

GLOWING BRIDES

June traditionally kicks off the Summer Wedding season!

The Diva has put together a Healthy Wedding Special. Here are some of her top tips and suggestions to ensure you look and feel your best on your very special day:



Glowing with health on your wedding day

Clear Skin

The worst nightmare for a bride is waking up to a huge spot on the morning of her wedding. Reduce your chances by eating a sensible diet, using high quality organic toiletries and cosmetics.

Viridian's Ultimate Beauty Complex capsules combine key vitamins, minerals and plant nutrients to boost the feel and appearance of healthy skin, hair and nails. For optimum results, team with their 100% Organic Beauty Oil, a rich source essential fatty acids that help to support the underlying structures of skin, hair and nails. Simply drizzle over food for a beauty boost.

Cold Sores

another nightmare scenario. If you're prone to cold sores, take a daily capsule of L-Lysine. This amino acid helps to block the virus from feeding and overwhelming your natural defences. It can help to keep cold sores at bay and speed the healing time if one does appear.

Hen Night Survival

Hangovers: if you want to keep healthy for your big day, the worst thing is a big boozy night out on the town, but what about your hen night? Milk thistle taken before you leave can help to counter the after effects of a hangover. A large purple plant, milk thistle has been used for centuries for it's cleansing and protecting effect on the liver. You should try to alternate your drinks – make every

other one a non-alcoholic drink – and girls, keep an eye on each other's drinks. Drinking plenty of water will help to prevent dehydration and headaches.

Wedding Jitters

Jitters: with all the planning that a wedding entails, it is easy to become overwhelmed with nerves at the final stages. Stress manifests itself in a number of ways for different people including tiredness, anxiety, mood swings and tearfulness. Don't allow the wedding jitters to get the better of you. A good daily B-complex vitamin, high in vitamin B5 should help. Vitamin B5 is the anti-stress nutrient; it helps to support the adrenal system and convert your food into energy. Take alongside the herb Rhodiola rosea. Classed as an adaptogen, Rhodiola helps the body adapt to both physiological and psychological stress.

Improve his libido

Concerned hubby might not be up for it? Ginkgo biloba and Pycnogenol help to boost blood flow to ALL the extremities ensuring he is always up for the task.

Cellulite

Cellulite is the enemy, dimpled skin is a definite no no on your honeymoon! However there are many ways the wage war on cellulite. Eating a healthy diet with plenty of fruits, vegetables and lots of water is good start, body brushing and massages also improve circulation and

detoxification, my favorite herbal helper is Gota Kola, this ayurvedic herb helps improve blood flow to the skin and speeds up collagen formation, thus strengthening the skin and reducing the appearance of cellulite.

Weight Loss

Want to lose a few pounds for the wedding photos? A healthy diet and exercise are essential for anyone wanting to lose weight; substitute white for brown, ditch the white bread, white pasta and opt instead for healthy whole grains. Plenty of fresh fruit and vegetables will also help, and not just your waist, they're great for skin too. And chicken and fish are good substitutes for fatty meats. If you want a helping hand, you could try an HCA supplement. Hydroxycitric Acid is derived from Malabar tamarind, a native fruit of southern India and scientists believe it can help with weight loss by blocking the enzyme responsible for converting excess carbohydrates and protein into fat.

However you try to shed the pounds, be realistic in your goals and remember your future husband loves you the shape you are now! Remember it's all about the dress the right style will hide a multitude of sins, and create curves where none exist! Be guided by the assistant in the wedding shop, they know body shapes, take a friend or relative that you trust, your wedding is the perfect excuse to try on lots of exquisite dresses and truly be the star of the show. XOXO The Diva