

Eat your way to lasting wellbeing and radiance

LOOK  
AND FEEL  
GOOD FROM  
THE INSIDE  
OUT

# What the Face!

in a  
Flash



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## What the Face! in a flash

This section is the cheat's guide – for those who wanted to start yesterday, or who don't have time to read the whole book (at least right now; we suspect you'll be back!). Can you really look and feel 10 years younger? Yes you can, and here we give you all the basics to help you get started straight away. (Well, you can *learn* about it in 10 minutes. It may take a little longer to get the 10 years younger result . . .)

What we feed our bodies has a significant impact on our skin, our nails, our hair, and on maintaining a youthful appearance (or not) as we age. *What the Face!* is specifically designed to help you nourish and support both your inner health and your outer wellbeing.

When humans match their diet to their ancestral roots, they thrive. A human's whole-food diet originally was plants and animals, often recently alive and growing, running, flying or swimming in Nature. Unlike what most of us eat today, this is food that's low in human interference. The principles around this have been the basis for the low-carb, *healthy-fat* (LCHF) lifestyle we have championed in the *What the Fat?* series of books. Combining our ancestral legacy with the latest science means we can help you stay in peak condition. This time we are not just all about feeling good but also all about looking good. That's because they are synonymous.

### What is LCHF?

- LCHF typically stands for low-carb, **high**-fat, but we have renamed it low-carb, **healthy**-fat. We feel that this better reflects what it's all about. While we do want you to eat more fat than you are probably used to, the emphasis is on healthy sources of fat. LCHF is not a 'diet'; it is a way of life – a 'healthstyle', you might call it.
- LCHF encompasses a way of eating that is based on whole foods – real foods that are minimally processed and generally don't come in packages. If you truly adopt this way of eating, it will naturally end up being lower in carbohydrate and higher in fat than the current, mainstream way of eating. LCHF is a fulfilling and satisfying way of eating that is full of benefits for health.

## Our 7 Food Foundations



### 1. AVOID SUGAR

Sugar is your (beauty) saboteur. Sugar damages everything it touches, and your skin is no exception. Healthy ageing and looking good depends on keeping sugar intake low. All carbs are sugar, and they hide everywhere.

### 2. EAT MORE PROTEIN

Protein builds every cell in your body. Getting enough of great-quality protein is what you need to be the best you can be.

### 3. FACE UP TO FATS

Your skin needs high-quality natural fats for protection and waterproofing. What goes into your mouth goes straight to your skin. Good-quality fats nourish and protect; poor-quality factory fats damage the body.

### 4. MICRO-NUTRIENTS = MACRO-IMPORTANCE

Eat a wide range of nutrient-rich whole foods to get the vitamins, minerals, antioxidants and phytochemicals you need in the right amounts to allow your body to repair and rejuvenate.

### 5. FASTING TO FEEL AND LOOK GOOD

Putting your cells back into the self-cleaning and repair mode called autophagy does wonders for every cell in the body – inside and out.

### 6. LOVE YOUR GUT, LOVE YOUR SKIN

The gut, skin and brain are closely connected – having the right microbes on your skin and in your gut is integral to your overall health. Eat prebiotics (food for the bacteria) and probiotics (actual bacteria from fermented foods) for gut and skin health.

### 7. RETHINKING YOUR DRINKING

Having enough water is important, but you don't need to overdo it. Alcohol is a lot like sugar – a beauty (and life) saboteur!

### BONUS FOUNDATION

It's not all about the food. Having the right attitude, smiling and laughing more, keeping fit and sleeping well are all part of looking and feeling good.



## What the Face! elimination and gut-health protocol

For those of you with more-severe skin conditions, sorting out the gut-skin axis could be the key to sending your condition into remission.

1

**GO LOW HI (HUMAN INTERFERENCE).** The basics of sorting good health are a whole-food diet, low in refined sugars and high in healthy fats. This is Step 1, and may solve a lot of problems, but for some it won't sort everything. If it does work for you, you can stop here or jump straight to Step 5.

2

**TROUBLESHOOT THE CULPRITS, INCLUDING ANY TESTING.** If you are allergic or have a specific food sensitivity, this might be able to be identified through testing.

3

**ELIMINATION 1: SORT THE BIG STUFF.** Sometimes eliminating some of the usual suspects like gluten, dairy, nuts and eggs is a solution.

4

**ELIMINATION 2: GET BACK TO THE VERY BASICS.** If removing the big stuff doesn't work, then there may be less-obvious stuff that is troubling you. The only way to find this out is to cut back to the very basics, and figure out if you've made substantial improvements in your health. Next, start re-introducing food while keeping a good record of the foods and any symptoms so that you can decide which foods are causing problems. This is the only 100 per cent sure-fire, but hard, way of knowing problem foods.

5

**REPOPULATE AND OPTIMIZE.** Get the right gut bacteria in there, and nourish them. Eating live bacteria in fermented foods (probiotics), and what feeds them (prebiotics), is core to everyone's health.

### TOP 3 FAQs

#### 1 Can I eat my way to good skin health?

**Yes.** Everything you eat affects your skin. Sugar, in all its forms (all carbs), is really an anti-skin-health product. Sugar damages the elastin and collagen that help make up your skin. Fat nourishes and keeps us waterproof, while protein provides the building blocks for collagen and all the other skin cells. Taking in prebiotics and probiotics regularly to keep the gut healthy will help too. Good-quality skin products are important to complement good-quality food.

#### 2 Can drinking water hydrate your skin?

**No,** not directly. It's the fat we eat that really does this. It fills in the gaps between the dead skin cells (keratinocytes) that make up the waterproof outer layer of our skin, and this is what keeps water in and our skin moist. Stick to whole natural fats like olive oil, coconut oil and hemp/flax-seed oil, as well as oily fish, to keep your skin moist, smooth and supple.

#### 3 Does eating collagen improve my skin?

**Maybe.** Like all protein you eat, collagen (and gelatine) ends up being disassembled into its constituent amino acids and peptides. These are then reassembled by protein synthesis to make the proteins you need around your body, including collagen in your skin. Whether eating it or taking it as a supplement means that it goes directly to your skin is as yet unknown. But doing this at least guarantees that you're getting the right amino acids to make collagen.

### DAILY SKIN CARE REGIMEN

Can you apply stuff to your skin which is backed by science instead of advertisements?

**Yes! Vitamin C** (ascorbic acid) and **vitamin A** (retinol) applied topically (i.e. put on the skin) are where it's at. The clinical evidence is that these vitamins reduce signs of photo-ageing. Both are antioxidants and prevent sun damage; they could also have effects in the rest of the skin like in the hair follicles and melanocytes.

Apply vitamin C in the morning, because it protects against all sorts of oxidative damage including sun, pollution and anything else that's usually higher in the daytime. Use retinol (vitamin A) in the evening because retinol breaks down in the sun. And no, it's a myth that retinol makes you more prone to sunburn during the day. And don't forget to use your favourite moisturizer and sunscreen.

### PRESCRIPTION FOOD

In some cases, simply eating a low-HI whole-food diet is not enough to heal. If you have a specific skin condition, then check out Part 4, as here we give you the latest science and practice on what works and for whom. **Note:** The material provided in this book is not a substitute for medical care. We recommend that you continue to seek appropriate advice from your doctor, particularly if you're on medication.



# Cocoanutty Collagen Shake

Collagen peptides are proteins that are great for providing the strength and elasticity you need for optimal skin fitness. Throw in a flavonoid – like cocoa or cacao – to protect against sun damage and you have the perfect skin-boosting hit in a glass. If collagen supplementation is your main focus, make sure you have 10 g of collagen in your serve (check the serving size of your supplement). If you want to keep the overall carbs low, use a milk variation and a small banana (or half a large one).

| INGREDIENTS   | Serves     | 4         | Per serve                |
|---|------------|-----------|--------------------------|
| 1 avocado, peeled and chopped   | Prep time  | 5 minutes | Carbs 10.8 g             |
| 1 tbsp chia seeds   | Difficulty | ●●●       | Protein 11.4 g           |
| 2 tbsp dark cocoa powder or cacao nibs  |            |           | Fat 19.3 g               |
| 2 tbsp collagen peptides  |            |           | Energy 278 Cal (1164 kJ) |
| 2 tbsp almond butter  |            |           |                          |
| 2 cups full-fat cow’s milk (almond, soy and coconut milk are suitable alternatives) |            |           |                          |
| 2 cups water  |            |           |                          |
| 1 cup ice-cubes   |            |           |                          |
| 1 banana  |            |           |                          |

## METHOD

Place all the ingredients in a blender and blend until smooth.



# Free-Radical-Fighter Smoothie

This smoothie is a great way to boost your natural antioxidant intake and help you prevent skin damage when exposed to the sun. To make this a meal in a glass, you can increase the protein powder in your serve to get around 15–20 g protein in total. Check the label on your protein powder, as protein contents can vary a lot.

| INGREDIENTS   | Serves     | 4          | Per serve                |
|---|------------|------------|--------------------------|
| 4–6 stalks kale, leaves only                                | Prep time  | 10 minutes | Carbs 12.1 g             |
| ¼ cup mint leaves   | Difficulty | ●●●        | Protein 16.2 g           |
| 1 avocado, peeled and chopped                               |            |            | Fat 17.7 g               |
| 1 apple, quartered and core removed (optional)              |            |            | Energy 282 Cal (1180 kJ) |
| ½ cucumber (100 g), roughly chopped                         |            |            |                          |
| 2 tbsp protein powder                                       |            |            |                          |
| 3 cups full-fat cow’s milk (or coconut, almond or soy milk) |            |            |                          |
| 1 tbsp almond butter  |            |            |                          |
| juice of ½ lemon  |            |            |                          |

## METHOD

Place all the ingredients in a blender and blend until smooth.

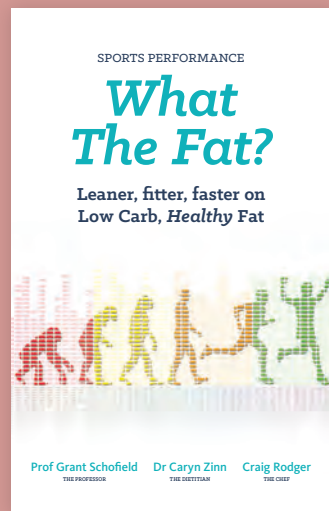




# What the Face!

What you look like on the outside reflects  
what you look like on the inside.

Do you want to know how to age optimally and naturally, while feeling and looking as good as you can? Written by the Fat Professor, the Whole-food Dietitian and the Michelin-trained Chef – *What The Face!* offers cutting-edge science and practice, and delicious recipes for nurturing healthy skin, gut and brain.



Available online at  
**[www.whatthefatbook.com](http://www.whatthefatbook.com)**  
or at all good book stores.

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