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# THE BEVERLY HILLS

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From Health magazine, Natural Solutions, and Your Health Connection, to the Discovery Channel's Planet Green, Young Hollywood, Relate magazine and US Weekly, Elizabeth TenHouten's beauty tips and expert advice regularly appear on television, online, and in national publications. She is raising the beauty bar to a new level.

"The human body is not capable of producing antioxidants... We must incorporate antioxidant foods into our diet."

# Natural Beauty

BY ELIZABETH TENHOUTEN

Nature has gifted us with an amazing amount of beautifying and healing foods for achieving beautiful skin. It is widely known that antioxidants are paramount for a glowing complexion, but many people do not know the biology behind the beauty, so to speak. Antioxidants are responsible for preventing free radicals from oxidizing, thus slowing the aging process and preventing disease. The human body is not capable of producing antioxidants. Therefore, in order to prevent the oxidant process and protect ourselves against the skin damage from exposure to free radicals, we must incorporate antioxidant foods into our diet. Essentially, antioxidants cancel the cell-damaging effects of free radicals and help restore your skin to its natural state.

Various foods deliver beauty and health, which are naturally synonymous. Get ready to make a beauty inspired grocery list!

Berries and pomegranates are high in antioxidant value and are natural free-radical fighters. They help to counterbalance the signs of aging, while boosting our ability to defend ourselves in the future. As I mentioned, our bodies cannot produce antioxidants, but they are naturally occurring in berries and pomegranates, helping to maintain beautiful healthy skin.

Other foods that ought to be on the top of your beauty/grocery list are: seeds, nuts, and sprouts, which are an outstanding source of Vitamin E. Vitamin E helps skin retain moisture, one of the most important components to a glowing, supple complexion, helping to minimize premature aging and wrinkles.

Whole grains are critical, as they are tremendous sources of antioxidants and Vitamin B complex, which actually releases energy from food for skin metabolism, functioning as a potent detoxifier.

It is a must to include the main source for Omega-3 Fatty Acids, namely: Fish. Both essential Omega-3 Fatty Acids and Zinc play key roles in the production of skin collagen, which is what keeps our skin elastic or youthful. To maintain a naturally peachy complexion, make sure to enrich your diet with fish. ●



## // RECIPES // FOR GLOWING SKIN

### My favorite Vitamin is Vitamin A.

Dark orange and dark green vegetables are next on your shopping for naturally beautiful skin list—the darkest you can find! Vitamin A contributes to the formation of new cells, keeping skin, hair, and eyes beautiful, shiny and bright. If your diet lacks Vitamin A, your skin will reflect it, appearing dull. A Vitamin A deficiency is known to actually worsen existing acne. Spinach, kale and broccoli are wonderful sources of Vitamin A.

### Antioxidant-Rich Recipe:

#### Tofu Temptation, courtesy of Cooking Well: Beautiful Skin

This beauty recipe includes carrots... the richest source of carotenoids with a wealth of Vitamin A.

### INGREDIENTS

Juice from 1 lemon  
2 tablespoons extra virgin olive oil  
One 7-ounce package silken organic tofu, cut into bite-size pieces  
1 cup red and green seedless grapes, cut in half  
1 large red beet, peeled, thinly sliced  
1 medium carrot, peeled and julienned  
2 tablespoons pickled ginger, sliced or 2 teaspoons grated fresh ginger  
¼ cup walnut halves  
4 cups granola

### COOKING INSTRUCTIONS:

Whisk together lemon juice and olive oil in a small bowl. Set aside. Combine remaining ingredients in a large bowl. Add dressing and toss gently to combine.

Serve Tofu Temptation in salad bowls and "give in to temptation"!

### Antioxidant Beauty Recipe:

#### Grateful Grapes

(From Cooking Well: Beautiful Skin)

Diminish under-eye puffiness by placing a frozen grape under each eye. Frozen grapes will not melt, as ice cubes will and they are also the perfect size to cover the delicate, fine skin underneath your eye. You can also place them inside a sleeping mask so they stay in place. Enjoy a warm bath while your eyes de-puff.