

The Beauty Diet treats from the inside out



HEATHER WITHERSPOON
LET'S GET
MOUTH STAR
TYRUMAM

Nutritionist's four-week plan targets hair, skin, nails and weight loss

Q: How did that one chapter inspire you to write a whole book?

A: I thought it was fascinating how the foods we eat ultimately enhance our appearance. In that chapter, we focused on skin and hair. I thought that could be expanded to include how nutrition affects our teeth and our smile and our eyes. I envisioned this chapter taking on a whole new life in terms of being its own book.

Q: Does it include new science about nutrition?

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A: We've always known that nutrient deficiencies can harm our features. For instance, if there's not enough iron in our diets we can experience hair loss; dry skin if not enough fatty acids; and not enough protein can lead to aging skin. Now there are more studies on how nutrients can actually enhance. We may not be eating enough of the right things for optimal beauty.

Q: So why not just take vitamin supplements? Why get it from the food itself?

A: High levels of antioxidant supplements can be harmful. If you're taking something in a very concentrated amount, it can reach a toxic level. And foods offer a package of nutrients that work together to enhance our beauty. I focus on whole foods, not supplements, to give you the biggest bang for your beauty bite.

Q: If someone starts the four-week meal plan in your book, when should they notice a difference in their appearance?

A: Give it about four weeks. Nails, hair and skin take a while to renew themselves. You will also notice weight-loss benefits

5 BEAUTY MYTHS

1 Chocolate causes acne:

Hormonal shifts may be to blame.

2 Vitamin E helps reduce stretch marks:

Researchers conclude it has no beneficial effect and in some cases made matters worse because of allergic reactions to the vitamin.

3 Mayonnaise makes hair sleek and glossy: It's just a messy, smelly

process not worth the unconfirmed benefits.

4 Lemon juice will lighten your hair:

If you put it in your hair and stay inside, nothing will happen, not even with a hairdryer. Outside in the sunlight, it does work.

5 Eating carrots will improve your eyesight:

Including carrots in your diet won't keep you from needing glasses, but the beta carotene converts to vitamin A, which will help protect the retina from conditions such as night blindness.

by then because the plan is only about 1,500 calories a day. If you don't want to lose weight, you can increase portions.

Q: Your top 10 foods are easy to find at the supermarket. That should appeal to readers.

A: Well, it's certainly a cost-effective way to maintain your beauty. Think about it, you use gel in your hair, nail polish on your nails, concealer on your skin. But these are all temporary. Eat the food that will feed your features.

Q: If you had to pick the top beauty food, which would it be?

A: Oh my gosh, I have a list of 10! But I guess it would be between the salmon and yogurt. Salmon is good for our skin. Yogurt is great for beautiful nails, hair and a bright smile.

Q: There are more than 100 recipes in the book. Have you tasted and tried all of them yourself?

A: Oh yeah, and they're delicious. My favorites are the walnut-crusted salmon and the dark-

chocolate brownies.

The Beauty Diet is available for \$22.95. For information, visit www.lisadrayer.com.

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HOW TO GET ...

■ **Glowing, clear, taut skin:** Drink water and green tea every day. Eat salmon, walnuts, spinach.

■ **Shiny, strong, soft hair:** Get iron from raisins, spinach, clams, oysters, turkey.

■ **Long, shapely fingernails:** Eat yogurt and sweet potatoes for calcium, tomatoes and oysters for iron, eggs and nuts for zinc.

■ **Healthy, white smile:** Eat walnuts and dark chocolate for magnesium, salmon and oysters for vitamin D, yogurt for calcium.

■ **Bright, sparkling eyes:** Eat vitamin E-rich foods (blueberries and kiwi), foods high in lutein and zeaxanthin (egg yolks and green vegetables).

If you want your body to look its best on the outside, pay attention to what you're putting inside. That's the main message behind Lisa Drayer's book, The Beauty Diet.

Drayer is a beauty nutritionist and the author of Strong, Slim and 30, which was released in 2007. She recently talked with writer Kim Morgan about why "Eating for Beauty," the third chapter in her first book, became the inspiration for her newest book.

