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CARE FOR HAIR FROM WITHIN

Nutritionist and hair loss consultant Simone Thomas presents a special recipe that will not only get your taste buds buzzing, but hair follicles flowing!

Did you know we lose around 100 hairs a day? Whilst it's perfectly normal to shed hair as part of our natural hair cycle, many women and men suffer from thinning hair or excessive hair loss – known as alopecia. This can cause real psychological problems, including poor self-esteem and self-consciousness. Hair loss can be caused by many factors such as hormones, medical conditions, medications and genetics, as well as nutrition and vitamin deficiencies.

According to nutritionist and hair loss consultant Simone Thomas, the nutrition and the foods that we put into our bodies can and will have a huge healing benefit for imbalances, illness and general wellbeing, whilst bad food choices can be what she calls 'the devil'. Simone explains, "It is important to understand foods, the processes foods go through and why non-processed, organic foods should be consumed when possible, while always filling your plate with a variety of colours and seasonal options! As our hair is not a vital organ to help the body function, when our bodies are under attack or running on empty, it is one of the first things to be impacted in the case of an unbalanced diet, poor lifestyle choices, virus and illness."

In these cases, the hair growth cycle can be disrupted, sometimes stopping altogether, Simone says, noting, "The result can be sudden hair loss, which in the worst cases can be similar to that experienced by cancer patients after chemotherapy, with 70-100% hair loss!" To help you facilitate a good healthy start to your day, which will not only help your hair but your general wellbeing, Simone shares one of her top breakfast recipes!

Breakfast: Kefir Bircher Muesli

"I love to wake up to a ready breakfast," says Simone, noting, "That's why Kefir Bircher Muesli is one of my favourite breakfast foods!" Bircher Muesli is essentially another name for overnight or soaked oats and was developed around 1900 by Swiss physician Maximilian Bircher-Benner for patients in hospital. "Oats soaked overnight are easier to digest and are a great source of fibre, which is essential to keep the digestive system healthy," Simone says, adding that Bircher Muesli is simple, but super nutritious, and can be prepared the night before.

"I love adding extra superfoods to the recipe (a pinch of turmeric, raw honey and blueberries) and replacing natural yoghurt with kefir for extra gut health benefits. Kefir should be on everyone's shopping list! It is high in nutrients, probiotics and helps give our mothership – the gut – a boost in digestion



and gut health. It's full of live cultures and has a high volume of vitamins, calcium, B12, vitamin A, magnesium, B2 (riboflavin) and phosphorus. There are so many amazing health benefits with Kefir and it is something I make sure my two young boys and I have at least once a week."

Simone explains that you can also add some almond butter for extra proteins and monounsaturated fat, which she says can help reduce the risk of cancer and lower your cholesterol levels.

Ingredients

(serves 1)

- 40g rolled oats
- 130ml kefir
- 1 small apple – peeled and grated
- 1tsp raw honey
- 1/2tsp turmeric
- Pinch of cinnamon
- 20g fresh blueberries
- 10g mixed nuts, chopped (Simone uses almonds and pistachios)
- 10g sunflower seeds

Method

1. Place the oats, kefir, grated apple, raw honey, turmeric and cinnamon in a small bowl and mix well. Cover and leave in the fridge overnight.
2. In the morning, top with blueberries, chopped nuts, sunflower seeds and serve.
3. Feel free to add any extra ingredients you like – a little spoon of almond butter or some extra fruits.

Additional recipes that can help promote healthy hair, skin, health and wellbeing, as well as the Simone Thomas Award Winning Wellness Plans, can be found online – Simone Thomas Wellness NutriHome.

Fibre

Eat plenty of fibre! It's associated with lower risk of heart disease, stroke, type 2 diabetes, bowel issues and bowel cancer.

Protein

We need protein to help all cells repair and grow. It's key for building muscle, fat burning and appetite reduction.

Blueberries

Great for one of your 5 a day! Packed with antioxidants, phytoflavonoids, potassium and vitamin C!



Share your Kefir Bircher Museli creations on Instagram and tag
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