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Lifestyle Beauty

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How your face can give away what you eat and drink



Did you know that our favourite treats – yes, that means wine, cheese, choc – can have a noticeable impact on our appearance? Brace yourself... CREDIT: ILLUSTRATIONS BY LENA KER

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By **Kate Finnigan**

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It's a little unnerving sitting in front of Dr Nigma Talib. Not because she's the naturopathic doctor to [Sienna Miller](https://www.telegraph.co.uk/luxur-miller-interview-world-away-travel-favourites/) and Penélope Cruz. And not because, with her clear eyes, glowing skin and mane of glossy hair, she looks like a celebrity herself. But because, like some kind of holistic Sherlock Holmes, Dr Talib can read your face and discover your crimes. Dairy face, sugar face, wine face, cheese face, why really eat?

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