

# BEAUTY & THE DIRT

*Welcome to Mimi's world, you might never want to leave...*



## **Interview with Christina Barton Nutritional Therapist By Amanda McNally**

Christina Barton is a trained Nutritional Therapist & Bio-Energetic Practitioner, using the newly developed NES system with her clients, she provides one-to-one consultations advising on all aspects of nutrition and working individual diagnostic needs to re-boost the immune system and restore the body to its natural Balance and harmony.

NES (Nutri-Energetics Systems) activates when a client places their hand on its input device and the human body field information is carried via subatomic particles to the computer. The machine compares the structure of the client's body-field against the map of the optimal body-field encoded in the software, via magnetic vectors. Christina specialises in nutrition and gentle de-toxing advising clients on how to boost your immune system and improve your health. Her philosophy is "to inspire dynamic health for your whole life" by creating physical harmony in the body and mind.

### **So how do you devise independent healthy living plans for individuals and what do you take into consideration?**

Most people who come to me say they have certain symptoms, then after I've done the scan and seen what was perhaps imbalanced and incorrect with them. I would then ascertain what food they were eating and not eating and then come up with ideas of how to relax and maybe look at their diet and what time they eat and sleep. So basically I look at the whole lifestyle and how I can help and re-establish it.

The results can take a few days for some people and for others it's a few weeks especially with weight loss and changing diets; I'm definitely a great believer of food combining.

### **What is your daily beauty routine?**

I always drink a glass of ionised water when I get up, followed by three probiotics and my goji berries, I use Vaishaley facial wash which is organic and the night time oil. I always have porridge for breakfast and take Vitamin D because it's good for your skin, often I have juniper berries with my porridge for anti oxidants. I always have my mineral whey because it's really good for your skin, nails and hair, in fact when I'm travelling and I don't take my mineral whey with me my nails always start to split. After a couple of days of taking my mineral whey again my nails seem to miraculously recover.





**Do you personally use any anti ageing creams and do you think they really work, especially after all the hype of the Boots No.7 Serum?**

At the end of the day our skin reflects what's going on inside, the most important thing about skin is hydration and absorption. Having an alkaline diet and mineral whey, water as opposed to coffee, and with the pollution that surrounds us I do think you need to have some sort of protection for your skin.



The Boots No. 7 cream is extraordinary, first of all it's scary because it makes us realise how much we spend on expensive creams because we think they are super special! Some facial smile marks are genetic and a part of our character, so I don't think it's great that people are 65-70 and wanting a face lift. Moisturising is definitely important and a good organic cream is brilliant, the skin does need moisturising on the outside, but it's also just as important to look after the inside.

**What foods would you advise that really help your skin, to give you a glow without the use of make up?**

Carrots, grapes, cucumber, water melon, juiced water melon with the pips, fish, raw foods, blueberries strawberries, and any antioxidants. Coconut oil is very good for the skin externally and internally. Vegetables and fruit juices, if you juice vegetables and fruit it is so cleansing and strengthens your blood.

**Are there foods that you try to eat everyday that you know are good for you?**

Oats, porridge and my mineral whey everyday without fail, my probiotics and my Vitamin B.

**Any little weaknesses...?**

Given the opportunity, my weakness is a really good cappuccino with chocolate sprinkled on top, that or a glass of champagne is a treat for me, or some really nice brie. I don't have it very often but when I do have a cappuccino the caffeine makes me shake!



**What foods would you recommend to steer clear of?**

Chips and all fried food, red meat, lamb, pork, diet coke and any carbonated drink is so bad for the body, unnatural sugars, I'd rather people had unrefined brown sugar other than chemically processed sugar that the body doesn't recognise.

Milk chocolate and lots of ice cream is also bad for us, even if you like it. If you're going to have chocolate have Green & Blacks, if you're going to do something naughty make sure its very good quality. I'd also rather people have the odd pizza instead of a hamburger, there is two teaspoons of sugar in a pizza, people just don't realise.

If you're going to have coffee have organic coffee because regular coffee is just so poisonous for our bodies.

**What foods are likely to set of the symptoms of IBS?**



Usually if you eat a very high sugar and junk food diet, white bread, white flour, refined cakes and biscuits and if you didn't drink any water.

It very important to drink water at room temperature, the body is 37 degrees so to hydrate it; it will absorb something that is at its natural temperature. Again if you're going to be really naughty and have coffee, drink water afterwards and the same with chocolate drink water afterwards.

Fungus and yeast problems can give you IBS so avoid anything that can feed it like mushrooms, certain acidic fruits some vegetables. Then you're starting to go into the realms of bread, pasta, wheat, cereal, milk, yoghurts. But the main foods would be white bread not rye bread though, or anything with wheat in it, refined white pasta, spicy foods, and dairy.

**What alternative therapies would you recommend?**

Reflexology, acupuncture, my NES system, anti inflammatory, gentle massage with some healing oils, sometimes the best thing though is simply a hot water bottle.

**What do you think about the ideas and methods of Gillian McKeith and the Food Doctor Ian Marber in this country?**

I really like Ian Marber, I think he writes very well, and his Food Doctor approach and ideas are very healthy and wise, he also doesn't do gimmick food, he promotes sensible geared up food.

Gillian McKeith is probably a bit like Marmite; you either love her or hate her! Personally, I don't like her very much. The difference between us is that most of the people who come to see me have an underlying emotional problem, which is reflected in a physiological way. So I would never in a million years speak to them the way Gillian McKeith speaks to them on television! She's not my cup of tea, she's very commercial and I find her bars very gimmicky, although at least she's educating people to a degree and at least they are eating her bars instead of a Mars bar which has 5 teaspoons of sugar in it.

**Any alternative tips to relieve the symptoms of hayfever during the summer?**

Lemon and ginger tea to keep the system clear, start probiotics as early as possible, it's nearly impossible to avoid hayfever if you're right in the middle of it. Drinking water keeping the system clear, blowing your nose and keeping the mucus out and avoiding dairy can help. Also eating a diet that is high in vegetables and high in fruits, so your body isn't building up mucus. Perhaps drinking nettle tea as well, it's very cleansing for the liver and kidneys, basically keeping the body as cleansed as possible, and if it's summer tuck into a water melon.

**What advice would you be able to give new mums on nutrition for themselves and their babies?**

With anybody who is pregnant their intake increases significantly. I would recommend eating soups, hot or cold because you absorb immediately the nutrients in them, honey instead of sugar, and try to have three balanced meals a day. Everybody is so unique when they are pregnant so I would recommend taking a multi-vitamin, especially a dedicated pregnancy multi-vitamin, it would help to alleviate any of those phenomenal cravings. Also stay away from spicy crisps as you will retain fluids, and Vitamin B is very good.





**If you could give some long term advice to our readers about diet and lifestyle what would it be?**

Please always have breakfast, always try to drink some water throughout the day, just keep a glass on your desk and just sip it. Sleep and relaxation, remember to take some time out for you and just really remember how amazing your body is!

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