

Janey Lee Grace



imperfectly
naturalwoman

the pocket book

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Introduction

I hope you'll enjoy this 'pocket' collection of tips and ideas extracted and adapted from *Imperfectly Natural Woman*. This is the perfect pocket book to carry around to remind you that you can indeed have your 'imperfectly natural' cake and eat it.

If the closest you've ever come to natural living is choosing the 'light' version of mayonnaise, this book is for you. If the only recycling you've ever done is chucking your wine bottles into the car park's bottle bank just to rejoice in the crashing sound – it's still for you.

The title is all-important you see. It's 'Imperfectly Natural Woman'. After all, if you were one hundred per cent 'natural' that *wouldn't* be natural. We all have imperfections and we're all at different stages in our life journeys. I believe it is possible to look naturally gorgeous, feel great, do your bit in the green/eco stakes and save cash in the process.

Thanks for buying this book and I hope you'll find it incredibly useful and inspiring. Please pass it on to your friends and spread the word about my free website and e-zines. You'll find the address at the end of the book.

Hopefully, if you take up some of the ideas, you'll be living a little more simply and saving a good few quid into the bargain. You'll be healthier and in a sense, wealthier, and in the currency of doing your bit for the environment, you'll be richer, indeed!

PLEASE NOTE: None of the recommendations in this book is a prescription, more a way to get you thinking about your health and home in a more practical and responsible way – a lifestyle guide.

Its contents are in no way intended as an alternative to professional healthcare and it is advisable to consult your existing healthcare professionals before making any changes to your regime.

All these little ripples of holistic living will some day add up to a sea of health.

JANEY LEE GRACE

DIY cleansing, toning and face masks

For cleansing oily skin, a very simple foaming cleanser for the face is Liquid Castile soap, made from pure olive oil. Add your own favourite essential oil to give it a lovely smell. (Lemon or lavender work well but don't use lavender if you are pregnant.)

Olive oil cleanser:

In an emergency a tiny amount of olive oil will remove make-up but could be a little too heavy to use every day.

Rose water and witch hazel toner:

You can buy both from any good chemist, or ask them to make up a bottle for you by mixing two parts' rose water to one part witch hazel. It's cheaper and better than any chemical toner you'll find on the market.

Tomato and milk toner:

Even cheaper, use up some of the leftovers in the fridge! For example, you can easily make a home-made cleanser by using tomato and milk. Make tomato juice by straining the pulp and mix it with an equal quan-

tity of milk. Store this in a bottle and refrigerate it for use every day. Spread it on your face and neck with your fingertips; leave it on for ten minutes then wash off with cold water.

Tomato lotion:

Tomato lotion helps shrink the enlarged pores and it can be made by using tomato juice mixed with two or three drops of lime juice. Apply this solution to your face and then wash it off after fifteen minutes.



Tomato face mask:

Tomato pulp tightens skins and is a great remedy for blackheads. For a good complexion, spread the pulp of tomato on your face, leave for an hour, then wash



The cooking process

If you're imperfect like me and find it difficult to keep it up, the answer could be to get as close as you can to raw. Try a raw-ish 'stir fry veg' using the tiniest amount, say a teaspoon, of olive oil. Let it get hot but not smoky and then chuck in the veg. The plan is just to 'sear' the outside and keep the vegetable inside crisp, light and raw. It's the best of both worlds. A dash of tamari near the end of cooking is great but, even better; add balsamic vinegar and lemon juice.

Steaming is much better than boiling for 'light' veg. Try an old-fashioned steamer basket, an on-the-hob style steamer or an electric one.

Take a look at your cooking equipment too. Those very efficient non-stick pans could be doing you serious harm. Some non-stick coatings are made with a complex mixture of perfluorinated compounds (PFCs). It's widely accepted that PFCs can be dangerous. They don't biodegrade and the toxins accumulate in people, animals and the environment. It's difficult to avoid

PFCs completely, as they're in electrical goods, furniture, some clothing and rainwear, car engine parts – in fact just about everything man-made! But at least try not to cook with it too often. Replace your non-stick coated cookware with stainless steel or enamel-coated cookware. I've just invested in some heavy but fantastic cast iron pans. For baking or cooking pizzas, meat and fish I use the amazing stoneware plates from Pampered Chef www.pamperedchef.com.



I never use a microwave oven. Putting high-energy microwaves into food disrupts its cellular and molecular structure, and it's hard to quantify exactly the effect that has on the vital force of our foods.



Those washday blues

I've never liked using conventional detergents for laundry. I've tried using the non-biological liquid rather than powder but still find my skin feels dry and flaky. Also, if you care about the effect on the environment, here's a fantastic 'green' alternative that is very cost-effective, has no smells and works.



Balls

Yes, I'm talking balls, supercharged laundry balls, one of today's best-kept secrets! I'm astounded that more people don't know how brilliant these little wonders are. (I suspect the manufacturers don't have the marketing budgets that big detergent companies have.) Basically, they're little balls that are placed in the washing machine instead of regular detergent. They contain pellets, which produce ionised oxygen, activating the water molecules naturally, allowing them to penetrate deep into the clothing fibres to lift away the grime. They are totally environmentally friendly, unperfumed, non-toxic and very gentle to fabrics. Also, they are hypoallergenic and particularly suitable for babies and children, though you may have to remove the really stubborn stains from garments first. They also help to soften the water, so there is no need for fabric softener and, amazingly, they last for around a thousand washes, so they work out considerably cheaper than conventional detergents and are 'kinder' to the average washing machine. I'm a big fan and have been using them for about five years, and I don't stink (do I?). They can also be used for clothes that need hand-washing and often come with an eco friendly stain remover. www.ecozone.co.uk.

If you'd like to feel good about yourself and
save the planet – read this book

The Ecologist

The perfect antidote to 'green fatigue'

By looking after your health and wellbeing you can
feel great, save money and tick the 'eco' box



Janey's natural, calm and down-to-earth advice comes
straight from her heart. Read it. It's therapeutic
Dr Hilary Jones, practicing GP and medical broadcaster

Janey Lee Grace is a best selling author and radio and
TV presenter. She hosts a website and thriving
forum at www.imperfectlynatural.com



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