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**LIZ EARLE:** HER FAVOURITE JUICING RECIPES FOR AMAZING ENERGY

# Editor's LETTER



**It's that time again.** A chance to take stock of the last year and look at the next 12 months as a fresh start. Out with the old and in with the new! Here's one of my resolutions that I think you'll like: make living the way you want to in 2015 a little bit easier for yourself. We all start out with the best of intentions, but life so often gets in the way, and that's absolutely fine. The trick I've been learning is to fit your health boosts in where you can – at breakfast, on the

commute, at your desk... You don't need to jet off to a far-flung detox retreat, though that would be wonderful. Even small changes to your usual habits can have a big impact on your wellbeing. And that's why we've packed this issue full of brilliant holistic quick fixes, whether it's the best yoga asanas for everything from back pain to brain power or Liz Earle's favourite juices for ultimate energy.

Happy, healthy new year!

*Ceri*  
Ceri James Editor

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### Our mission statement...

*Natural Health* is your ultimate guide to living a healthy, happy and holistic life. Dedicated to complementary therapies and organic living, it is packed full of inspirational tips and techniques to enhance your mind, body and soul.

Every month, we bring you in-depth news and views on the latest alternative remedies, the best spas, the latest yoga trends, the hottest organic beauty trends, cutting edge nutrition and advice from the world's top self-help gurus and integrated health experts. From aromatherapy to ayurvedic medicine, you'll find it here in *Natural Health*.

Remember this magazine is not intended as a substitute for professional medical advice and self-diagnosis is not advised. You should always check with your GP before trying any of the remedies in this magazine and it is important to seek medical approval first, especially if you are pregnant or taking medication.

### THIS MONTH...

#### DEPUTY EDITOR

Allison Jacobs

Another year, another set of faddy diets promising to make you younger/slimmer/healthier than you've ever been.

Since working at this magazine, I've seen lots come and go, but one theme that always makes sense to me is eating natural, unprocessed food straight from nature. Turn to page 96 to find out all about the Earth Diet and how it can boost your health!



#### FEATURES WRITER

Jessica Harris

I can't wait to try out some of Liz Earle's juicing recipes on page 62 to put a spring back in my step after the

winter months. The recipes are really easy to follow and include everything I need to feel healthy from the inside out. I find that I really lack energy on those cold mornings and dark nights but having a nutritious juice every morning puts the vitamins back in my body and sets me up for the day.



#### EDITORIAL ASSISTANT

Lucy Trevallion

It's so easy to get stuck in your eating habits, making the same favourite dishes all week.

Personally, I think I could have a veggie sausage salad for lunch every day! So I love the *Re-set Your Diet* article this issue from Rick Hay. I'll definitely be mixing it up and trying a salmon rice salad for lunch.





# SIP SIP Hooray!

Could you do with a little more get-up-and-go? Health and beauty expert **Liz Earle** shares three of her favourite revitalising juice recipe's

**Fresh juices have the power to nourish, cleanse, protect, soothe and heal.** Unprocessed and often unpeeled, you get all the nutritional benefits of fruit and vegetables in one delicious glass. Once you start to include juices in your daily diet I defy you not to develop a healthy addiction to drinking some form of fresh juice every day. Health isn't something that can be turned on or off overnight. It's not what we eat or drink occasionally that determines our wellbeing, but what we consume out of habit, every day. That's why it's so important to eat natural, well-balanced foods, directly from nature's garden, not via a processing plant. Juicing fresh ingredients can return us to a more natural diet – making the critical difference between being poorly nourished and well nourished.

Macronutrients – carbohydrates, proteins and fats – are the nutrients that provide energy. But before food can give us this energy and vitality, hundreds of chemical reactions must take place, involving more than 30 vitamins and minerals. These micronutrients are the real key to unlocking the potential energy in our food, in the process known as metabolism. These juice recipe's contain ingredients to revitalise your body and give you the nutrients you need.



## BATTERY CHARGE

This beautiful bright-orange-coloured juice makes a great way to start the day. Carrot juice contains high levels of beta-carotene, an antioxidant that can help oxygenate our blood, brain and body tissues. The addition of maca powder – rich in calcium, potassium and iron – also

promotes oxygen transport around the body to help fight fatigue and tiredness.

- Carrots
- Garlic clove
- Orange, roughly peeled
- Teaspoon maca powder

Juice the carrots, garlic and orange, and then stir in the maca powder before serving.

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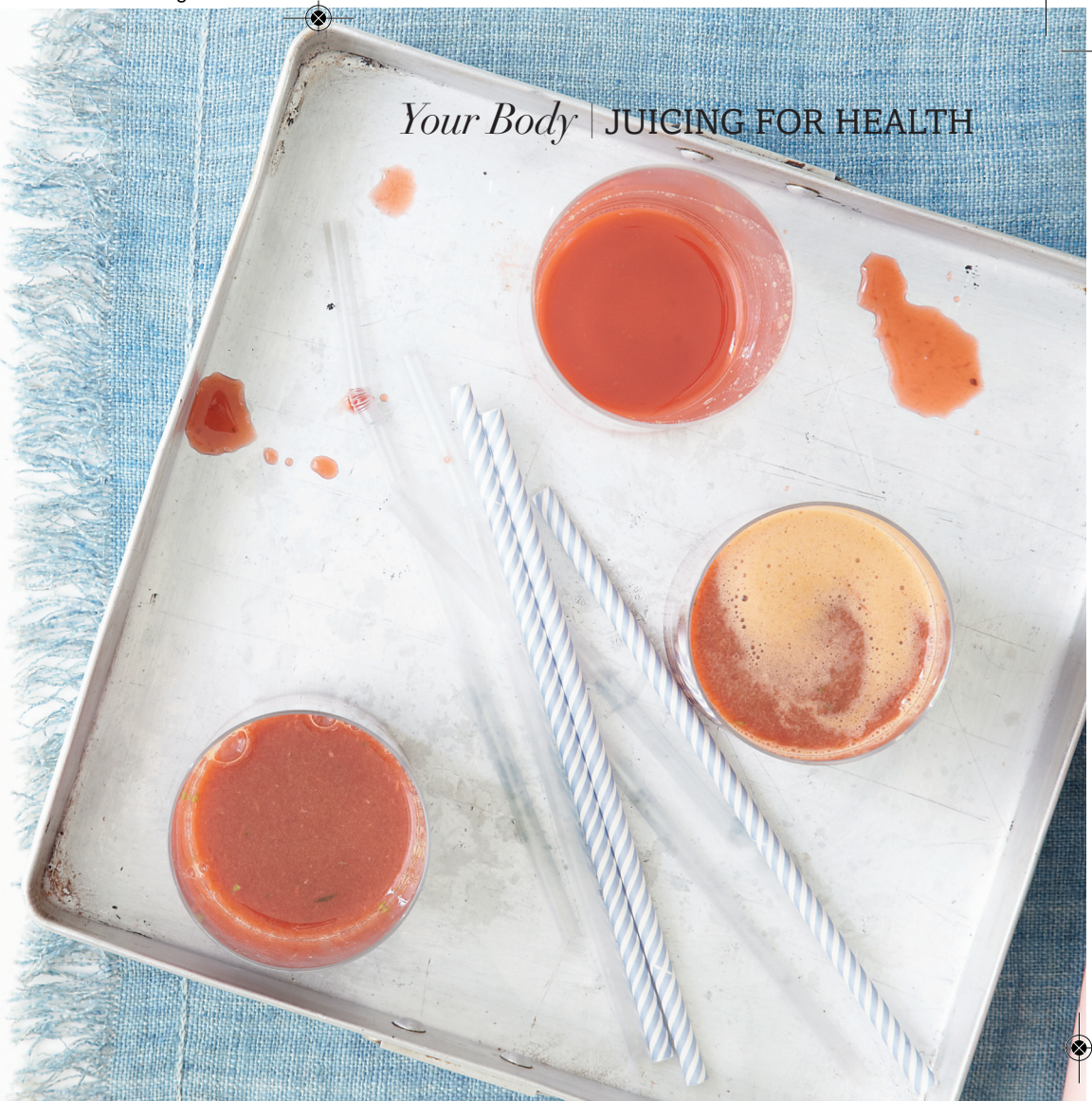
Your Body | JUICING FOR HEALTH

### BEETY ENERGISER

Beetroot juice can be considered the emperor of all energisers, shown to increase stamina, boost brain power and even lower blood pressure. Here it is combined with the sweetness of apples, an antioxidant shot of carrots and the rejuvenating tang of fresh, zingy ginger to really get you back on your feet – fast! This juice is dark, sweet and tangy. Serve with a sprig of mint and perhaps a slice of fresh lemon.

- Apple
- Carrots
- Piece ginger root, unpeeled
- Beetroot
- Sprig fresh mint, leaves only
- Lemon, to serve (optional)

Juice all the ingredients. (When juicing herbs or leaves, don't forget to sandwich them between chunks of apple, carrot or beetroot to help flush them through the juicer.) Serve with a slice of lemon.



### CLEAN AND GREEN

This juice tastes really clean and fresh, and the addition of grapefruit gives a delicious citrus sweetness. Spinach, being a great source of chlorophyll as well as vitamins C, E and K, beta-carotene, folic acid and calcium, is known to be a great health restorer. Recent research has also found that spinach contains more than a dozen different flavonoid compounds that function as anti-inflammatory and anti-cancer agents.

- Pink grapefruit, peeled
- Handfuls spinach
- Asparagus spears
- Celery sticks
- Teaspoon chlorella powder

Juice the fruit and vegetables, and then stir in the chlorella powder. Serve immediately.



Extracted from *Juice* by Liz Earle £14.99.  
[waterstones.com](http://waterstones.com)  
 Photography by Georgia Glynn Smith