

## FEATURES

### **The secret of perfect skin**

THEA GARLAND

1669 words

19 February 2007

[The Daily Express](#)

35 38

English

(c) 2007 Express Newspapers

## EXPRESS YOURSELF

Beauty guru **Susan Ciminelli** says you can eat your way to radiant skin in only seven days. She tells THEA GARLAND how food can transform your face

WHAT do Kate Moss, Jennifer Lopez and Salma Hayek have in common?

Aside from being three of the world's most beautiful women, they are all devotees of skin expert **Susan Ciminelli**.

She believes that by paying attention to what you eat, how you eat and when you eat for seven days, you can treat many skin problems, dramatically improve the overall quality of your complexion and shift a few pounds at the same time.

Ciminelli believes that when it comes to the majority of skin complaints, the problem does not lie with the skin itself.

Instead, she says, healthy skin comes from within and the state of your skin is intricately linked to your overall health.

Sallow skin, breakouts and a dull complexion are often the result of an inadequate diet, lack of exercise, not enough sleep and stress.

Ciminelli examines skin from the inside out, placing as much importance on how and when you eat as the food itself (in her nutritional plan, eating after 8pm is out, as is eating when you are agitated).

Her seven-day diet incorporates a variety of fresh fruits and vegetables, beans, pulses, seeds, nuts and lean protein including chicken, turkey and fish.

"The key lies in eating a variety to guarantee you're getting all the vitamins and minerals you need, " says Susan.

She also advises to buy organic produce when possible and ensure you scrub all fruit and vegetables thoroughly.

Water is also fundamental to the Ciminelli approach. "It is an essential part of a healthy diet and an essential factor in beautiful skin. Each day you should aim to drink at least one glass of spring water for every stone you weigh, " she says.

Breathing correctly, yoga, aerobic exercise and dry skin brushing all also play a vital role in achieving optimum health and a flawless complexion.

"You need to see the body as a whole and learn to listen to the messages your body is sending you, many of which display themselves in your skin, " she explains.

SUSAN is quick to point out the seven-day plan should act as an initial detoxification, the base from which to build a life-long eating regime.

She says: "Seven days is long enough to begin to see a huge difference in the skin because the diet is packed with nutrients and does not contaminate the body."

She suggests increasing food quantities after the first week.

Even as a child growing up in Buffalo, New York, Susan instinctively knew the importance of a good diet for skin and overall wellbeing. At 15 she was diagnosed with an ulcer and suffered from constant rashes and breakouts which she believes were the result of eating a diet of mainly pre-packaged, processed foods.

While most of her friends were shopping at the mall, Susan was determined to find a solution to her problems and she read everything she could on diet, nutrition and holistic healing.

It was only after she spent some months in Italy, shopping daily for fresh produce, eating smaller portions and resting after meals that she was able to bring together everything she felt was right.

"My trip reinforced everything I had already suspected about healthy living and nutrition, " she says. "Most importantly I learnt the value of having good digestion and a settled stomach."

When she returned to Buffalo her ulcer had completely gone and her complexion was radiant.

Since moving to Manhattan, where she now has her own spa, she has pioneered a simple and practical holistic approach to health and beauty. This has earned her a loyal global following, including a host of A-list celebrities who want to discover the **Susan Ciminelli** "glow".

She says this radiance can be achieved by eating the right foods for your skin type, creating a healthy and nurturing lifestyle, getting rid of stress and using natural skin care products.

The result is not only remarkably better skin but, Susan promises, deeper sleep, increased energy and weight loss.

Aside from the long list of testimonials and celebrity support in praise of the approach, Susan herself is testament to her holistic take on beauty. Almost 50 years old, there is barely a wrinkle on her face.

#### FOR NORMAL AND DRY SKIN TYPES

This plan works for dry skin. Drink 250ml of water mixed with juice of half a lemon before every meal.

#### BREAKFAST

1 or 2 organic eggs, scrambled in 1tsp olive oil, topped with 1tbsp ground flaxseeds 1 slice sprouted grain bread, toasted and spread with dtsp olive oil Half grapefruit 1 cup herbal tea

SNACK 1 cup blueberries, raspberries, strawberries, cherries or grapes

LUNCH 2 cups antioxidant salad (see recipe) with 1tbsp lemon-lime olive oil dressing (see recipe) 3oz chicken or turkey Half avocado with fresh lemon and pinch of salt 1 cup herbal tea

SNACK 2 celery stalks

DINNER 1-2 cups adzuki bean soup (see recipe) 2 cups cleansing salad (see recipe) with 1 tbsp lemon-lime olive oil dressing 4oz cooked fish or chicken 1 cup cooked vegetables (any) 1 cup herbal tea

#### RECIPES

ANTIOXIDANT SALAD Fibre and antioxidant-rich vegetables will help keep skin looking young and fresh 1 cos lettuce 1 bunch rocket Half cup flat-leaf parsley 6 basil leaves 1 carrot 1 celery stalk bcup radish sprouts 1 fennel bulb 1tsp toasted sesame seeds

**ADZUKI BEAN SOUP** This mineral-rich soup helps get rid of dark circles under the eyes, alleviates bloating and water retention 2 cups adzuki beans, soaked overnight 1tbsp toasted sesame oil 1 small onion, 1 carrot, 1stalk celery, 3 garlic cloves, all chopped 2tsp cumin dtsp turmeric 2tbsp grated ginger Sea salt and ground white pepper d cup lime juice d cup chopped coriander 2 litres chicken stock, vegetable stock or water Drain beans, cook for one hour in fresh water.

Drain and set aside. In large pot, heat sesame oil, add onions, carrots, celery, cumin and turmeric. Saute for 10 minutes. Add garlic and ginger, then beans and stock before seasoning. Simmer for 25 minutes.

Puree in blender, reheat, add lime juice and coriander.

**LEMONLIME OLIVE OIL DRESSING** Juice and zest of 1 lemon and 1 lime 4 tbsp olive oil btsp sea salt btsp white pepper

**CLEANSING SALAD** Packed with vitamins and nutrients for a glowing complexion 1 head chicory 1 head radicchio 1 tomato, sliced d cucumber and 1 stalk of celery, both sliced d cup chopped flat leaf parsley or tarragon bcup chopped basil 1tsp toasted sesame seeds or ground flaxseeds or b cup toasted pumpkin seeds Lemon-lime olive oil dressing (toss with just enough dressing to lightly coat)

**FOR OILY OR TROUBLED SKIN TYPES** For oily skin or those suffering from breakouts, follow a diet that is lower in fats and higher in protein.

Fifteen minutes before each meal drink 250ml of water combined with the juice from half a lemon.

**BREAKFAST** 1tbsp any flavour of liquid Acidophilus Probiotic 250ml freshly squeezed juice of your choice 1 cup high fibre bran cereal with 1tbsp ground flaxseeds with 1 cup with unsweetened soya milk 1 cup blueberries or pomegranate seeds 1 poached organic egg 1 cup herbal tea

**SNACK** 250ml freshly squeezed juice of your choice

**LUNCH** 2 cups antioxidant salad or cleansing salad with 1tbsp lemon-lime olive oil dressing 4oz chicken or fish 1 cup herbal tea

**SNACK** 1 cup peeled, sliced cucumber or 1 cup berries or grapes

**DINNER** 1-2 cups mung bean vegetable soup (see recipe) 2 cups antioxidant salad or cleansing salad with 1tbsp lemon-lime olive oil dressing 4oz fish, chicken or turkey 1 cup herbal tea

**RECIPES MUNG BEAN VEGETABLE SOUP** If eaten once a week, this soup can help clear up a troubled complexion, dissipate rosacea and help limit breakouts.

2 cups dried mung beans soaked overnight 2tbsp olive oil 1 small onion chopped 1 bunch spring onions thinly sliced 1 carrot chopped 3 garlic gloves thinly sliced 3 litres chicken or vegetable stock 1 cup cooked brown rice Freshly ground nutmeg Salt and ground white pepper d w cup chopped flat leaf parsley, half cup chopped basil Drain beans and place with 5 cups of cold water in large pot.

Cover and bring to low boil, cook for 1 hour.

Drain beans and set aside. In a soup pot, heat olive oil over medium heat. Add onions, spring onions and carrots and saute until translucent, about 10 minutes. Add garlic and cook for a minute. Add beans and stock and cook about 30 minutes.

Add rice and season with nutmeg, salt and pepper. Add extra stock if soup gets too thick.

Just before serving, add parsley and basil.

For more information on Susan, see [susanciminelli.com](http://susanciminelli.com)

The Ciminelli Solution: A 7-day Plan For Radiant Skin, published by HarperCollins, is available at [amazon.co.uk](http://amazon.co.uk) for £11.43.

## TIPS FOR FABULOUS SKIN

Eliminate processed foods from your diet and any type of fizzy drinks. Don't drink spirits - try red or white wine instead.

Eat slowly and chew thoroughly for proper digestion.

Remember your stomach is only as big as your closed fist so don't put too much in at any given time.

If you have dry skin you should Limit or eliminate full-fat dairy products. Kale and other dark leafy greens are a great source of calcium instead.

increase your water intake, eat more leafy green vegetables and foods that are rich in water such as cucumbers and melons.

To treat oily skin opt for a diet that is low in animal fats.

Avoid sugars, coffee and fizzy drinks and increase your intake of dark, leafy green vegetables.

Fight wrinkles with a diet that is rich in pulses as these help to keep the skin firm. Try chickpeas, white beans and adzuki beans.