

Nutritional therapist Emma Wells has five food-based facefixers – it's like getting plastic surgery at the supermarket

To avoid looking like a crumpled road map, make a beeline straight for the guava – preferably three a week. With five times more vitamin C than oranges, they're high in protective antioxidants that fight the free radicals which cause premature ageing. And unlike the Holy Grail, they're readily available in Tesco.

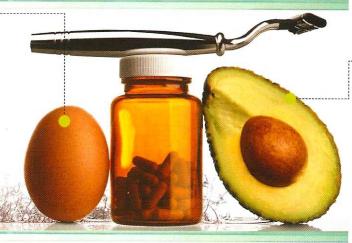


BERRY A BAD NOSE
If years of heroic drinking
have left you looking like the
offspring of Alex Ferguson and
Rudolph the Reindeer, reach for
blueberries. Rich in bioflavenoids,
they bolster your blood vessels
and prevent them from leaking
and breaking. Bung a small
punnet on your desk and pick
away, or chuck some in a blender
with your protein powder for
a great tasting smoothie.

CRACK BALDNESS
Work stress, bad parents
and fast food can all save you
a fortune in barber bills. Being
undernourished is a fast-track to
being under-thatched. But you
can hang onto your rug – with

being under-thatched. But you can hang onto your rug – with the help of unborn chickens. Eggs are great for healthy hair: their iron content can prevent hair loss, while sulphur battles brittle hair and B vitamins help you deal with stress. Aim for

six a week: any way but fried.



GET A SMOKE SCREEN

Car fumes, smoke, city grime – it's all a dirty C-charge for your mug. Pollution strips the skin of vitamin E, which keeps it smooth. Repair it by eating avocado, which is rich in the stuff. Aim for just one a week as it's very calorific for a fruit: perfect in salads or cut in half and eaten with a spoon for a quick high-energy snack. But, sorry lazy men, no matter how much vitamin E you eat, you still have to wash your face.





I Use your hands (it's bad form to use chopsticks for sushi in Japan) and pick up the sushi by the rice so you don't get fishy fingers.



2 Dip the fish in the soy sauce. No, not the rice bit – this will drown the taste in soy and make the rice fall apart in a big bloody mess.



3 Place the sushi in your mouth so the topping hits your tongue first. The fish is the bit you're paying for so you want to taste it.



4 Eat it in two bites. It's rude to put a half-eaten piece back on your plate. Cleanse your palate with pickled ginger before diving in again.

> TWO-SECOND TIP IF YOU SCRUB DIRT OFF MUSHROOMS USING JUST A BRUSH, NO WATER, YOU'LL RETAIN TASTE AND TEXTURE