

Tasty-As Recipes For
Raw Food Newbies

SCORE A
DANCER'S
BODY_{p.51}

Women's Health

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WH action hero

CARLA OATES

42, NSW

Move over Nigella, this woman is our new kitchen goddess

A chef, author, natural beauty and health expert and the creator of inner-beauty powders GLOW, BODY and DETOX, Carla Oates pioneered the philosophy that "beauty begins in your belly". She eats a wholefood diet, rich in seasonal produce and plants in a variety of colours, and champions lacto-fermented foods (like sauerkraut and kefir).

As a child, Carla suffered from bad eczema. So when she was 12, her mum took her to see a naturopath who ran blood tests revealing she had a dairy allergy and was gluten intolerant. "I went on a diet that eliminated these foods and my allergies improved, as did my eczema, and I no longer had to use cortisone [steroid] cream. I understood from a very early age the correlation between your skin and what you put into your body."

After stints as a fashion editor, Carla became a beauty editor. She started writing a column about natural beauty in *The Sunday Telegraph* because she was concerned about the amount of chemicals in skincare products. A beauty book called *Feeding Your Skin* followed. "It was a natural progression to creating my brand. I got really into fermenting vegetables and I noticed my

skin glowed when I ate them. I started making powders with ingredients from my garden and kitchen, and gave them to friends and family, who loved them. Eventually these became my beauty powders." Women who use her formulas say they help with digestion, bloating and energy levels as well as conditions like hormonal acne and eczema.

WHY SHE'S OUR HERO

Carla's driving force is simple: "I really want to help women nourish their bodies in a holistic way from the inside out." She has a very close relationship with her mum and her aunt, and often turns to them for inspiration and business advice, "But I'm pretty good at nutting things out myself. I'll go for a long walk around Centennial Park [in Sydney] and by the end of it I'll have come up with about five different solutions. Walking is like a natural filing system for my brain."

Next up is a topical skincare range that hits shelves in early 2015 (she already has a beauty balm and a serum on her site), which are made with the Beauty Chef philosophy: healing, derived from nature and results-driven. We're sold. **WH** Follow Carla on Instagram @thebeautychef



Good enough to eat: raid the pantry to make Carla's beautiful body scrub

Carla's chocolate and coffee sugar body scrub

- ◆ 1 cup raw sugar
- ◆ ½ cup coconut oil (unrefined)
- ◆ 2-3 tbs cocoa (depending on how rich you like it)
- ◆ 2 tbs ground coffee

- > Mix all the ingredients together well and store in an airtight jar.
- > To use, massage approximately 2 tbs onto wet skin on the buttocks and thighs.
- > Store at room temperature; scrub should last for a couple of months.



CARLA'S ESSENTIALS

My day starts with... **GLOW Inner Beauty Powder with lemon juice in water.** Every week I... **do pilates and go walking.** Every month I... **have acupuncture.** A food that's always in my fridge is... **fermented vegies.** Books I always go back to are... **Healing with Whole Foods by Paul Pitchford and any Yotam Ottolenghi cookbook.**