



PILL POPPING

Purple corn extract

Purple really is the ultimate colour for great health, purple corn in particular. Consumed by the people of the Peruvian Andes for thousands of years, it is reputed to bestow good health. It is one of the most exciting superfoods to be discovered as research shows it has four times the power of blueberries and gives better protection from free radical damage. The kernels of this superfood are a very dark purple colour and contain a variety of phytonutrients, including anthocyanins and phenolics. Anthocyanins are anti-inflammatory and encourage connective tissue regeneration. They are also powerful antioxidants that keep us looking young and free from disease. Anthocyanins promote blood flow, reduce cholesterol and support blood sugar balance. Purple Corn's most abundant anthocyanin (C3G) protects skin from UVA and UVB light, helping to prevent premature ageing and wrinkles occurring from sun damage. Try Solgar's South American Purple Corn supplement, £21.95.



Naomi Beinart is an esteemed medical nutritionist who shares her expertise with clients at Neal's Yard Remedies clinic in Kings Road

**DID YOU KNOW THAT
CHOPPING YOUR POTATOES
INTO CUBES CUTS THEIR
POTASSIUM CONTENT
IN HALF? BOIL THEM
WHOLE TO KEEP ALL OF THE
NUTRITIONAL GOODNESS!**