



Do you want a course you can play all year round with NO tee mats and NO temporary greens, ever?
East Brighton Golf Club is the club for you!



Ladies..... Would you like to improve your health, fitness and stamina, while enjoying spectacular views with the opportunity to meet and socialise with like-minded ladies?

Why not try golf!

With membership from only £395 per annum it's never been cheaper to join one of Sussex top rated golf clubs. Juniors and younger people benefit from even bigger discounts and until March juniors (under 18) can join for only £52!!!**

Call James now on 01273 604838

**Applies to first year membership only (normally £125 per annum)

Health and Fitness, sponsored by

Nuffield Health
Hospitals

Nutrition to combat dry skin

By Jacquie Lane for CNM (College of Naturopathic Medicine).

THE skin is our largest organ of detoxification and reflects what's going on inside the body.

Healthy skin indicates a healthy colon, kidneys and lungs, which all work together to detoxify the body.

There are many things we can do to help our skin. Eating oily fish, seeds and nuts provides us with essential fatty acids, including omega 3 and omega 6.

You need to be eating a couple of portions each day, mixing the types of nuts and seeds for variety, and having a selection of fish, (eg, sardines, mackerel, and wild salmon) 3-4 times a week. Flax seeds and hemp seeds have a great mix of the 2 omega oils, so aim to have 2 tablespoons of crushed seeds a day, as a portion.

Vitamin E is a great oil for the skin, both eaten from almonds, hazelnuts and sunflower seeds, and applied to the skin using oils with a high wheat germ oil content.

Many of the over the counter creams don't do the trick because of the chemicals and additives in them. Find an organic skin cream, of which there are now

many lovely examples on the market.

The skin also needs a good selection of vitamins, minerals, and antioxidants, especially vitamins A and C, (from fresh fruit and vegetables such as carrots, broccoli, blueberries, beans, cranberries, prunes, blackberries, raspberries), and Zinc (from sources such as Seafood, fresh ginger and cashew nuts).

Fibre is required to keep the intestinal tract regular and help eliminate toxins from the body.

Some people suffer from skin problems due to constipation as they are not consuming enough of the correct type of fibre to help eliminate toxins.

A nutritional therapist can help you put together a dietary plan with specific recipes to meet your particular requirements.

Bathing in oat milk can be very soothing; try hanging a muslin bag of oats around the tap so the water runs through it as you run a bath.

Afterwards apply a layer of organic skin cream whilst the skin is still warm and damp.

● Nutritional Therapist Jacquie Lane lectures at the Brighton campus of CNM (College of Naturopathic Medicine). www.naturopathy-uk.com



Jacquie Lane



Portslade Sports Centre
Leisure 4 Life

Our fantastic programme of activities for the whole family is back! Head on over to

www.portsladesportscentre.co.uk

to find out more about our weekly kids activities, exercise classes, unbeatable fitness room memberships, amazing children's birthday party packages and much, much more!

01273 411100

www.portsladesportscentre.co.uk

