrets to Living Longer & Feeling Fantastic* (£25, Kyle Books), and turn to page 88 for some of her youth-boosting recipes!

WORDS: GABRIELA PEACOCK. IMAGES: SHUTTERSTOCK.

SAYING hello TO A WHOLE NEW YOU!

Author and fashion journalist Anna Murphy shares why her experience of midlife is nothing short of fabulous, and how letting go of her younger, more insecure self and saying hello to her 50s has been liberating – and can be for you too!



IT'S COMMONPLACE IN OUR culture to look at ageing as a diminution. Certainly, you say goodbye to things: to the face you once had; to the body you once had; perhaps to ideas you used to hold about who you were or who you were going to become. Yet why does saying goodbye have to be a bad thing? Saying goodbye to what's old opens up space for you to say hello to what's new. It is an act that can be an augmentation, an expansion, the very opposite of getting smaller.

Besides, if you are anything like me, you will be bidding farewell to much that is negative and that has never served you: to the insecurity of youth; the lack of confidence; to that tendency to watch yourself in the film of your own life as others might be watching you, rather than simply to live freely, without self-consciousness.

**'Saying
goodbye
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new.'**

When I was young, I often felt myself to be merely an object of other people's attentions, be that their expectations for me, their assumptions about me or the fact that they wanted something from me. (Or indeed didn't.) Like most young women, I also endured that most literal variety of objectification, the one that comes in the form of attentions from men I didn't know and/or wasn't interested in.

These days I live my life for me, not for other people. And how transformative that is proving to be. When you define yourself primarily in relation to others, the danger is that the person who matters most – you – gets overlooked. Your needs and desires get lost and/or conflated with other people's.



WORDS: ANNA MURPHY, IMAGES: SHUTTERSTOCK



NO LONGER BEING OBJECTIFIED

The move from object to subject has been one of the most important farewells of my life, and out of it have come myriad hellos. Let's look a little more closely at the topic of the male gaze, because for me this is one of the most interesting goodbye-hellos around. People often talk about the invisibility that comes with growing older as a woman. In as much as that is the case – and I believe the way you act and dress can scupper this cliché along with many others – I would argue that with this supposed loss comes freedom.

Consider the nature of that youthful visibility, the degree to which it is predicated on your physicality and, by extension, your sexuality, both of which can be treated as if they were public property, regardless of your thoughts on the matter. To be leered at and

leched over is unpleasant. That is what being in your teens and 20s can entail, day after day, week after week. When we are living through it, we experience it as a nuisance, a burden, an infringement, an assault. I remember experiencing it as akin to being looked at through a lens that excluded other more important parts of my picture.

Why should we lament that kind of passing? And yet, as they age, many women do. They find themselves feeling wistful about the attention they once received. There's a great scene in April De Angelis' play *Jumpy* (2011) exploring just that, when 50-something Frances is reminiscing with her friend Hilary about being catcalled. "I used to love that. Being a young woman being sexy on a bike." "You hated that, we both did," counters Hilary. Frances says that she thought she hated it at the time, but now she misses it.

What we miss is the ego-trip. Yet what age gives us, in this and so many other ways, is the opportunity to transcend so much of the nonsense that comes with ego. We look back on our youth as all being good, rather than enacting a more honest appraisal, which would remind us that for almost every upside, there is a downside.

Certainly, there is some fun to be had when you are at your most sexually magnetic, but it is also limiting. You are more than the sum of your looks, not to mention your gender – or at least you should be – and when you are young you can be denied the opportunity to prove that fully.

Ours is a society that is far too focused on the superficial. Women in particular, however much we may resist the idea in theory, are brought up to focus on how we look and, relatedly, our sexual desirability. It's hardly surprising. For centuries this was one of the only sources of power, and indeed means of survival, available to us. In *Jumpy*, Frances isn't entirely joking when she quips, "I've always thought of sexual attractiveness as an extreme fallback position. If I was starving."

'Saying goodbye to my dark brown hair, and hello to my grey, has been one of the most attention-grabbing acts of my life to date.'

EXPRESS YOURSELF!

As you grow older you can be seen on your terms, not least because you know for yourself what those terms are. Far more importantly, you can be heard, if you choose to live expansively, truthfully, openly, loudly. People like to put other people into boxes. It makes life easier in theory. It's hard to resist being put into a box when you are a young woman. As you grow older it can actually become easier to avoid being boxed up and stashed away. That is if you choose to age differently from the norm.

Forget the idea of fading to grey, for example. Saying goodbye to my dark brown hair, and saying hello to my grey, has been one of the most attention-grabbing acts of my life to date.

I am also far more expressive now in my choice of clothes. I wear a lot of colour. I wear the kinds of things that a 50-year-old would never have worn a couple of generations ago. A fuchsia jumpsuit. Silver boots. A jacket with sequin flowers. Outsize jewellery and, as often as I can summon it, an outsize smile, highlighted with one of my favourite lipsticks. People call out to me happily several times a week. Men and women of all ages. This isn't catcalling. The energy is entirely different. It feels consensual. It feels celebratory. I am dressing to make myself happy. But what a pleasing by-product that I should be making other people happy too.

I would go as far as to say that I am more visible now than I have ever been. And this is not just to do with my hair or clothes, of course, but the fact that I am confident in who I am, and what I think, and how I have chosen to live. That shines out of me. Of course I care about how I look, and I work at how I look, but I care far more about, and have worked far harder at, who I am. And that shines out of me, too.



Read more and feel inspired in *Destination Fabulous: Finding Your Way to the Best You Yet*, by Anna Murphy, (£20, Mitchell Beazley).

FITNESS

Stay active while you're on holiday with the latest trainers, beachwear and fitness travel news.



BIKE ARMOUR

Hairpin turns, boardwalks, downhill drops, banked berms... if you're a risk taker on the mountain bike, you need the new **Endura Fear**. Less range for battling the trails (from £49.99, endurasport.com). Made using D3O technology – flexible inserts that are engineered for their high shock-absorbing properties – the range of vests, elbow pads, knee pads and shin guards takes protection to another level. There's also a selection of full-face helmets that use MIPS (Multi-directional Impact Protection) for added safety.

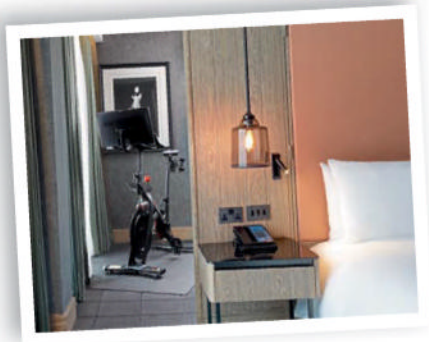
TOP
Santé

For more
fitness content,
visit our website
topsante.co.uk!



PRETTY IN PINK

In case you haven't got the memo: pink is having a moment. Taking the lead from Margot Robbie, star of the new Barbie movie, Barbiecore (AKA looking cool in the candy colour) is big again. Rock the look with new **Merrell Antora 3 x Sweaty Betty** trail running shoes (£115, merrell.com). Combining the grippy tech know-how of Merrell's bestselling women's off-road runners, with Sweaty Betty's logo and a hot pink colourway, these shoes can take you from hiking to lunching.



ACTIVE REST

If you want to get fitter (not fatter!) while on holiday, visit a Hilton hotel. To help you kickstart a healthy habit when far from home, the worldwide hotel company has partnered with Peloton to offer bikes in hotel rooms and gyms across their UK, Germany and Puerto Rico hotels. This comes off the back of Hilton's research that shows that almost a quarter of Brits prioritise exercise facilities when they're away. Visit hilton.com/pelotonuk for info.



SURF'S UP!

Sun, sea and sand...at least, that's what we hope for summer! But even if the British weather doesn't deliver, you can still project surfer vibes in the new **Kate Bosworth x Roxy** range (from £32, roxy-uk.co.uk). Collaborating with Kate Bosworth, who famously played surfer girl Anne Marie Chadwick in iconic 2002 film *Blue Crush*, the capsule collection includes summer staples, bright colours and bold surf prints.



STAY STRONG

If you want to get stronger, feel supported and eat some cake while you're at it, head on down to Lift Studio LDN in Southwest London. Headed up by Mimi and Danni, who are passionate about training for nourishment, not punishment, the women's weight training community is a leader in the female fitness space. Through group classes, 1-2-1 sessions, workshops and more, you'll learn the fundamentals of how to lift for all the gains: mental and physical health. Find out more at liftstudioldn.com or visit instagram.com/liftstudioldn.

6 MOVES FOR A LIFTED BUM

Feel better in midlife with the help of fitness expert and PT, Joey Bull. This issue, she focuses on how to lift and firm your glutes for better balance and posture.

YOUR BUTTOCKS have a big role to play in maintaining good posture, pelvic alignment and knee stability.

You might remember when the small, flat derriere was fashionable but training for shapely and powerful buttocks (glutes) has gained in popularity. From a trainer's perspective, this is a valuable mass of muscle to have; it doesn't just keep you walking, bounding and climbing stairs well, but glutes support your back to help you lift and twist easily without damage.

Good glutes also help avoid knee injury. Think of a male ballet dancer, with all those big jumps, turns and twists, often carrying a ballerina too. You'd think knee injury would be as common as it is in rugby, skiing and football, but thanks to their shapely and dynamic glutes, their knees are well protected.

For your buttocks to be their best, I have selected exercises that work around their many layers of muscles and angles. They are a complex map of muscle fibres that cross in different directions and allow for all our hip directions and mobility. Enjoy working this large muscle group and be mindful of every variation and repetition to get the best results.



SIDEWALKS

Put an elastic fitness band just above your knees, holding your hands on your hips and your thumbs around the top and side of the buttock muscles (A).

- Side step to the right, making sure to keep your toes forward to activate the glutes and abductors rather than your front thighs (B).
- Take about five steps to the right, very slowly closing in the left leg as you go. Then, walk sideways to the left. Repeat until you can really feel fatigue in the sides of your glutes.



GLUTE PRESS

For this exercise to work well, your hips need to be “piked” with a lift. Using a ball, pile of cushions or soft stool will do the job.

- With the thigh band just above your knees, position yourself over the ball, cushion or stool so you’re comfortably balanced between your upper and lower body weight (A).
- Relax your upper body and now send your thoughts to your backside! Separate your legs and create a little tension with the band, raise your left leg into a 90-degree hook shape and press it towards the ceiling (B).
- As you bring the leg down, allow for the glutes to lengthen by bringing your knee as low as possible.
- Repeat 12 times and then hold the



last one up for 5 secs. Allow the feeling to get deep into the muscle, then make small movements, pushing the thigh and foot upwards, 8 times. Finish with 4 slow presses upwards.

- Make sure it is just the buttocks that you are working; relax your lower back to avoid it bending. It helps to slightly grip the ball with your right leg.
- Repeat with the right leg.

FROGS

Start in the shown position (A) on a ball, cushions or stool.

- As you balance, feel the lift in your hips, widen your legs and imagine lengthening out from your buttocks.
- Keeping your focus on your glutes, raise your legs up and out, bending your knees and joining your feet together in a frog position (B).
- Notice whether it is solely your glute muscles doing the work – avoid working into your lower back.
- Repeat the frog leg squeeze 12 times, focusing on the central and upper part of your bum. Want a bit more? Try adding 1cm of squeeze to the height to fire up those glutes!





HAMSTRING SLIDE

The backs of your legs play a big role in how your glutes sit or hang! Get into the important muscle group by doing the following...

- Get two pieces of paper if you have carpeted floors, or cloths if you have a hard floor.

- Lie on your back, with a cloth or piece of paper beneath each heel (A).
- Keeping your arms to your side, lift your pelvis, straighten one leg and position your toes upwards (B). Start to alternate slides in and out with your heels pressing firmly on the floor.

- Keep the rest of your body in position throughout and focus on the backs of your legs. Keep the rhythm smooth by sliding without stalling.
- If this feels easy, upgrade the move by sliding both legs at once, a few times (C).
- Repeat 10 times.



GLUTE BRIDGE

Use your sofa or a ball to support your upper body and position yourself facing up with your hips and lower back off the support (A).

- Have your knees at 90 degrees and curl your pelvis under before pushing your hips upward (B).
- As you lower your hips, keep your tail tucked under slightly, then release it at the lowest part of the movement.
- If you feel ready to, you can add weights to the pelvic area to increase the resistance. Using 2 x 3kg weights is a good starting point.
- If you find this exercise works your hamstrings more than it does your glutes, move from the support/ball to lying perpendicular to a wall with your toes pressing into the wall (C). This mild pressure can activate the buttocks better in some people.
- Aim do to 12-15 really focused, slow hip thrusts.



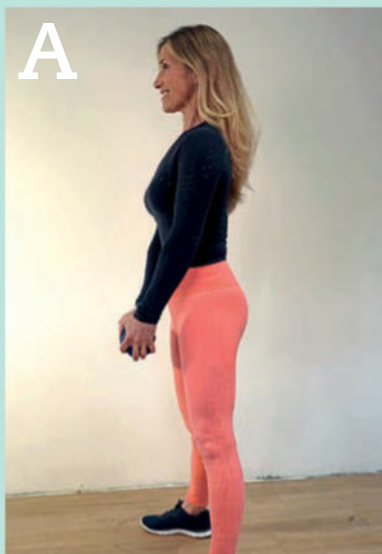
WIDE FEET SQUATS

This exercise works best with a weight or something similar, such as a heavy encyclopedia!

- With legs straight and wider than hip-distance apart, turn out your feet very slightly. Hold a weight in both hands in front of you (A).
- Bend your knees, sit back, knees out over your toes, while raising

the weight forward and up to stop you falling back (B).

- Focus on pushing your glutes out while keeping your upper body upright. Make the move dynamic and powerful, sending your focus to the whole buttock region, especially the lower part.
- Repeat for 12-15 repetitions.



Joey Bull has 30 years experience in the fitness world, including competing, coaching, writing and radio and is also a natural medicine practitioner with a particular interest in hormones and middle age, which she weaves into all her live and online courses. Her *The Best Is Yet To Come* course can help you feel full of vitality in midlife and beyond. Visit joeybull.com.





WHY TECHNIQUE IS KEY

In her new column for *Top Santé*, Joanna Hall, aka The WalkActive Coach, shares tips on how to pick up your walking pace, and the mistakes that could be tripping up your progress.



IF YOU WANT TO SEE results from your walking, you may be thinking you need to pay some attention to your pace. And while pace is important, there are three myths you might believe in that could erode your results:

#1: The faster you walk, the greater the cardiovascular benefits you incur.

#2: Pace is more important than technique.

#3: Speed is best achieved with a short-fast cadence.

In my first column (see June issue), we established that correct walking technique and posture should be your number one priority. Your walking pace is important if you wish to improve your cardio fitness and increase calorie expenditure as part of a healthy weight management plan, however, pace is always secondary to technique. This means that when learning the WalkActive technique, you'll be able to walk well for longer, with more joy and

will be boosting your overall calorie expenditure as you recruit the right muscles in the right way.

But when it comes to pace, faster is not necessarily better, as there is a point when joint impact increases, thereby increasing risk of injury. Without the correct technique, you could end up increasing joint impact and not optimising your calorie expenditure. Pace is important but, remember, never compromise good technique for speed – this is a false economy and will only lead to injury and reduce the effectiveness of your efforts.

That's why this issue, I'm sharing some tips you can apply straight away to your walks, to help with technique and pace. Have fun trying them out and have a good month!

Joanna x

EASY TECHNIQUE TIPS

Try these simple walking hacks to help you improve speed

1 VISUALISE A CUP OF WATER

As you walk, imagine you have a cup of water balanced on each hip. With each stride, you need to make sure you keep the cup balanced and not spilling. Draw your abdominals up and in, to stabilise your pelvis. Weak abs will mean your stability is poor and your pelvis is not creating the framework for good posture, and this directly reduces your pace.

2 THINK ARMS NOT LEGS

Try to swing your arms faster, rather than speeding up your leg and foot strike. Using your arms creates a better rhythm, whereas

trying to speed up your foot strike creates postural misalignment, increases use of hip flexors and can compromise quality and technique.

3 MAKE SPACE

This final tip is subtle but key to effortless pace with great stamina benefits. Concentrate on creating as much space between your pelvis and each thigh bone. Do this by visualising a balloon in your hip socket, which needs to have space to be blown up – the trick is to pull your abdominals up as well as in, so you allow the legs to fully extend from the hip before you bend at the knee to bring each leg forward. This helps lengthen your stride and takes pressure off your knee and hip joints.

Find your optimum walking pace

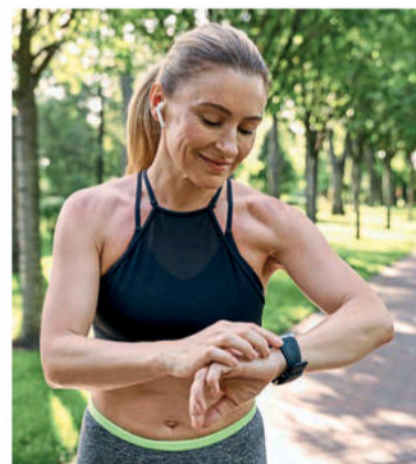
Try this WalkActive drill to establish your optimum walking pace (OWP) and help you achieve your best pace for cardiovascular fitness.

- Choose a long stretch of space where you can walk without interruption. After about five secs (or one fence post/bench), increase the pace slightly. After another five secs, increase it some more.
- Continue to do this until you're walking so fast you have to break into a run – this is your break point. The pace you're walking at just before you reach your break point is your maximum walking pace (MWP). You'll probably find that your technique has gone to pieces, but don't worry about this.
- Ease off your MWP by about 5-10 per cent, to leave you with your optimum walking pace (OWP), which should be fast enough to leave you breathless but slow enough that you're able to maintain good technique.
- When you're starting out, repeat this drill at the beginning of every walk so you get used to how your OWP feels. It will increase as you get fitter, so don't compare it with anyone else's or worry that it's too slow.

Download WalkActive with Joanna Hall (available on Google Play and App store) and sign up for a free mini taster programme to watch Joanna's Makeover Your Walking Mistakes video. Also visit walk-active.com and find Joanna at [instagram.com/walkactivewithjoannahall](https://www.instagram.com/walkactivewithjoannahall).



WALK ACTIVE
WALKING WITH PURPOSE



TOP BEAUTY

Delve into our pick of the best new buys for sun protection, under-eye circles and rejuvenation!

Bright eyes

Between late nights and general life stressors, who doesn't have a bit of unwelcome under-eye discolouration? Happily, **Caudalie Vinoperfect Brightening Eye Cream** (£30, caudalie.com) has come to the rescue with a serum that lightens all shades of dark circles – from purple, blue, brown or darker. The hero ingredient is Viniferine, a grapevine sap extract that corrects dark spots by regulating melanin production. An extra boost of niacinamide illuminates and evens skin, while caffeine promotes microcirculation. The cooling ceramic applicator depuffs and refreshes. It's a vegan formula too, with no fragrance, PEGs or silicones.



WORDS: ANGELA KENNEDY. IMAGES: VARIOUS BRANDS.

Your radiance revealed

Patches of pigmentation can make your skin look uneven and dull. Target problem areas with **Monat Exfoliating Peel Pads** (£60, monatglobal.com/uk), which contain a brightening peel treatment to gently exfoliate and reduce the intensity of dark spots and fine lines. Made with eight per cent sugar cane-derived glycolic acid, amino acids, witch hazel and refreshing cucumber, the pads are suitable for daily use, even for sensitive skin. They work on the outermost layer of your skin, revealing an overall improvement in tone and radiance. Get glowing!



OVERNIGHT RECHARGE

Boost the restorative power of your sleep with **IT Cosmetics Confidence In Your Beauty Sleep Serum** (£52, boots.com). It's an antioxidant powerhouse blend of 12 per cent vitamin C, ferulic acid and a resveratrol derivative to boost texture, tone and radiance. The rich oil plumps skin without clogging pores – and a little goes a long way. Wake up to supple, smooth and softer skin tomorrow!

SAFE UNDER SHADE

With the sun beginning to shine, it's time to update your skin protection with the latest launch from vegan brand **Skin Proud Serious Shade Lightweight Hydrating SPF 50+ Sun Serum** (£16.95, iamproud.com). The light-as-a-feather sun screen provides broad spectrum protection against UV and infrared radiation and helps to filter blue light. It also contains a cocktail of skin-loving ingredients, such as ceramides, acerola cherry and spirulina to leave your face hydrated and soothed. So, you have a dewy glow with no white cast and a great base for make-up.



TopSanté PROMOTION

SOFTER SKIN

Experience revitalised, soft and smooth skin in minutes! The **lavera Body Lotion range** (from £12.35, lavera.co.uk) combines effective moisturising care with the wonderful feeling of doing something good for yourself and the environment. Enriched with organic and natural ingredients, each lotion provides nourishing care for your skin. From gentle to revitalising fragrances, each body lotion provides 24-hour moisturisation. Skin is left feeling soft and smooth with a gorgeous scent.

For more beauty content, subscribe to our FREE weekly newsletter. Visit topsante.co.uk and click on Newsletter to sign up!





TRIED & TESTED

LED FACE MASKS

The world of beauty gadgets never ceases to innovate. Editor-in-Chief Katy Sunnassee puts the latest multi-coloured mask through its paces.

AGEING IS A POPULAR and controversial topic that has been around for centuries as women have always tried to look younger and preserve their beauty.

But in recent years, and in the wake of the backlash against the term “anti-ageing” – hence why most brands have replaced the term with “pro-age” – it’s almost politically incorrect to discuss wanting to reverse or halt time in some way. And it’s understandable, as for years, beauty companies created the notion that it wasn’t OK to grow older, and you’d not see any older models in adverts. Now, it’s far more common to see 50-plus women in advertising, which we celebrate at *Top Santé*.

But the truth of it is that most of us are still looking for the best ways to slow the effects of time – especially externally where we and others can see them – so the world of “anti-ageing” hasn’t really gone away, it’s just undergone a rebranding.

But it’s not necessarily about wanting to look how we did at age 20 (although I sometimes think it would be nice to have the

skin as well as figure and energy levels I did back then!) but about being and looking the best possible versions of ourselves now, at the ages we are. And this is where at-home beauty gadgets can help, especially if you don’t want to undergo anything invasive.

Technology has advanced at a rapid pace over the past five years and so has the range of gadgets available to those seeking to enhance their usual skincare routine. One such brand at the cutting edge is FAQ Swiss, which earlier this year launched two new new-generation LED face masks.

‘We’re told that ageing is inevitable, however, we are changing this narrative,’ says Boris Raspudic, general manager at FOREO UK, the beauty tech company that owns FAQ. The innovative Swiss biotech company is on a mission to push the science of understanding the ageing process to the limit, to see what can be achieved. ‘While we know we can’t avoid ageing entirely, we certainly can influence how we age,’ he adds.

Their new FAQ™ Swiss 201 and 202 contain powerful, youth-boosting technology to recharge and rejuvenate your face at home.

‘LED light emitting diode therapy is a

non-invasive treatment that penetrates skin at different layers to treat different concerns such as laxity, acne, pigmentation, eczema, psoriasis, rosacea and ageing,' says Dr Raj Arora, GP, skin doctor and medical educator ([instagram.com/dr_rajorara](https://www.instagram.com/dr_rajorara)).

'The mechanism of action is essentially at a cellular level. LED light therapy appears to affect cellular metabolism by triggering cellular reactions. This results in skin increased collagen production, wound healing and increased blood flow,' Dr Arora adds.

NEAR INFRARED

And it's not only regular red light that's making waves in the beauty

industry. Near infrared (NIR) is now being harnessed for its skin-boosting benefits. Having already been used for decades in the medical field to treat various skin conditions, NIR has more recently been gaining traction as a way to reverse signs of skin ageing and improve skin health.

The wavelengths of NIR are between around 810nm and 850nm – beyond what humans can see. The benefits are increased mitochondrial function, meaning better energy production of your cells thereby extending their lifespan. This all helps stimulate collagen production, reduce wrinkles and sunspots, and reduce inflammation with 6-12 weeks of regular use.

Ask the expert!

Dr Raj Arora explains more about how LED therapy works to rejuvenate your complexion.

What is the light range you need for the best results?

This depends on the outcome you want. The most popular light is red (range of approx 700nm), which penetrates skin at a deeper level and triggers cellular changes. Red light can help stimulate production of elastin and collagen as well as increase blood flow for tighter, smoother skin. Red is also great for wounds.

Other LED colours include blue to target acne, and green for pigmentation. Some of the newer at-home devices offer a wider range of wavelengths to target a number of concerns, including near infrared for skin tightening.

Does using LED light make skincare sink in better?

Red light therapy can increase blood flow to the skin to allow better absorption of active skincare. Aside from this, blue light can reduce acne, oil production and congestion – again this will lead to better absorption of products on the surface of the skin.

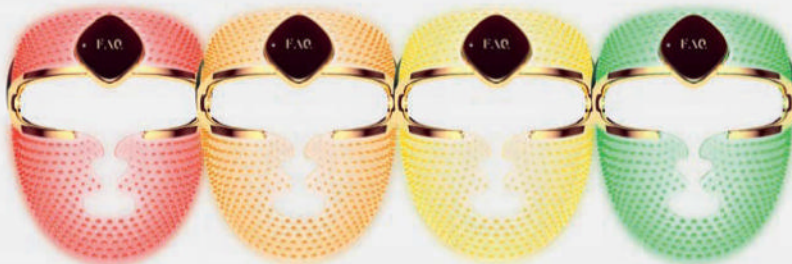
Can everyone use LED light?

It's important to consult your skin doctor or GP if you are unsure about whether LED therapy is right for you. Generally, it's very safe but it should be avoided by those who are pregnant, using photosensitive medication (oral and topical), photosensitive eye or skin conditions and for those with a history of skin cancer.



I can sing a rainbow...

The FAQ Swiss 202 includes seven colours (plus NIR, which is invisible and included with all modes)



RED

Helps reduce wrinkles and boost collagen

ORANGE

Revitalises for a healthy glow

YELLOW

Reduces redness and brightens skin

GREEN

Promotes healing, evens skin tone, reduces redness



BLUE

Reduces acne, oiliness and inflammation

CYAN

Calms stressed skin, helps with sun damage

PURPLE

Boost lymphatic drainage and cell renewal

NEAR INFRARED

Improves sunspots, wrinkles and sagging



REVIEW:

FAQ Swiss 202 Silicone LED Face Mask

(£719, currentbody.com and foreo.com)

THE LOWDOWN This mask provides clinical results thanks to seven wavelengths of light: red, blue, green, orange, purple, cyan and yellow as well as near-infrared (NIR). Some masks contain around 60 larger LED bulbs whereas the FAQ 202 contains 600 tiny light dots spread evenly and densely across the surface, so each area of your face gets even coverage. Thousands of LED pulses are sent out per second, all optimised to ensure the wavelengths penetrate evenly. The mask also gently warms your skin to dilate pores temporarily so the light can penetrate.

The smart mask is also app-connected and features pre-programmed treatments, and you can also design your own plan. It's said that within 6-12 weeks of consistent use you can expect to see visible results in rejuvenation. The FAQ 201 is also available at £449 with just the red, green and blue light functions.

VERDICT This mask is for those serious about their skincare. The ultra-lightweight and flexible, hygienic silicone device is wireless so you can wear it around the house rather than having to sit still in one place due to a cord or a battery pack. It has an open-eye design rather than small eye holes, which mean you can do other tasks while wearing it – other LED masks I've tried with smaller eye holes and a flap over the nose make it impossible to open your eyes as the light is too blinding so you have to sit still for the duration with your eyes closed. This is fine if you want to wear one during some dedicated relaxation but not if you want to multi-task, which I always do! Plus, the open eye area makes me feel a bit like a ninja! It's definitely the best-looking LED mask I've tried.

I also like the non-slip silicone headband as, again, some other masks I've tried haven't had such good straps and they either get caught in my hair due to the Velcro or they're

too short. This strap is long enough, completely adjustable and lies flat on your head.

I love that it's super lightweight and convenient – I'm wearing it right now as I write this review, which I'd not be able to do wearing some other masks as a) they'd slip down and b) the lights would be too bright to see. The FAQ 202 contains 600 tiny LEDs and they're not close to your eyes, so it's not blinding at all.

Also, the easier something is to use, the more likely I am to use it, so while this is an expensive bit of kit – around double the price of some LED masks, I can wear it while working (from home!) or doing a spot of housework or even reading. I often pop it on while watching TV. I couldn't easily do that with other masks, which means I didn't often remember to use them.

I also like the pre-programmed treatments – one is a 15-minute 'Anti-Wrinkle' programme consisting of five minutes of red, then purple then orange, and the 'Quick Refresh'



with a few minutes each of red, yellow then orange. And I love that as the treatment starts, your phone plays relaxing “spa” music as the timer counts down. The mask carries on working even if you come out of the app to do something else, although the music does stop.

And to clean, you simply spray with the supplied anti-bac spray and then wipe with a wet cloth.

DOWNSIDERS

Although the FAQ 202 is super high-tech, I sometimes felt the app was a hindrance as the mask wouldn't connect to my phone, so I had to just turn it on to one colour rather than go through one of the automatic treatments in the app.

The battery life also isn't very long – after a few days of use I have to charge it up again. This isn't a major issue though as long as I keep the charging cord to hand and don't lose it, which I've done in the past!

While this mask is significantly lighter and less cumbersome than some others, it doesn't pack down flat, like some others (see panel) due to the

rigid nature of the eye hole. So, while it wouldn't add much weight to a suitcase, it would take up a lot of space as you'd have to transport it in the original box. But this is only an issue if you want to take it on holiday.

And although I said I liked the large, singular eye hole as it makes the mask more wearable for longer, the downside is that no LEDs cover my crow's feet area, which I would have liked as I have tons of lines there.

The chunky on-off button housing the battery and Bluetooth element also sits over the forehead, meaning no LEDs on the frown line area either. And the chunky nature of the on-off button means the lower half of the forehead area doesn't touch your skin, so the LEDs are further away. The flaps above the mouth don't touch my skin either; I don't know whether the LEDs need to have direct contact but I presume the closer the better.

Lastly, if you use the mask for more than 15 minutes, the on-off button can start to feel a bit hot, and you also get a bit of condensation build up around the nose area but this happens on most full-face LED masks.

CONCLUSION

Over all though, this is a fantastic bit of beauty kit. It's so easy to wear, which is a big benefit as it means I'm more likely to stick with it. The biggest improvement so far is to skin texture, as my serums seem to glide on more smoothly and my skin feels softer too. I think it'll take more time to see major improvements such as wrinkle reduction as you need 8-12 weeks and I've been testing for around 4-5, and not every day. As with anything, the mantra “little and often” is applicable. None of these masks are a quick fix and you do have to use them almost daily to see results. I'll be continuing to wear this, especially using the red and purple for fine lines, and the green for (hopefully) reducing redness as I tend to flush easily and also have broken capillaries.

● I'll be posting about the FAQ Swiss 202 as well as other devices at [instagram.com/thehealtheditor](https://www.instagram.com/thehealtheditor) as I continue to test. Follow me there for updates, as well as other recommendations and products I'm trying for thinning skin!



More LED devices

If your budget doesn't stretch to the top-of-the-range FAQ 202, these are some good options...

1 OLIVIERE WILSON LED GLOW MASK (£320, olivierewilson.com).

This mask features 132 LEDs, 66 red and 66 near-infrared. NIR enhances the efficacy of red light when combined, so each bulb contains both wavelengths to best benefit skin. Use for 10 minutes a day for improved plumpness and radiance, fewer wrinkles and less pigmentation and inflammation. Comes with eye shields and a travel bag.



2 PRIORI UNVEILED MASK (£275, prioriskincare.co.uk).

This silicon-based LED mask delivers temperature-controlled red and near-infrared light. The red (633nm) waves penetrate 1-6mm to rejuvenate and plump, boosting circulation and collagen production. Use 5-7 times a week for 10 minutes. The battery pack lasts ages before needing a recharge, making it good for travel. Comes with a fabric carry case and packs flat.



3 MZ SKIN LIGHT-THERAPY GOLDEN TREATMENT DEVICE (£390, mzskin.com).

Skincare expert Dr Maryam Zamani created this golden mask containing 150 diodes and five LED colours: red (630nm) for stimulating collagen and elastin and reducing inflammation; blue (430nm) for blemishes; green (520 nm) to calm and reduce pigmentation; yellow (570-590nm) to boost circulation and lymphatic flow; and white (450-460nm) for wound healing and repair. There's also a £600 mask (in pink) that includes NIR as well as a red/blue combo specifically for acne.

4 FAQ SWISS 201 LED MASK (£449, current.com).

Like its big sister, the FAQ 202, this mask offers the same lightweight fit and design, 600 light points and is app connected, but only has the red, green and blue lights. It's still great for targeting fine lines, acne, redness and uneven skin tone and is also made from body-safe silicone, which is free from phthalates and BPA's.



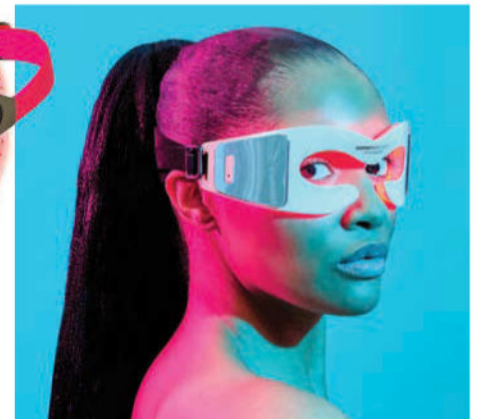
5 CURRENTBODY SKIN LED LIP PERFECTOR (£149, currentbody.com).

This small device helps smooth feather and smile lines, increase fullness of your lips while evening out lip tone – all in three minutes a day. Four wavelengths of LED light are emitted from 56 individual bulbs. Add it to your daily skincare ritual and it's said you'll see results in eight weeks.



6 CURRENTBODY SKIN LED EYE PERFECTOR (£199, currentbody.com).

If you mainly want to focus on your eyes, this LED light therapy mask will do the trick. The clinically proven LED mask with 80 professional-strength bulbs will help diminish fine lines and wrinkles as well as boost elasticity, dark circles and eye bags. Use six times per week to see results in around eight weeks.





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MIDLIFE
MAKE-UP

A SPOT OF BOTHER?



Acne isn't only for teenagers – perimenopause can also lead to breakouts in your 40s and 50s. Grace Fodor, founder of Studio10 Makeup, shares advice and tips to help to reduce breakouts and cover up any pesky pimples!

1 WASH WELL

Cleansing is crucial for keeping the skin clean and healthy, and it's especially important for those who are prone to breakouts. Make sure you use a gentle cleanser that won't strip the skin of its natural moisture. I'm a big fan of **Super Facialist Hexapeptide 9 Anti-Ageing Advanced Skin Cleansing Milk** (£15, lookfantastic.com) and **Clarins One-Step Facial Cleanser** (£24, feelunique.com).

2 USE A TONER

Toners can help to balance your skin's pH, while exfoliating and reducing the appearance of pores. Look for toners that contain gentle resurfacing ingredients such as AHAs and BHAs, which help keep skin smooth, bright and clear. **ARK Skincare Hydrating Beauty Mist Travel Mini** (£12, arkskincare.com) gives optimum skin hydration with hyaluronic acid.

3 AVOID SILICONES

Silicones are often used in skincare and make-up products to create a smooth, even finish, but they can also clog pores and prevent skin from breathing. When shopping for products, look for silicone-free ones, especially in the summer when you're more likely to

sweat. **Skinceuticals C E Ferulic** (£165, skinceuticals.co.uk) contains no silicones and is great for making skin glow.

4 SPOT TREATMENT

When a pimple does appear, treat it with acne-fighting ingredients such as benzoyl peroxide or salicylic acid to reduce inflammation, kill bacteria and speed up healing. I love **Carbon Theory Tea Tree Oil & Vitamin A Breakout Control Spot Paste** (£18, carbontheory.com), which eliminates spots and reduces redness. For mature skin and acne in later life, **ARK Skincare SkinPerfector Clearing Serum** (£45, arkskincare.com) is amazing too.

5 COVER IT UP!

To cover a spot, use a concealer that matches your skin tone as closely as possible. Apply only to the affected area and use sparingly – too much can make the spot more noticeable. **Studio10 4-in-1 Skin Perfector** (£32, studio10beauty.com) is great as it has green and peach colour correctors to use under concealers.



TOP FOOD & DRINK

Get ready for a tasty summer with the latest food and drink launches plus healthy meal deliveries.

SUPER SHAKE

Support your post-workout needs with **Pulsin Vitality Vanilla Matcha Supershake** (from £17.49, pulsin.co.uk). Throw a scoop into a blender with either milk or water and whizz together for an easily digestible shake on the go. The formula contains 20g of complete plant-based protein per serving and a blend of hard-to-obtain vitamins and minerals.



WORDS: LOUISE PYNE. IMAGES: VARIOUS BRANDS, SHUTTERSTOCK.



BOXED UP

Take the stress and hassle out of cooking healthy meals with **Planty's Meal Delivery Service** (see above, from £5.65 per dish, planty.uk). The sustainable online subscription service offers restaurant-quality dishes packed with fresh ingredients delivered straight to your doorstep.



Ready to eat

A kebab made from pea protein? Yes, really! **Planted Kebab Original** (from £3.39, ocado.com) is a sustainable, meat-free, fast-food alternative made from marinated bite-sized chunks of plant protein that combine texture and flavour.



GOODNESS ON THE GO

If you're looking for a chocolate bar that beautifies, satisfies and nourishes your body, the **Vitl Glow Dark Chocolate & Raspberry Bar** (£2.30, ocado.com) fits the bill. Coated in delicious dark chocolate, its secret ingredient is collagen to help support healthy skin, hair and nails.



FEEL THE FIZZ

Cool down on a hot summer's day with **Jitterbug Berry Hop** (£1.15, hollandandbarrett.com). The sparkling apple cider vinegar drink is crammed with real fruit and zero nasties, and clinically proven to support digestion and boost immunity, plus each can contains less than 50 calories.



MORNING FUEL

Start your morning with a cup of **Fungtn Lions Mane Mushroom Coffee** (£18.99, fungtn.com) for an energising kickstart to your day. The unique ratio of high-grade coffee to functional mushrooms provides a warm depth of flavour and helps to balance out the caffeine hit.

Visit our website for more nutrition content where you can also sign up to our **FREE** weekly newsletter! Head to topsante.co.uk





REDUCE CARBS TO *Live Longer!*

Women's health specialist, functional nutritionist and long-time *Top Santé* columnist, Pauline Cox, shares her top tips on how to eat for longevity.

MANY PEOPLE HAVE heard about, and some experienced first-hand, the weight loss benefits of a low-carb diet. However, less is spoken of the

benefits of a low-carb diet for slowing ageing.

Much of our understanding about longevity resulted from caloric restriction diets. Rats who were kept on a calorie-restricted diet had an increased average lifespan of 60 per cent. These benefits were also seen in primates put on the calorie-restricted diet.

Restricting calorie intake leads to a number of physiological changes. Body fat is reduced as the body starts using stored fat as a source of fuel. This burning of body fat not only reduces excess fat stores, which are both inflammatory and increase the risk of other health complications such as type 2 diabetes, but it also results in an increase in ketones.

WHAT ARE KETONES?

Ketones are produced when your body breaks down fat to use as a source of energy. They are used by cells to make energy, instead of using glucose. Ketones are anti-inflammatory,

help to regulate and normalise appetite and provide an effective source of fuel for your brain, which can support improved cognitive and emotional wellbeing.

The other important physiological change we see when calorie restricting is a lowering of insulin. Firstly, I must state that insulin is an essential hormone that plays a vital role in regulating blood sugar. However, too much of it encourages fat storage and promotes faster cell turnover, which isn't good news. Every cell in your body has a limited lifespan and can only make a certain number of copies of itself before it dies. The faster cells make those copies, the quicker they age and die. Insulin causes cells to turn over more quickly, so when levels are high, cell turnover is also high and premature ageing occurs.

The good news is, you don't need to endure the caloric restrictions that the lab rats undertook to see the benefits of increased longevity! You can mimic a calorie-restricted diet by eating a low-carb diet and increasing your fasting window. By restricting carbs, insulin levels will decrease, which goes hand in hand with an increase in fat burning and, as a result, an increase in ketones.

3 WAYS TO HELP LOWER INSULIN (and increase ketones!)

Try Pauline's easy steps for optimum wellbeing.

1 BECOME CONSCIOUS OF YOUR CARBS Carbohydrates come in all shapes and sizes, from the carbs found in veggies, to those in a bar of chocolate! It doesn't mean you have to avoid carbs, but become aware of the amount you eat in a day. Lowering carbs from breads, biscuits, cereals, sweets and pasta, can lower insulin and increase ketones.

2 CREATE AN EATING WINDOW This is another effective tool for lowering insulin and increasing fat-burning and ketone levels. Stopping eating at 7pm and eating breakfast at 8am creates a non-eating window of 13 hours, which can increase fat-burning, increase ketones and lower insulin levels. Check with your healthcare professional before undertaking any new dietary changes that may not be suitable for you.

3 GET MOVING Exercise is another way of lowering blood sugars, insulin levels and increasing ketones. A simple walk after eating has very beneficial effects on blood sugar levels. It also helps to maintain and build muscles, which use up a great deal of blood sugar, ideal for optimising fat-burning.

• For a range of low-carb store cupboard essentials, visit sowandarrow.com

• You can find Pauline on Instagram @paulinejcox. Her new book, *Hungry Woman*, is out now (£27, Ebury Press).



GREEN BANANA GET UP & GO PANCAKES

These protein-packed, flourless pancakes can be made without the collagen, however, the extra hit of amino acids in the morning is ideal for muscle building and hunger control. When bananas are green, they have less sugar content... you decide how green you want to go! They're delicious hot or cold!

Makes 12 small pancakes

- 1 greenish banana
- 2 eggs
- 1 tbsp collagen peptides (optional)
- ½ tsp ground cinnamon
- Coconut oil or ghee, for frying

TO SERVE

- Natural yoghurt, fresh berries, chopped nuts and seeds

- 1 Add the banana to a blender with the eggs, collagen (if using) and cinnamon, then combine to create a smooth batter.
- 2 Heat a small amount of coconut oil or ghee in a frying pan, and when the pan is hot, add 3-4 spoons of batter to create 3-4 mini pancakes. Cook for 2-4 mins until golden in colour before flipping over to cook on the other side.
- 3 Serve with natural yoghurt, fresh berries, chopped nuts and seeds for extra goodness.

YOUTH-BOOSTING MEALS!

Feed your cells with healthy, wholesome ingredients with these new recipes from nutritionist Gabriela Peacock.



MINI BREAKFAST FRITTATAS

Serves 4

- Olive oil, for greasing
- 6 organic or free-range eggs
- 2 carrots, grated
- 1 red pepper, cored, deseeded and chopped
- Large handful of kale (20g), stalks removed and chopped, or 30g spinach, roughly chopped
- 2 shallots, finely chopped
- 2 garlic cloves, grated
- 8 basil leaves, torn
- ¼ tsp ground cumin
- ¼ tsp cayenne pepper
- 30g Parmesan cheese or vegetarian/vegan alternative
- Finely grated sea salt and freshly ground pepper

- 1 Preheat the oven to 210°C, Gas Mark 6½ and grease a 6-hole muffin tin using a little olive oil.
- 2 Crack the eggs into a bowl and beat, before adding all the other ingredients – the carrots, pepper, kale, shallots, garlic, basil, cumin, cayenne pepper, Parmesan, salt and pepper.
- 3 The mixture should be roughly half egg, half vegetables.
- 4 Spoon the mixture evenly into the greased muffin tin and bake for about 15 minutes. The frittatas should be set in the centres, so give the tin a little jiggle to check.
- 5 Remove from the oven and let them cool a little before serving.



STEAK AND HORSERADISH SALAD WITH WATERCRESS

Serves 2

- 160g fillet steak
- ½ tbsp rapeseed oil
- 150g edamame (soya) beans, shelled
- 120g mixed leaves (watercress, spinach, rocket, baby leaves)
- 100g sugar snap peas, sliced on the diagonal
- Sea salt and freshly ground pepper

For the dressing

- 1 tbsp hot horseradish sauce
- 2 tbsp Greek or live natural yoghurt
- 1 tsp agave syrup
- Zest and juice of ½ lemon
- Sea salt and freshly ground pepper

1 Heat a griddle or frying pan over a high heat. Brush the steak with the oil on both sides and season well. Cook the steak for about 2-3 minutes on each side for medium-rare or a little longer if you like it well-done. Set aside on a plate to rest.

2 Make the dressing by mixing the horseradish, yoghurt, agave syrup and lemon zest and juice in a small bowl, adding some salt and pepper.

3 Bring a small pan of water to the boil. Cook the shelled edamame for 2 minutes and then drain.

4 Divide the leaves between two plates, adding the sugar snap peas, edamame and sliced steak. Drizzle over the dressing.



WILD RICE, SALMON & KIMCHI SALAD

Serves 4

- 100g wild rice mix
- 1 large salmon fillet (approx 170g), skin removed
- 1 tbsp tamari
- Zest and juice of ½ lemon, plus extra juice, to taste
- 1 garlic clove, grated
- 2 tbsp kimchi
- ¼ cucumber, chopped
- 8 cherry tomatoes, halved
- Small bunch of flat-leaf parsley, chopped
- 1 tbsp sprouted grains or seeds (alfalfa, broccoli, kale, lentil, chickpea)

- Sea salt and freshly ground pepper
- 2 tsp extra virgin olive oil, to serve (optional)

1 Preheat the oven to 200°C, Gas Mark 6 and line a baking tray with a large piece of foil.

2 Cook the rice according to the packet instructions. While that's bubbling away, put the salmon in the centre of the lined tray.

3 Add the tamari, lemon zest and juice and garlic, making sure the salmon is nicely covered. Season well, then close up the foil to form a loose bag around the salmon – make sure the seal is nice

and secure as you don't want any steam to escape.

4 Bake for 20 minutes or until it's cooked through. Then set aside to cool until about room temperature.

5 Place the kimchi, cucumber, tomatoes, parsley and sprouted grains or seeds in a bowl with the rice and mix together. Then flake the salmon with your fingers and add to the bowl.

6 Mix gently and transfer to plates, perhaps with another pinch of salt, grind of pepper, squeeze of lemon and the optional extra virgin olive oil.

7 You may now tuck in.





EDAMAME AND BROCCOLI SOUP

Serves 2

- ½ tbsp coconut oil
- 2 spring onions, finely chopped
- 2 garlic cloves, grated
- 150g frozen shelled edamame (soya) beans
- ½ head of broccoli (approx. 200g cut into florets and stalk trimmed and chopped)
- 150g dark leafy cabbage, shredded
- 500ml vegetable stock (shop-bought or home-made)
- Juice of ½ lime
- Sea salt and freshly ground pepper
- 1 tbsp mixed seeds, to serve

1 Heat the oil in a pan over a medium heat. Add the spring onions and fry for a couple of minutes before adding the garlic for another minute.

2 Next up are the edamame, broccoli, cabbage and stock – bring to the boil and then reduce the heat. Leave to simmer for about 20 minutes.

3 Remove from the heat and add the lime juice before using a stick blender or pouring into a blender and blitzing until smooth (you may need to do this in batches, depending on the size of your blender). Season and serve with a sprinkling of crunchy seeds.



2 Weeks to a Younger You: Secrets to Living Longer & Feeling Fantastic, by Gabriela Peacock (£25, Kyle Books) is out now.



GABRIELA'S LONGEVITY PRINCIPLES...

- 1 Always include a variety of protein sources.
- 2 Choose the colourful, high-fibre, non-starchy kind.
- 3 Maintain a healthy balance with focus on essential fatty acids.
- 4 Increase your intake of sirtuin-stimulating, anti-inflammatory, digestion-supporting foods.
- 5 Keep your fluid levels topped up regularly throughout the day.

MINI CHOCOLATE MATCHA AND NUT BUTTER CUPS

Makes 24

- 280g plain dark chocolate (70 per cent cocoa), or a dairy-free version, broken into bits
- 2 tsp coconut oil
- 120g almond or macadamia butter
- ½-1 tsp organic matcha powder, plus extra for sprinkling
- 2 tbsp coconut or other nut milk
- 1 tsp agave syrup, to taste
- Sea salt

- 1 Place 24 mini cupcake cases on a tray. Put a pan over a medium heat with a little water in the bottom and bring it to a simmer.
- 2 Place a glass bowl over the pan, ensuring the water doesn't touch the bottom of it. Add the chocolate and coconut oil and let them melt, giving a gentle stir every now and then. When fully melted, remove from the heat.
- 3 Using a teaspoon, fill the bottom third of each mini cupcake case with some of the melted chocolate mixture (you'll use the rest later). Then put them in the freezer for 10 minutes.
- 4 Place the nut butter, matcha, milk and a squeeze of agave syrup in a blender and blitz until smooth. Taste and add more agave syrup if you feel it needs it.
- 5 Remove the mini cases from the freezer and add 2 tsp of the matcha mixture to each one, pressing them down as you go so the tops are smooth. Freeze again for a further 5 minutes. If the remaining chocolate has started to harden, gently melt it again as above.
- 6 Take the cupcake cases out of the freezer and use a teaspoon to fill them to the top with remaining chocolate.
- 7 Freeze again for 20 mins. Serve straight from the freezer (or store in the refrigerator) with a sprinkling of matcha and salt on each one.

ASK THE EXPERTS

We love to hear from you! If you have any questions for our experts, or want to ask about a health topic not covered here, please email topsante.talkback@kelsey.co.uk.



DEVELOPMENT EXPERT

Anita Bean is a registered nutritionist, author and former champion athlete who specialises in sport and exercise nutrition (anitabean.co.uk).

Q I'm beginning to develop arthritis in my fingers, which is a shock as I thought this only happened to older people. My fingers are often swollen, red and a bit stiff. How can I lessen the symptoms?

A While specific foods won't cure joint health conditions, certain dietary additions can help improve symptoms and prevent further damage to joints. Look for foods that have anti-inflammatory properties, for example ginger, which can help calm your immune response to lessen the impact on joint tissues, so helping preserve joint mobility and flexibility. Berries such as blueberries, blackberries, raspberries and strawberries are rich in polyphenols, powerful anti-inflammatory compounds that may provide protection against inflammatory conditions, such as arthritis.

Turmeric contains an active compound called curcumin, which has potent anti-inflammatory and antioxidant properties. Research suggests curcumin supplements may help improve symptoms of osteoarthritis. Oily fish are packed with healthy omega-3 fats shown to reduce inflammation, with the added benefit of keeping your heart healthy.

Rosehips have been shown in numerous studies to help relieve joint pain and stiffness while helping to protect cartilage. This is partly thanks to a powerful anti-inflammatory compound called GOPO. In one study, eight-out-of-ten patients with osteoarthritis experienced significant pain relief after supplementing GOPO for three months. Adding a rosehip supplement, with a high level of GOPO, to your diet is an easy way to help reduce inflammation and support healthy joints. GOPO Joint Health Range (from £22.49, gopo.co.uk) is available from Boots, Amazon, supermarkets and chemists.





Q I'm a competitive amateur runner but lately I've developed knee pain which is hampering my favourite pastime. How can I ease the pain?

A For regular runners, it's important to strengthen the muscles around the knee to help prevent pain. Try to implement strengthening exercises, such as knee bends and straight leg raises into your routine, perhaps forming part of a warm up or cool down. If you are experiencing pain, look for low-impact activities such as swimming which can take the pressure off joints.

For additional support add key nutrients and foods to your diet. Nuts are a great snack to have on the go as they contain antioxidants that can help reduce inflammation and protect against cell damage. Almonds, pecans and peanuts in particular provide key nutrients which can help ease symptoms of joint pain helping to improve quality of life.

Vitamin C is important for the formation of collagen, a major component of protective joint cartilage, and helps increase elasticity in muscles, ligaments, and tendons, thereby helping to increase joint movement and reduce any stiffness you may experience.

Q Lately, I've started to feel mild aches and pains in many joints. I'm in my 50s. I'm also aware I don't have the best diet as I'm so busy at work, often eating on-the-go processed food. What should I be eating to reduce joint pain?

A Oestrogen helps to protect your joints and reduce inflammation but when levels drop during the menopause, inflammation can subsequently increase, making it painful to move freely. While a busy lifestyle often impacts food choices, a diet rich in saturated fats, sugar and salt may trigger the body's inflammatory response which can worsen joint pain. Processed foods can also contribute to weight gain resulting in increased pressure on joints.

To support long-term joint health, an anti-inflammatory diet that favours fruit, veg, whole foods and omega-3 fatty acids is recommended. Calcium is also important, as we naturally experience a loss in bone mass as we grow older meaning that we're more at risk of breaks. Calcium can help protect bones and keep them strong, therefore playing a key role in all round joint health.

Try these healthy meals to support joint health and combat inflammation. Breakfast: fibre-rich oatmeal and berries. Look for whole grains, which are linked to lower levels of inflammation. Refined grains have the opposite effect so should be avoided.

Lunch: mixed bean salad with dark leafy greens. Protein is key for building healthy connective tissue and plant proteins such as beans and lentils feed the healthy microbes in your gut, which is so important for reducing chronic inflammation. As well as this, dark leafy green vegetables, such as broccoli, kale and spinach, are also packed with antioxidants, such as vitamins C, A, E and K, which help protect joint tissues from oxidative damage.

Dinner: seared salmon and broccoli. Salmon contains calcium and vitamin D to help keep bones strong, and is packed full of omega-3s to help reduce inflammation.





HAIRCARE EXPERT

Silvina Neder is a grey hair model, influencer and pro-ageing champion, who recently launched a grey haircare range, Silvina London (silvinalondon.com).

Q I want to go grey naturally but I'm scared about making the change. I'm worried I might look older. How can I improve my mindset to embrace this transition?

A If you've made up your mind you want to go grey, you have 90 per cent won the battle. You don't look old because of the colour of your hair: it's attitude, lifestyle and confidence that create your look.

Believe it or not, dark hair around the face can harden your features, whereas light hair brightens you. As for what others might think – it doesn't matter. Anyway, I find most people are very supportive. I went grey eight years ago, and I have been messaged by women who did the same – not one said they regretted doing it.

All of us felt more confident after embracing our natural way of ageing.

In most cases, going grey starts as an aesthetic change but leads to a deeper and wonderful mindset growth, which is being comfortable in your own skin. Stop hiding something that is part of you and gives you power and freedom.

The harder months of the transition are the first ones, when you only have a couple of centimetres of growth. Once you pass that stage, I believe you will love your new shade. Find images of women with grey hair that look amazing (there are millions around!) and have that as your hair goal. Also, think about the precious time and money you are saving on colouring, get excited and enjoy the transition.



Q I've recently gone grey but my hair now feels coarser yet more fragile and is lacking shine. What can I do to improve its condition?

A Grey hair can feel more wiry than your previous coloured hair, as being free from colouring chemicals, it starts to recover its natural strength. Using the proper shampoo and conditioner consistently will ensure hair becomes softer, shinier and healthier over the long term.

Regarding the colour, silver hair can tend to go yellowish, but a shampoo that contains blue pigments can combat brassiness. Most of the blue shampoos on the market, from the mainstream to the most expensive ones, contain harsh chemical pigments that make hair dry. So, if used every wash, they can leave hair with an artificial blue shade. This said, it is paramount to find the proper hair care.

The blue pigments in Silvina London come from blue gardenia and from a natural starch, so you can use them for every wash without the risk of hair turning blue. The shampoo also contains black oat extract, coconut oil, rosehip oil and hemp seed oil to deeply hydrate and help growth. The glycerine and organic aloe vera in the conditioner improve structure and give bounce and volume. Also bear in mind that silver/grey hair is almost white. So, just like a pristine white shirt, keeping it super-clean is vital for it to look its best.



ACNE EXPERT

Zoe Williams is a skin expert and founder of Aegles, a skin philosophy that targets the root causes of acne through diet, lifestyle and supplements (aegles.com).

Q I was expecting my acne to improve as I got older. I'm now mid-40s and still getting spots on my chin and cheeks! Why is this?

A During peri-menopause, women can develop acne due to hormonal fluctuations. As oestrogen and progesterone levels naturally drop, this can result in acne caused by oestrogen dominance if the ratio between oestrogen and progesterone gets out of balance.

Diet and stress are also closely linked to hormone imbalances that cause acne. I'd suggest eating more whole foods, such as fresh fruits, vegetables, good fats such as olives, seeds and oily fish, and protein sources such as eggs, chicken, red meat, quinoa and



legumes. At the same time, limit your intake of dairy, simple carbohydrates and sugar.

Stress can lead to several hormonal imbalances that cause acne. It can cause inflammation and lead to skin picking, which aggravates existing breakouts. Finding healthy ways to manage stress is important for balanced hormones. Try relaxing with yoga, meditation, taking a walk in nature, spending time with friends or having a relaxing bath.

It's also important to ensure that your skincare and make-up don't contain any pore-clogging ingredients – look for products that are "non-comedogenic" on the packaging – and that you have a regular cleansing routine. The best way to get your hormones back in balance is to combine diet and lifestyle changes with a supplement such as Aegles Acne Clear Now (£35, aegles.com). This will support your body to repair the oestrogen dominance naturally.

Q I decided to come off the contraceptive pill after taking it for decades. But now my face has been covered in acne for weeks! Why has this happened and what can I do to improve the breakout?

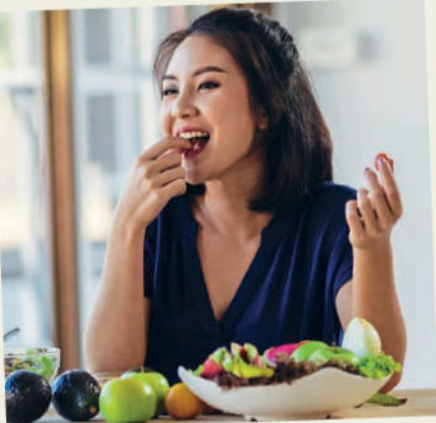
A This is a common experience. Although the contraceptive pill is often prescribed as a treatment for women with acne, in many cases it can cause it. The combined pill contains two synthetic hormones: ethinylestradiol and progestin. It's often prescribed for acne as it lowers levels of male-sex hormone DHT, which is the most common cause of acne in women.

However, many women will experience a return or worsening of their acne as soon as they come off the pill. This is because the underlying root cause of their acne has not been addressed or rebalanced, so their DHT levels will again

increase. Ethinylestradiol can also contribute to oestrogen dominance, which can cause acne. So that's two causes of acne from coming off the pill.

To get your hormones back in balance post-birth control, the first thing to do is focus on diet. Simple carbohydrates cause blood-sugar spikes, which, over time, can increase DHT levels. Reducing these as much as possible will help.

Simple carbs include refined sugars, white flours, fruit juice and dairy products. Instead, eat balanced meals containing good-quality protein, good fats – such as olive oil, avocado and nuts – and fibre from veg. It's likely your skin will clear up more quickly if you combine dietary changes with a hormone-balancing supplement. Aegles Acne Clear Now repairs oestrogen dominance and supports the body to lower blood-sugar and DHT levels naturally.



I HAVE A CONFESSION TO make... I am very judgemental. Mostly about myself – never good enough, never doing things “right”, never productive/successful/ tidy enough etc – but also judgemental about others. At least I was; I’m learning to be less so but the judgemental monster still rears its head from time to time. I’ll give you an example: back in school, I used to look at the bodies of my friends’ mums and think “how come their bums are so flat and their stomachs stick out so much?” At the time, I was a tall, lanky kid that did a lot of dancing and had a washboard-flat stomach with a perky backside. I was blessed with that physique (which I of course I didn’t appreciate at the time!). I could never understand why women, as they got older, ended up with their bum and tum seemingly in reverse, as in a flat backside and a stomach that poked out: the bum-tum migration as I’d come to call it. Why had they “let themselves go” like that? I didn’t understand. Was it lack of exercise? Eating too much food? Being lazy? I had this view for a very long time... until I turned 42.

At age 42 things started changing in my own body. My diet was pretty much the same as it always had been but yet my midrift was accumulating a softness to it; the sideways light coming in from the bathroom mirror would cast shadows across my formerly taught tum making it look like it had a layer of cauliflower under the skin. What was happening? Perimenopause, that’s what. My body was doing what the bodies of my friends’ mums from school were doing: changing shape and redistributing weight. It was actually in my late 30s I remember looking backward in the shower while performing a bodyscrub and thinking “where has my bum



KATY PERI


meno pause

Editor-in-Chief
Katy Sunnassee aka
“Katy Peri” shares
her struggles with
growing older and
letting go of the past
(and youth!)

gone?” The bum that earned me fourth place (hardly worth shouting about) in a “best bum of the 6th form girls” vote back in 1998. The bum that men would sometimes pinch in passing on a night out, or “accidentally” rub up against (I’m not endorsing that, by the way!). And so now I understand. It’s not laziness, eating too much or lack of exercise – my husband would argue it is the latter, as he sees how little weight I can lift in our home gym – but a change in hormones that results in the bum-tum migration.

We have to work harder if we’re over the age of 40 just to maintain our shape, and even harder to make significant changes that might have been easy in our 20s. So, these days I am a lot less judgemental toward others, although I’m still pretty harsh on myself, which leads me to the main point of these ramblings...

Despite not liking these changes and still often wishing for the 20-year-old me, or rather the body of her (I’ll leave the mid-20s anxiety to very much), I feel optimistic for the future; like there’s a light ahead where, post-50, I’ll discover the same freedom and lightness that author Anna Murphy now feels. I’m devouring her book *Destination Fabulous* (read some of it on page 60) and cling to the hope that I, too, will one day shed my attachment to my youth and find a new sense of freedom, purpose and perhaps fun. Longevity isn’t only about looks – although I am partial to gadgets that can help improve skin (see page 74) – it’s about what happens on the inside, and that’s the most important transformation of all.

 Get in touch with me at
[instagram.com/thehealtheditor](https://www.instagram.com/thehealtheditor).

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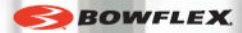


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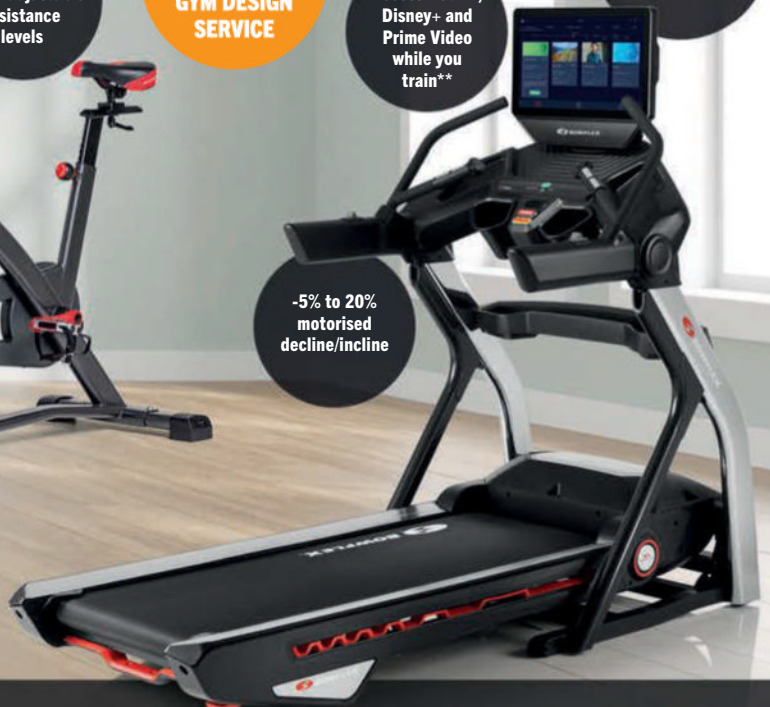
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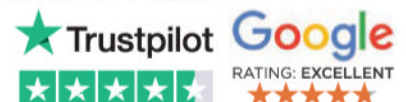
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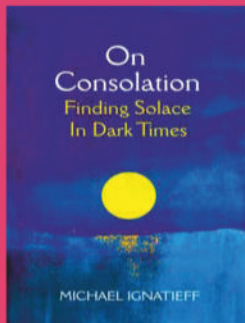
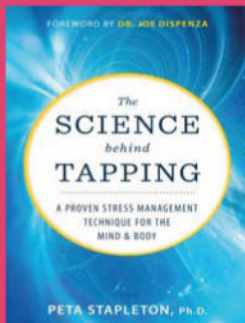
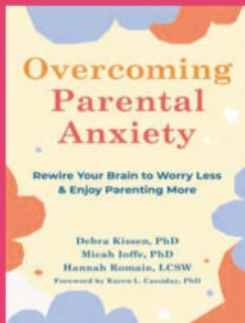
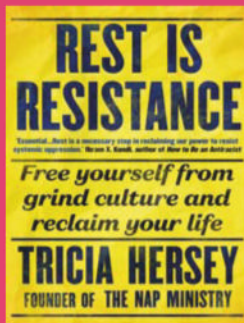
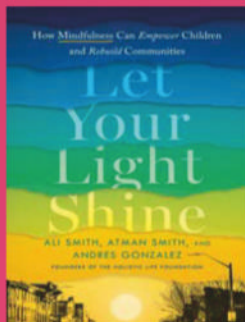
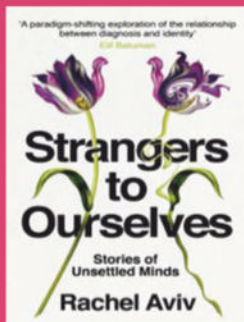
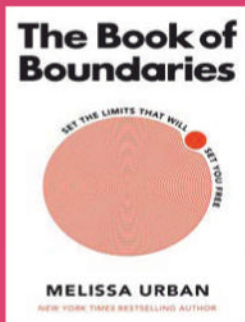
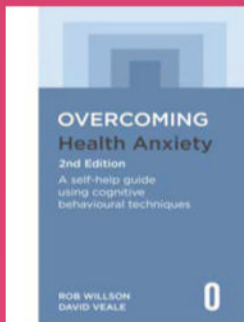
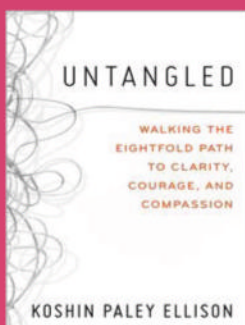
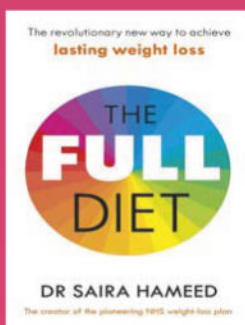
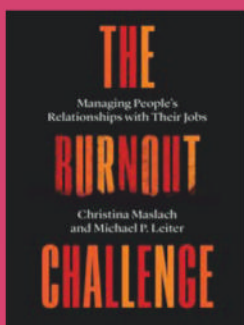
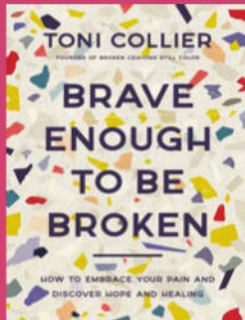
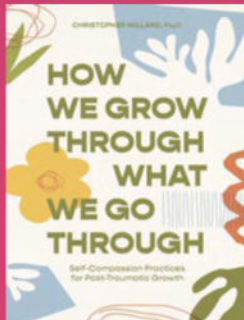
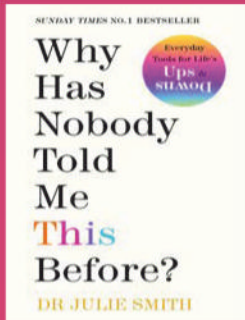
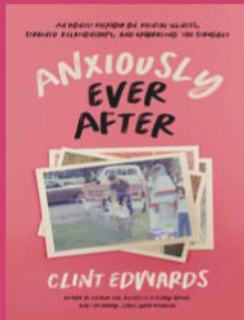
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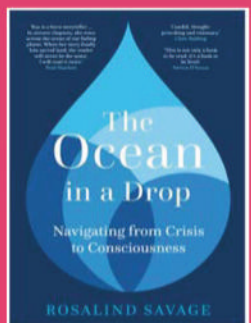
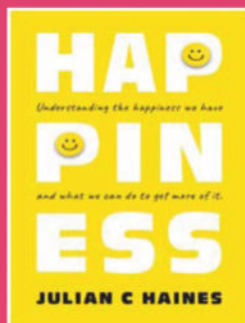
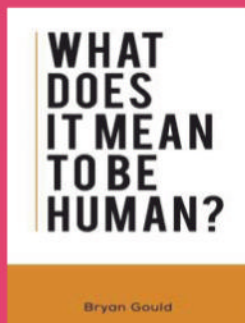
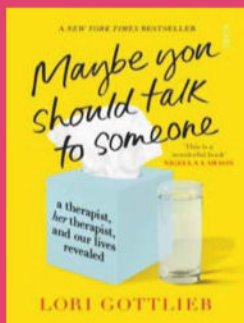
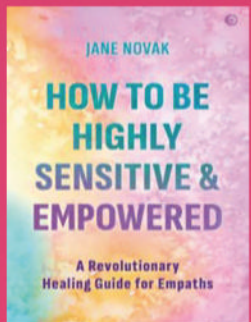
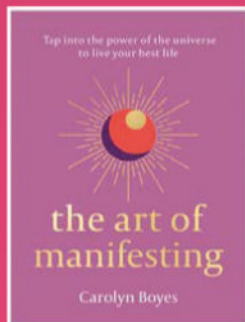
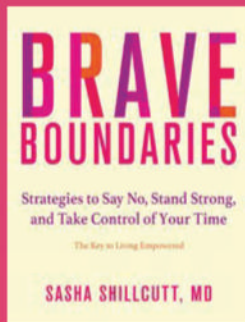
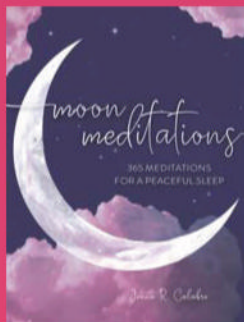
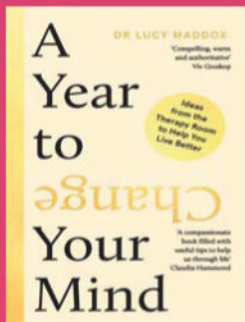
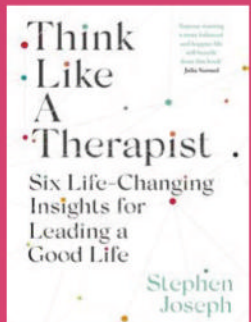
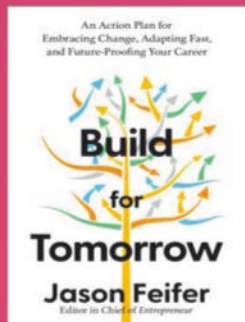
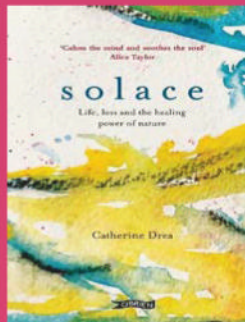
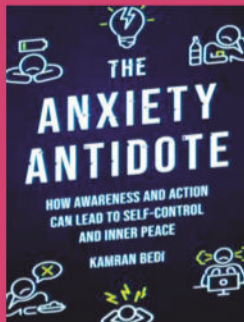
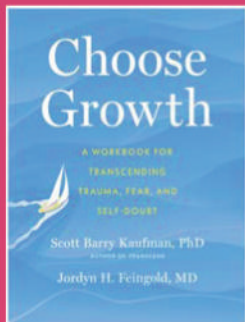
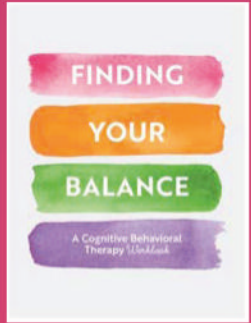
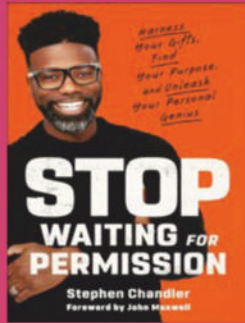
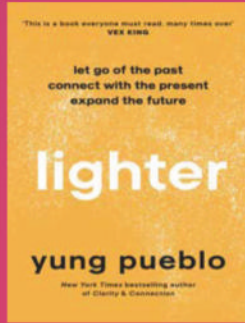
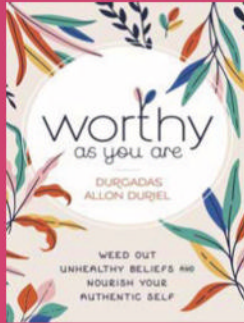
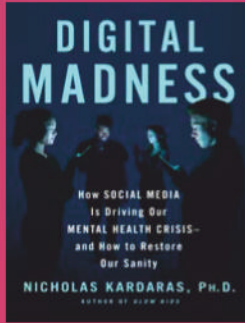
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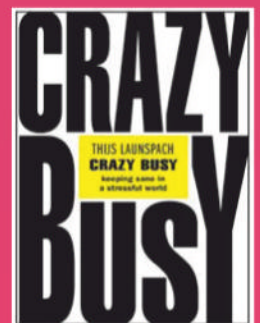
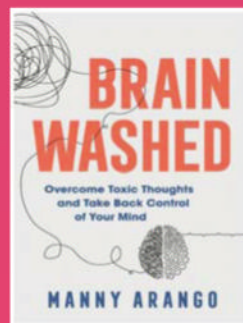
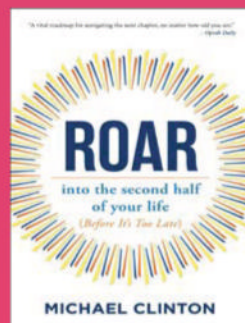
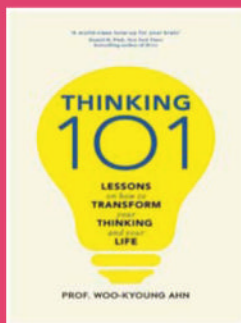
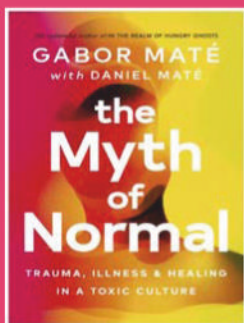
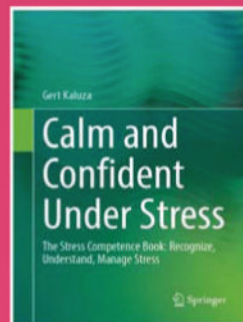
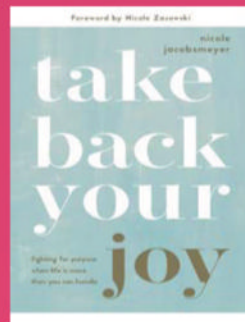
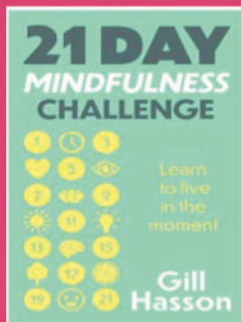
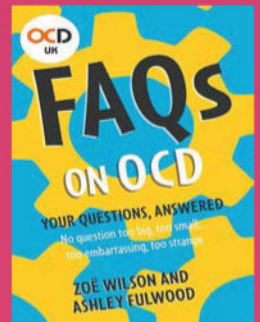
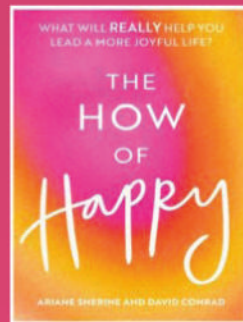
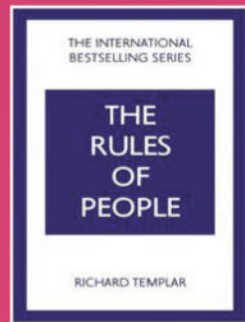
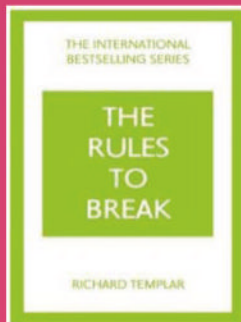
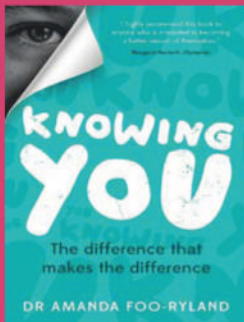
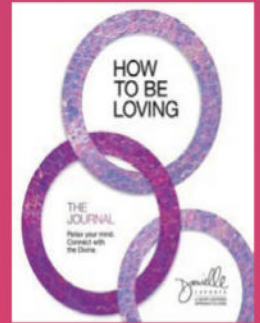
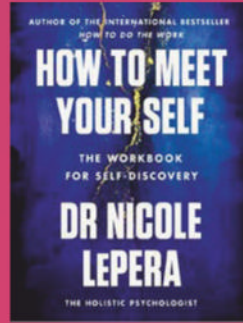
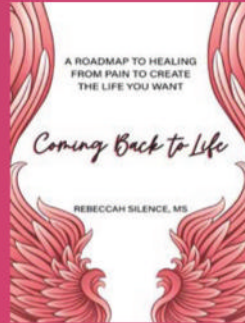
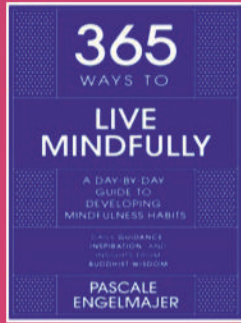
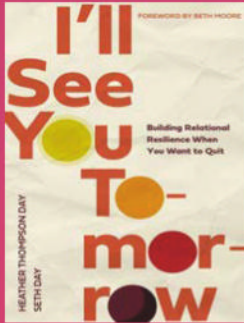
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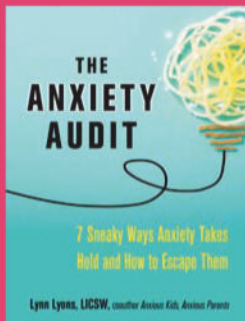
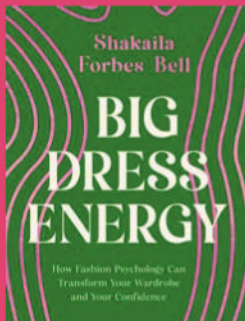
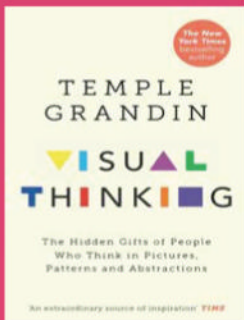
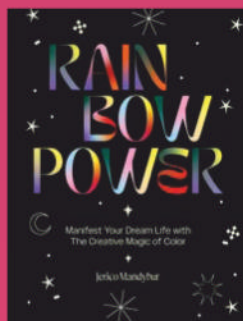
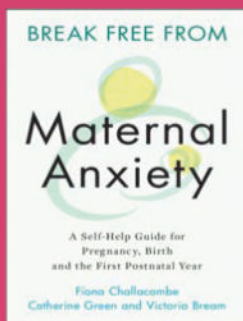
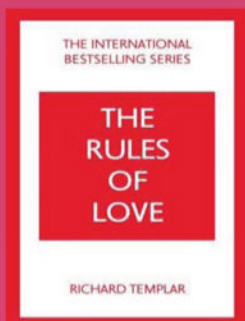
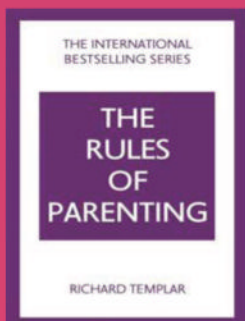
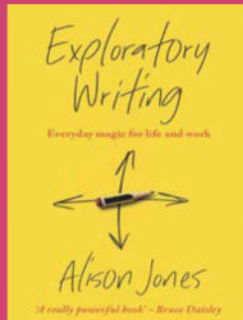
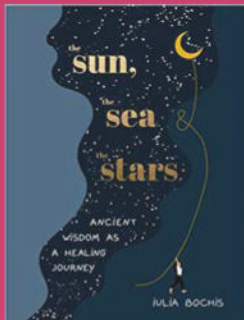
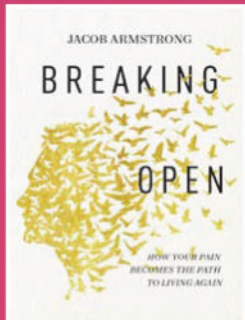
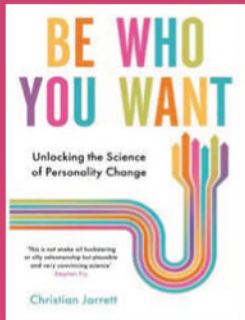
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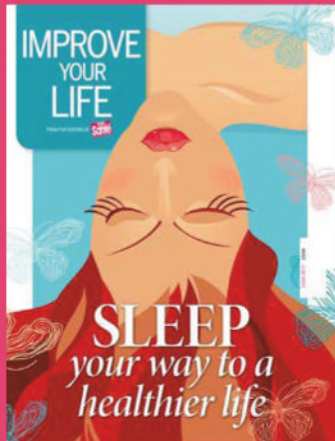
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