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20 QUESTIONS



...with Liz Earle

The beauty legend talks inspiration, the Queen and dark chocolate

What is your first memory?
 The scent of cut grass and the sound of my father mowing the lawn.

The last thing you think about before falling asleep is...
 How fortunate I am to have a warm, safe bed to sleep in.

Who is the most interesting person you've ever met?
 A Samburu warrior called Ollay who taught me bushcraft and natural health remedies on a Kenyan botanical field trip.

Have you ever been in love?
 Yes, with my husband and five children.

Who would be your ideal dinner guest?
 The Queen has lived through so much of global importance – an off-the-record chat over dinner would be fascinating.

Happiness is...
 Being at home on the farm with my family.

Who do you love?
 My family, my best friends and my dogs.

What could you not live without?
 My smartphone...

Tell us a secret.
 I'm scared of heights and dislike being high up in a tall building.

Why are we here?
 To leave the world in better shape than we found it.

What's your greatest vice?
 Dark chocolate.

You are inspired by...
 My children's questions.

The song you're most likely to sing at karaoke is...
 Amazing Grace.

What is your guiltiest pleasure?
 Saturday morning lie-ins.

What is your happiest memory?
 Being on safari in East Africa with my children and watching baby elephants play.

Where is your favourite place in the whole world?
 Shela village on the coast of Kenya.

The movie/s you could watch again and again is/are...
 The Gods Must Be Crazy and Some Like It Hot.

What makes you angry?
 Injustice.

What would you like to be remembered for?
 Making a difference.

What are you working on right now?
 My new quarterly magazine *Liz Earle Wellbeing* (in print and digital), my new Fairtrade gold jewellery range, a series of mini-films for *This Morning* on ITV, and a new wellbeing book for 2016.

Catch Liz on *This Morning* throughout January, 10.30am on ITV. Visit www.itv.com/thismorning

By Louise Finn

