

# MIAMI

*[ THE RESTAURANT ISSUE 2010 ]*

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# Inside Secrets

Want to look younger and thinner? Here's how to eat and drink your way into your dream body | *By Paige Herman-Axel* |

Odds are you're already slathering yourself with lotions and potions, so why not kick your beauty regimen up a notch from the inside? The latest sweet treats and supercharged drinks promise beauty benefits ranging from firmer skin to a slimmer silhouette, and you can even reap these results at your favorite restaurants or with the help of a blender at home. The secret to most of these beauty benefits lies in the skin-protecting power of antioxidants, and according to Miami Beach dermatologist and author of *The New York Times* bestseller, *The Skin Type Solution*, Leslie Baumann, MD, "You need all the antioxidants you can get, whether topically or by mouth."



Quench your thirst—and your appetite—with **UnderWay**. This appetite-suppressing water comes in orange, açai-pomegranate and grape flavors, and all are packed with soluble fiber to keep you feeling full with just two grams of carbs and 10 calories. \$6.99 for four, at *Publix*.



Let **Healthy Indulgence** indulge your sweet tooth without the guilt. Dr. Baumann is a big fan of dark chocolate as a source of anti-aging antioxidants, and these 39-calorie pieces of 60-percent cacao chocolate are available in multivitamin, appetite-suppressing, relaxing and bone-strengthening varieties. \$28.99 for 28 individually wrapped pieces, at *healthyindulgence.com*.



Getting better results from your skincare routine can be as easy as popping a pill. **Caudalie Vinexpert Dietary Supplements** feature resveratrol to firm skin and reduce wrinkles and antioxidant grape-seed polyphenols to protect the skin from further damage, plus nourishing grape seed, borage and evening primrose oils (which are high on Dr. Baumann's list of must-have supplements). \$64, at *Sephora*.



Say cheers to youthful-looking skin with **Glowelle**. This age-defying drink is formulated with anti-aging vitamins A, C and E, lycopene, goji berry extract and green and white tea extracts to keep aging free radical damage at bay and your skin looking its best. \$89 for 30 packets, at *Neiman Marcus*.



Don't let bloating stand between you and your bikini. **Rodial Tummy Tuck Sticks** promote a flat stomach by facilitating digestion with pineapple, papaya, prebiotic fiber and green clay. More than a drink mix, the powder is made with real pieces of coconut for a tropical-tasting treat. \$60, at *beauty.com*.



The avocado tartare at Canyon Ranch Grill.

## Dish It!

Dinner at your favorite restaurant doesn't have to derail your diet—or your beauty goals. These superfood selections can help you look and feel healthy.

Packed with skin-hydrating omega-3 oils, the Alaskan wild salmon at **Fin** (4029 N. Miami Ave., Miami, 305.722.7369) makes it from the boat to your plate in less than 48 hours. Avocados are known for their ability to help moisturize the skin and hair, so fill up on the avocado tartare (accompanied with good-for-you heirloom tomatoes) at **Canyon Ranch Grill** (6801 Collins Ave., Miami Beach, 305.514.7474). **Solea's** (2201 Collins Ave., 305.938.3000) trio de gazpachos Andaluces sampler includes the "Traditional," which features lycopene-rich tomatoes; the "Cherry" with inflammation-reducing melatonin; and the "Almond ajo blanco," which is just plain delicious. And with nearly all of your daily vitamin C, twice the daily requirement of vitamin A and 1,300-percent of the vitamin K you need each day, don't miss the sautéed kale at **Sra. Martinez** (4000 N.E. 2nd Ave., Miami, 305.573.5474).

## Essential Mix

Blueberries have one of the highest antioxidant values of any fruit. Get your daily dose of free-radical protection with this smoothie recipe, courtesy of **South Beach Smoothie** (7222 Red Rd., South Miami, 305.666.2153).

## Blueberry Boingo

- ½ cup frozen blueberries, thawed
- 1 medium-sized banana
- 1 cup crushed ice
- 10-15 grams of vanilla protein powder (optional)
- 1 packet Truvia

*Cut banana into chunks and put in blender. Add blueberries, protein powder and ice. Begin blending, and then add Truvia. Blend until smooth.*