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Superfoods are celebrated for being essential to a healthy, balanced diet, but they can often prove expensive. **ANNA SMITH** selects three magic ingredients that are easy to prepare, affordable - and downright super!

**HEALTH**

Experts are always telling us that certain superfoods are the key to good health. From blueberries to goji berries, oily fish to green leafy veg, sales of these so-called superfoods have soared. But what makes these foods so super? And how come they seem to cost the earth?

There’s no exact definition as to what makes a food ‘super’. Fruit and vegetables are often given the tag as they are high in antioxidants such as vitamin C. Dark fruits in particular are rich in flavonoids, which have been proven to fight against ageing, heart disease and cancer. But lots of other natural foods are full of antioxidants, flavonoids and other essential vitamins and minerals. From wonderful walnuts to sumptuous salmon, there are ingredients out there that taste great, are packed with goodness – and don’t break the bank.

**SUPER SECRETS**

- Walnuts are high in antioxidants and contain Omega-3 fatty acids, which are good for a healthy heart. A large bag of walnuts can cost under £2.
- Spinach is low in calories, yet extremely high in vitamins, minerals and iron. A large bag can cost under £1.
- Salmon is rich in heart-healthy amino acids. A fresh, organic piece costs around £1.50.

**RECIPES**

**Spinach salad (serves 6)**

- 400g small spinach leaves, washed and dried
- 4 tbsp walnuts and pine nuts
- 100g mountain Gorgonzola cheese, cut in small cubes
- 1 comice pear, peeled and cut into thin slices (do this just before serving to avoid discoloration)
- 3 tbsp fresh raspberries

**FOR THE DRESSING:**

- 3 tbsp olive oil
- 1 tsp white wine vinegar
- 1 tbsp balsamic vinegar
- Salt and pepper to taste
- 1 tbsp freshly squeezed orange juice

Grated zest of one orange

1. Combine all the dressing ingredients and beat them together in a bowl with a fork.
2. Mix all the salad ingredients, except the raspberries, in a bowl and dress.
3. Sprinkle the raspberries on top and serve.

**TRIED AND TESTED**

**Superfood drinks**

- **Naked Juice**, left, £2.30 for a 450ml bottle
  - This revitalising drink brings a new meaning to “eating your greens” and is surprisingly delicious. Visit [www.nakedjuice.co.uk](http://www.nakedjuice.co.uk)
- **10/10 Mango with Acerola Cherry, or Raspberry and Pomegranate**, left, £1.29 for a 200ml bottle
  - These new organic, fruity drinks from Whole Earth provide a healthy boost. Available at Waitrose.
- **Simply Hibis**, right, between £1.09 and £1.39 for a 250ml bottle
  - With no added sugar, artificial colourings or preservatives, this ethically produced drink has intense berry flavours. Available from Waitrose, Tesco and Holland & Barrett.

**Oaty Chocolate**, above, £1.49 for a 1 litre bottle

This dairy and soya-free drink is low in calories and helps keeps chocolate cravings at bay.
on a shoestring

Pasta with walnut pesto, garlic and olive oil
(serves 6)
500g walnuts
half a clove of garlic
2 tbsp breadcrumbs
2 tbsp cream
4 tbsp olive oil
Linguine – aim for about 100g dried pasta per person

1. Bring a saucepan of water to the boil. Blanch batches of the nuts for a few seconds – this will help you to peel them easily otherwise the skin will cause the sauce to have a bitter aftertaste.
2. Cook the pasta.
3. Blend the nuts in a food processor with the garlic and breadcrumbs until the ingredients are fine in texture. Add the cream and olive oil. Season with salt and pepper.
4. Drain the linguine and toss in the pesto.

Herb-crusted salmon slice (serves two)
2 slices of salmon
2 tbsp Parmesan cheese
1 tbsp parsley
Zest of one lemon
2 tbsp olive oil
Salt and pepper
2 salmon fillets, approx 150g each

1. Finely chop the bread slices, parsley and Parmesan in a food processor.
2. Add the olive oil and blend again for a few seconds. Add the salt, pepper and lemon zest.
3. Place the salmon fillets on a baking tray. Pat the mixture firmly onto each piece to form a thick crust.
4. Place in a hot oven for around 10 minutes until golden brown.

Walnut and chocolate brownies
(makes 16)
550g plain chocolate, broken into pieces
325g butter, cut into pieces
1 tap instant coffee granules
5 large free-range eggs
325g caster sugar
175g plain flour
100g roughly chopped walnuts

1. Preheat the oven to 180°C and line a 30cm x 20cm square tin with baking parchment.
2. Melt the chocolate and butter in a heatproof bowl placed over a saucepan of simmering water.
3. Dissolve the coffee in one tablespoonful of water then stir into the chocolate mixture.
4. Whisk the eggs and sugar together in a heatproof bowl over the saucepan of simmering water until it doubles in volume.
5. Remove from the heat and gently fold in the chocolate mixture.
6. Stir in the flour a little at a time, folding it in as you go.
7. Fold in the nuts.
8. Spoon the chocolate mixture into the baking tin and bake for 18 minutes until the brownies have risen. Leave to cool then cut into squares. Serve warm with cream or ice cream.

BritandTang Superfood Herbal Teas – Blueberry, Gojiberry or Pomegranate, £1.99 for 20 bags
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Superfood snacks

Mix Your Own Muesli, Muddy Cook, from £3.95 per kg
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Snackerrries, from 99p
Packaged in handy, easy to open bags, Snackerrries, right, are the first washed and ready-to-eat bags of blueberries from BerryWorld. Available at Tesco, and Co-op stores nationwide.

Eat Natural Lunchies, from £2.25 for five bars
Created for children, by children, these snack bars are stuffed with bananas, apricots and milk chocolate and will brighten up any lunchbox. Available from Waitrose.

Choxi Dark Chocolate with Oriental Mint, £1.99
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GILLIAN GOES GLOBAL

You either love or hate her. But one thing’s for sure – you can’t avoid her. After conquering the nation’s nasty eating habits, Gillian McKeith is now spreading her adult bean love around the globe.

You have been warned! By ANNA SMITH

Gillian McKeith is a woman on a mission. The weight loss guru believes we can all lose weight and health but they must eat right food and lose the unhealthy food.

The 50-year-old has travelled the world to share her knowledge of healthy eating. She has written books, appeared on TV shows and even had her own show on Channel 4.

“People are being encouraged to eat a healthy diet and lose weight, but they are not being given the right information,” she said.

Gillian’s approach to healthy eating is simple – eat lots of fruits and vegetables, drink plenty of water and avoid processed foods.

She believes that by eating a balanced diet, people can lose weight without feeling hungry or deprived.

“I want people to eat a healthy diet, feel good and enjoy life,” she said. “I don’t believe in fad diets or crash diets, just a healthy, balanced diet.”

Gillian’s top tips for a healthier, happier life

1. Eat small meals throughout the day.
2. Follow a healthy breakfast, which includes fruit or vegetables.
3. Avoid sugary drinks and snacks.
4. Stay active and get plenty of exercise.
5. Drink plenty of water.

“People need to make small changes to their lifestyle and not try to lose weight in a week or a month,” she said.

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Hollywood SMILE

Stop reading this now, walk over to the mirror, and smile, go on just smile

by Dr Mark Hepworth, PhD, BDS(Hons), Dentist at Abbey Dental

Do you confidently show all 32 of your gleaming white teeth? Are your teeth somewhat dull, with a slight yellowish brown tinge? Maybe the thought of showing your teeth is about as appealing to you as a visit to the dentist and you would rather just grimace as if your lips had been glued together.

The British are famed and ridiculed for their crooked and discoloured teeth. I’m sure most of us have laughed at Mike Myers’ goofy teeth as Austin Powers, but in real life bad teeth just aren’t funny. Today’s society is becoming more image conscious and we only have one chance to make a good impression. So what does your smile say to others about you?

In our patient medical questionnaire we ask if patients would like a brighter smile. It may surprise you to know that, young or old, 97% of patients ticked the yes box, so no matter how good their teeth were, they still felt their smile could be better. But how much better, and why do we feel the need for our smiles to be better?

In this article we discuss some of the whitening treatments that are available and describe the pros and cons associated with each.

Tooth whitening is rapidly becoming one of the most commonly prescribed dental procedures. There are three main methods of whitening: in-surgery, at home trays, or over-the-counter products.

There are strict rules and regulations controlling the prescription and provision of whitening products. With the exception of over-the-counter products the General Dental Council (GDC) and Trading Standards have decided that it is illegal for anyone other than a registered dental surgeon to whitening teeth.

Over-the-counter whitening products

Currently, on the Isle of Man, the only over-the-counter whitening products available are toothpastes, gels in trays and paint on liquids, Toothpastes range from £1.99 to £5.99 and while they clean your teeth, freshen your breath and remove some tea, coffee and tobacco staining, no toothpaste can change the colour of tooth enamel.

Smokers’ toothpastes are not recommended either because they contain abrasive agents that can damage tooth enamel and remember – smoking really does affect your teeth.

Gels cost around £30 and come with a set of trays that you soften in hot water, then form around your teeth. The problem with these systems is that the trays never really fit closely enough to adequately hold the gel against your teeth. There have also been reports that these gels are too acidic which can increase tooth sensitivity and damage the surface of the teeth.

Paint-on liquids are normally available for around £10 and resemble a bottle of nail polish, they probably taste a little like nail polish, too! They are applied to the dry surface of the teeth and after that you have to do is keep your mouth open and your teeth dry for the next 30 minutes. In reality the liquid stays in contact with the teeth for about a minute and gets washed away almost as soon as you close your mouth.

Over-the-counter products

Pros – inexpensive and can be easily purchased from the chemist.

Cons – ineffective, no guarantee of result or safety, not selected for the individual and no professional advice or guidance with them.

Surgery based treatments

If dentists don’t rate the over-the-counter products, how do they rate the professional ones? The professional systems currently available have no permanent effects or complications, but as with any medical procedure there can be some short-term adverse effects. Before any whitening procedure is prescribed an examination of your oral health, not just your teeth, to decide not only which system will work best for you, but if you are suitable for whitening. Remember any dental restorations you currently have will not whiten and you may have to factor in the additional cost of replacing these into the total cost of your treatment.

At home tray systems

Current research carried out at Belfast University has found that there is only a small difference between home or in surgery systems. If used correctly the take home systems are usually sufficient to achieve the first couple of days. At home trays, loaded with whitening gel, are worn overnight for up to 14 nights, although results are usually seen after the first 7 days.

At home trays:

Pros – whiter teeth, convenient and discreet, when supervised by a dentist are safe and effective.

Cons – temporary sensitivity and white spots on enamel, can take 14 days to see effects, previous restorations may require replacement, patient compliance is very important.

In-surgery systems

In today’s fast moving world some people cannot wait 14 days. So if you can spare an hour you could choose one of the in-surgery systems. The procedure begins with a special barrier material being placed over the lips and gums leaving only the teeth exposed. The whitening gel is applied and a high intensity LED light is used to activate the ingredients, usually carbamide or hydrogen peroxide.

Reactive oxygen enters the enamel and bleaches coloured substances without altering the overall structure of the tooth.

As with take home trays, patients can experience some sensitivity, white spots and the gel can cause some irritation of the gums, but these side effects are again only temporary. Once finished, patients leave with instantly whiter smiles, although the results will vary for each individual and the shade will usually ‘drop back’ slightly over the next two weeks. Some patients find a combination of at home and in-surgery systems give the best results.

The cost for both in-surgery and at home systems is about the same. At home systems involve a laboratory cost, while in-surgery systems involve a chairside time factor that your dentist will have to recoup. Costs for either system range from £99 to £499.

In-surgery

Pros – whiter teeth in about an hour, patient compliance is not involved as the dentist controls the procedure. About the same cost as at home trays.

Cons – temporary tooth sensitivity, while spots and gum irritation, less control of the level of whitening, costs at least £300.

If you have patients just having a whitening smile is not enough and in-order to obtain their ‘Hollywood smile’ they must have perfectly straight teeth too. One quick way to make teeth look good is to provide crowns and veneers, but this needs removing large amounts of natural tooth tissue. The majority of dentists today, myself included, have issues about taking a high speed dental drill to perfectly healthy teeth just to make them look straight.

Once you place crowns or veneers on teeth they require regular maintenance and hygiene visits, something many patients may not have realised. You are best advised to be sure you do not press ‘Extreme makeover’s dentist to the stars’ Dr Bill Dorfman once told me that he could not do veneers to people with instant orthodontics’, but where possible he would rather use real orthodontics to straighten teeth as the long term effects are much better for the patient.

Orthodontics

Orthodontics involves the placement of metal braces on the teeth by a specialist and gradually straightening them over the next one to three years. Some patients don’t fancy the prospect of metal wires fixed to their teeth for a long period and many are now looking at newer invisible orthodontic systems. These can involve using clear braces, braces fixed to the inside of the teeth or teeth invisible custom made polymer trays called ‘Invisalign’.

Invisalign is becoming more popular because unlike conventional treatments it is very aesthetic, removable and only a few dentist or the orthodontist are required to fit and adjust them. Invisalign trays can be easily removed to keep your teeth clean and if you wish you can even use the trays to whiten your teeth. However, because Invisalign uses a high number of laboratory manufactured custom trays it is more expensive than conventional orthodontic treatment, and unfortunately not everyone is suitable, as sometimes the movement of very misaligned teeth requires more force than Invisalign can provide.

Invisalign straightening system

Pros – almost invisible, easy to remove for cleaning, no gum irritation, can be used for at home teeth whitening.

Cons – unsuitable for severe orthodontic problems, not suitable for children.

In general adult teeth must be present, more expensive than other types of braces.

Remember a great smile can be achieved simply and sometimes ‘less really is more’.

You don’t have to have cosmetic dentistry or plastic surgery to look good, but if you are unhappy with your smile, at least there is now something you can do about it! Consult your dentist.

Dr Mark Hepworth
PhD, BDS(Hons)
Dentist at Abbey Dental

Dr Birgit Jensen PhD
Specialist Orthodontist and Platinum
Invisalign provider

Invisalign \nThe Future Is Clear

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...
If you’re considering a change of hair colour, why not ditch those hair dye toxins and switch to a natural alternative?

Badder cancer, non-Hodgkin’s lymphoma and bone marrow-related cancers have all been found to occur more often in haircare professionals, attributable to constant exposure to the synthetic chemicals in hair dye. And with toxins so easily absorbed into the scalp, the health of those who dye their hair regularly is potentially at risk too.

So why not switch to an organic, or natural alternative?

Aveda, Jigami and Organic Colour Systems all offer a broad spectrum of vegetable-based dyes which are kinder to both colourist and customer – and won’t cost the earth.

JENNY EASTWOOD had her hair highlighted with Organic Colour Systems at Karine Jackson Hair & Beauty. For more information visit www.karinejackson.co.uk. Organic Colour Systems is available at salons nationwide. For stockists visit www.herbulk.co.uk.

“I had never thought of trying an organic hair dye as I thought it would only come in shades of beetroot and carrot, rather than the salon blonde I’m used to having.

But when I found out Karine Jackson – London Hairdresser of the Year in 2007 – was using organic hair colour, I wanted to try it.

“The first thing you notice is the vast array of colours and there’s hardly a book you wouldn’t be able to create.

“Karine, who worked for Charles Worthington before setting up on her own, says many clients are now choosing Organic Colour Systems.

“The results were amazing. My colour was rich and vibrant and had not dulled over time at all. As well as carots, I will opt for organic hair products too.”

XENA GREGORIADIS had her hair tinted with Aveda’s Full Spectrum Deep Creme Colour for Dark Hair at the Aveda Institute. For more information on their colouring visit www.aveda.co.uk.

“Aveda’s own Full Spectrum hair colour fully lived up to its promise of giving “vibrant, true-to-life tones from a single, simple process”.

“I chose a rich chocolate brown with coppery tones to give my own increasingly dul brown colour renewed lustre, and to cover up the grey!

“My product (they have various options depending on your hair colour) was 93 per cent naturally derived from plants and non-petroleum based minerals.

“It smelled really nice too, and the whole experience, from colour to wash and blow dry, was extremely relaxing.

“My hair looks shiny, healthy and natural. Best of all, I know my scalp and the quality of my hair won’t have been compromised.”

CLAIRE SPREADBURY had her hair highlighted at the organic inspired salon, Jigami. The salon’s own H2O 95 per cent water-based colour is available only at Jigami. To book, call 020 7287 0788 or visit www.jigamihairdressing.co.uk.

“Using their own H2O hair colour, Jigami recreated a very similar colour to what I usually have. The prices are really reasonable too. All products were organic and the colour looks great – it’s really lifted my hair. H2O is free from peroxide, ammonia, mercury and resorcinol. It contains extracts of seaweed and avocado oil, which left my hair feeling incredibly soft.

“There was no smell during the colouring process either – much nicer!”

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Mary Richman at Face ‘N’ Figure

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