



# The V Word

by Heather Mills

# Plant-based beauty

**W**e all know that no matter how lovely someone looks on the outside, if they are not kind, considerate and loving on the inside, their beauty dissipates very quickly.

Well the same theory applies to what we eat and how we age – what's on the inside dramatically effects what we look like on the outside. We start out looking youthful, because we are young, vibrant and full of life, but if we keep putting junk food in our bodies it will eventually show in our fading beauty.

I was inspired to write about this subject after being asked by a 15 year old: 'how do you have great skin and keep your body fit?' Even though, at first, this sounded superficial, on reflection, it's actually a really important question – everyone wants to feel great, look great and exude health.

Having suffered from Lyme disease for many years, I am more vigilant than most about what I consume and the exercise I force myself to do each week. Yes, it takes force – fitness at 50 is forced... But it pays off! If you seriously consider what you are eating and take some time to research it you will reap the rewards.

## RULE NO. 1

Nothing, and I mean nothing, is more important than a healthy colon. It is the epi-centre of your body's health. Your mood is actually based on the serotonin that is produced in your stomach, meaning happy people will radiate health and are often perceived as more attractive.



The cerebral cortex of the brain, which controls thought, is ultimately connected with the digestive process. Thoughts, as well as food, need to be properly digested and processed in order to become useful for us and to not cause any harm. 'Undigested' or unresolved thoughts have a poisonous effect on the body as a whole and particularly on the digestive system. Fear, anger, anxiety, trauma and other negative emotions may be locked up in the cellular memory of the intestines and could suddenly erupt, and the personality of the once calm person. In the same light, your mood often effects your physical digestion of food – never eat when stressed (even if it is lunchtime!) as you won't digest properly. It's better to wait until you feel calm and can enjoy your food in a relaxed atmosphere.

For example, many families I have worked with who have a relative suffering from cancer, have seen a family member change into an angry person when cancer has seriously affected the digestive system.

Two thirds of our immune system is located in the intestines. The immune system acts as both our physical and mental healing system, however it's efficiency is dependent on nutritious and properly digested foods. Even if you eat perfect food, if it is not digested efficiently it will ferment, create poisonous gases and become unhealthy, so eat calmly and don't forget to take lemon juice with your meal or, if needed, hydrochloric acid and digestive enzymes, if you struggle with digestion.

## GLOWING SKIN = HEALTHY COLON

As well as your mood, the appearance of your skin is also affected by your colon health. Avoiding dairy can help maintain healthy, flawless and glowing skin. Not only is avoiding dairy beneficial for the animals, it will also ensure you don't consume any of its nasty growth hormones and inflammatory substances – both of which can clog your pores and over stimulate your oil glands, thus over-producing oil and contributing to acne and broken blood vessels. It is best to try a health plant-based alternative, such as almond or oat milk.

## EYES ARE THE WINDOWS TO YOUR HEALTH

Clear white eyes are a great sign of a healthy person. But more importantly, an eye exam can also detect the start of diabetes, high blood pressure, high cholesterol and even some cancers. Dry eyes can be a side effect of too much acidity in the body, which could be caused by the consumption of animal-based

food, or through extensive computer use.

In Chinese medicine, the eyes are seen to relate to the internal organs. Each part of the eye is associated with the corresponding organ: the iris to the liver, the corners (or canthi) of the eyes to the heart, the lower eyelids to the spleen and the pupil to the kidney.

My mother was an acupuncturist, trained by a Chinese specialist, and managed to cure my conjunctivitis as a child with acupuncture and herbs. Try it – trust me you can't feel the micro needles, and the herbs have none of the side effects of traditional medicine. Even some doctors are finally agreeing.

## LONG TERM HEALTH

Your body always follows the commands given by your mind. Your thoughts, emotions, feelings and desires serve as the software your cells are programmed with on a daily basis. Positive thoughts really do affect your DNA, genetic settings and behaviour, as your DNA listens to every word you utter to yourself and others – so seriously consider and listen to yourself when you are talking or thinking negatively. Put your favourite music on and wipe those negative thoughts away.

Even if you do not love yourself right now, try and trick your mind by telling yourself you do, and little by little you'll reprogramme your brain to truly believe this. By becoming truly self-aware and changing your thought process, you can ultimately change the cells in your body to become happier and more positive.

Most importantly, love thy self. We must learn to love ourselves as we love our loved ones; it is one of the most basic requirements for preventing illness and exuding beauty from within.

