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## GET THE ULTIMATE DETOX WITH MILK THISTLE

This flowering herb (some would say it's a weed) is related to the daisy family and typically grows in dry, sunny areas like the Mediterranean. The extract from milk thistle is made from the seeds of the plant, which contain the active ingredient silymarin, a mix of potent flavonoids. Studies show that silymarin contains phytochemicals that **work to inhibit UV light-induced oxidative stress on skin**—too much of this type of stress can lead to skin cancer and other skin diseases. According to Simpson, standard milk thistle seed extract contains 70–80 percent silymarin. This high content has been shown to detoxify the liver and help repair liver cells that are damaged from alcohol abuse and other toxins.



→ Find it in ←

**Four Sigmatic Beauty Superfood Blend, \$20, [us.foursigmatic.com](http://us.foursigmatic.com)**

**Editor Feedback:** A small teaspoon of this potent pink powder in your a.m. juice is a quick, easy way to give your liver the wakeup call it needs.

**Expert Feedback:** “Because milk thistle aids liver function through antioxidation and detoxification, it appears as though this product aims to indirectly improve skin health through the same mechanism,” says Dr. Davis. “Oftentimes, individuals who have liver troubles may have a gray appearance to their skin. Perhaps milk thistle can help provide a healthier glow by improving liver function and eliminating toxins. While theoretically this might make sense, it has yet to be tested in clinical trials.”



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## PURIFY YOUR SKIN WITH MORINGA

Moringa trees—called the “miracle tree” in parts of Africa and Asia—produce seeds from which nutrient-dense oil can be extracted and used in products and foods. When used in skin care, moringa has **pore-purifying properties and can contribute to a cleaner, more balanced complexion.** “Moringa seeds are intensely powerful purifiers—they’ve even been shown to purify water to make it potable,” says Dr. Davis. They are also loaded with protein and can help fulfill a daily requirement for amino acids in a healthy diet, helping you stay full for longer so you’re less likely to snack between meals. And if you like to cook, the powdered form of moringa seed can be added to soups, stews, muffin or bread mixes, too.



→ Find it in ←

**HUM Nutrition Raw Beauty Green Superfood Powder, \$39, [humnutrition.com](http://humnutrition.com)**

**Editor Feedback:** This powder tastes exactly like mint chocolate chip as it's named, but a healthier version. Mixed with almond milk and ice in a blender, it's a delicious way to start the day.

**Expert Feedback:** “The nutrient-rich green superfoods in this blend—wheat grass, chlorella and spirulina—combined with the antioxidant power of moringa, acai and goji can help boost energy levels and make skin glow from within,” says Dr. Davis.

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## IMPROVE YOUR OVERALL HEALTH WITH SPIRULINA

A blue-green algae (cyanobacteria) that grows naturally in warm bodies of water, spirulina is labeled one of the most potent superfoods in the world because of its high concentration of carotenoids, which are considered the strongest antioxidants. It also contains more protein by weight than any other food with close to 70 percent. Consumed in powder form, **it can help repair damaged skin and make skin more resilient to future damage.** “It's full of iron, vitamin B12 and a bevy of antioxidants and amino acids that promote a healthy glow,” says Alpert. Scientists have also discovered that phycocyanin, a pigment found in spirulina, can help lower blood pressure and reduce elevated cholesterol levels. “Studies have shown that anywhere from 1–8 grams of spirulina daily over a period of six to 12 weeks can decrease levels of bad cholesterol and triglycerides while increasing levels of good cholesterol,” says Dr. Davis.



→ Find it in ←

**Herbalore NYC Catalyst Gold, \$90, [herbalorenyc.com](http://herbalorenyc.com)**

**Editor Feedback:** One benefit this supplement touts is the ability to naturally boost energy levels and reduce sugar cravings, and it did that for us without being too harsh on the stomach.

**Expert Feedback:** “I'm quite impressed with the nutritional benefits of the ingredients in this supplement and I love the inclusion of spirulina and chlorella, which I think are two of the most important superfoods out there,” says Alpert.

**EXCLUSIVE STORY** CHRISTIE REVEALS ALL: WHAT'S HER AGE-DEFYING SECRET AT 62?

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