

FEELING GOOD

Wean yourself off junk food, eat yourself younger and how to supercharge your workout EDITED BY PERRI LEWIS



FEED YOUR FACE

Believe it or not, it's food, not face creams, that naturopath and herbalist Elizabeth Peyton-Jones recommends for looking as young as you feel. Her new book *Eat Yourself Young* (Quadrille) is her manifesto for an alternative, holistic approach to anti-ageing, full of easy-to-follow ideas on how acidity and hormones can age your body, and practical advice for what to eat more and less of. Perhaps surprisingly, it's the basics that get a starring role: garlic, lemon, turmeric and beetroot are some of her favourite 'youthing' foods.

HOW TO SUPERCHARGE YOUR WORKOUT

To maximise your workout without any extra time in the gym, make these three easy switches, says Nicola Addison, personal trainer at Eqvvs (eqvvs.com).
■ Try a circuit training class for a refreshing change. Unlike dance, yoga or aerobic classes, you'll

experience a mix of cardio, weights and core work.
■ Forget sit-ups. If you want to work on your stomach and build core strength, you're far better off doing the plank for 30 seconds a day instead.
■ Don't run for 20 minutes at the same pace as it's not a

very effective workout. Alternate walking with sprinting in equal ratios – up to three minutes each, instead – but don't go any higher than that. You'll soon get used to your heart beating faster, and it makes the time you spend in the gym pass more quickly.



PHOTOGRAPHS: GETTY IMAGES, PLAIN PICTURE

SCENT TO BED

Steal a few minutes before you slip into bed to enjoy the heady jasmine scent of Suti Nourish Face Oil For Night £28/30ml (nutribeautyproducts.com). Featuring patchouli, sesame and bergamot, and the oils of avocado, macadamia nuts and argan, this organic blend helps relax the mind while revitalising, plumping and healing dehydrated skin.

LAUGH HEARTILY

Add a comedy or two to your LOVEFiLM list this month. Experts have discovered that watching a comedy is better for your heart than watching a drama, war or horror film (genres that cause the blood vessels to contract, and lessen the blood flow). Anyone for *Life Of Brian*?