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5 Tiny Tweaks That Will Kickstart Your Health, From Rosie Huntington-Whiteley's Naturopath



“Spring is a time for renewal and growth—mental, physical, and emotional, we need all three,” says **Dr. Nigma Talib**—and she would know. The Los Angeles and London-based naturopathic doctor is responsible for Rosie Huntington-Whiteley’s long, lean frame and perennial glow, which **Talib** credits to a seasonal and holistic wellness approach that targets beauty from the inside out. What better time than spring, the season of rebirth, to give new life to your own routine? From the vitamin-rich ingredients

worth picking up from the farmers' market to the homemade mask guaranteed to give your complexion an instant boost, here are five tips from Talib to help you look and feel better than ever.

Swap Your Winter Starch for Cleansing Supergreens

"Asparagus is the ultimate spring vegetable—packed with vitamins and phytonutrients, such as vitamin K, and rich in saponins, which help with anti-inflammation. Avocados are so much fun and can be added in almost every meal. They're rich in folate and carotenoids, which help boost your immune system during the change of season, when it can be more vulnerable. Broccoli is a super-powerful vegetable, full of antioxidants and detoxifying properties—perfect for spring cleaning your body, boosting your immune system, and balancing your hormones."

Take Immune-Boosting, Allergy-Fighting Supplements Every Day

"Vitamin C with bioflavonoids prevents the formation of histamine, which is common during springtime. You can easily take 2,000 to 6,000 mg per day. Additionally, vitamin C supports the immune system while increasing collagen production in the skin. EPA and DHA fish oils are natural anti-inflammatory agents and a favorite springtime support. They can help the immune system and various allergy-induced skin conditions, as well as hay fever—two to three capsules, taken twice daily with meals."

Add a Bi-Weekly Burst of High-Intensity Exercise to Your Workout

"A high-intensity interval training workout is normally short, fast, and hard, combining short bursts of cardiovascular moves, such as sprinting or cycling, with short, slow recovery sessions. It's great to fit into the busiest times [like spring], but you shouldn't make all of your sessions HIIT, as this can lead to overtraining. Do no more than two or three sessions lasting 20 minutes or less weekly."

Take a Few Minutes to Meditate Each Morning

"Meditation is an amazing way to control, strengthen, and relax the mind. It's also extremely beneficial for fighting aging [through stress reduction]. I particularly like a type of meditation called Kirtan Kriya exercise because it's very quick to do—just 12 minutes a day practicing is enough to produce that anti-aging response."

Do This 10-Minute Papaya Mask to Exfoliate and Hydrate

"Not only is papaya loaded with antioxidants, it is also packed full of alpha-hydroxy acids. Yogurt is a natural source of antibiotics. Honey has the ability to encourage moisture in the skin without triggering the build-up of excess oil—it is also a natural skin

brightener, so it's great for blemishes and dark spots. Avocado is extremely effective for moisturizing and is perfect for dry skin, then egg whites tighten the skin.”

Ingredients:

1/2 small ripe papaya

1/2 avocado

1 tsp. runny honey

1 tsp. fresh lemon juice

1 egg white

1 tsp. plain yogurt

Instructions:

Mix all the ingredients together in a large bowl. Apply the mixture to clean skin and leave on for 5-8 minutes. Rinse with warm water, then cool water, and pat dry.