

Polly's TOP TIPS for clear, bright and 'stay young' skin

1. Drink water!

(And more water. And more. And a little more...)

OK, we hear it all the time but Polly cannot stress enough how vital it is to ensure the body is hydrated and the toxins are flushed out. "The first thing I do on waking is drink 1-2 pints of spring water with a squeeze of lemon to hydrate and alkalise my body before I even think about eating anything. I normally follow this with a half a litre of green juice."

2. Eat green!

A healthy alkaline plant-based diet that floods the body with enzymes, vitamins, minerals and phytonutrients is key. The cleaner and greener your diet, the healthier cells you'll have which promote good clear vibrant-looking skin.

3. Ditch the toxins

Using chemical-free make-up and beauty products where possible will avoid the number of harmful pollutants that your body absorbs. Over time these chemicals stockpile, overworking your liver and can potentially cause harm further down the line.

4. Brushing isn't just for your hair

Dry skin exfoliation can help eliminate dead skin and kick start the lymphatic system helping to rid the body of toxins, increase blood circulation and decrease any puffiness. Use a natural bristle brush and apply long sweeping movements starting at the feet, always working towards the heart.

5. Keep moving

Improve your body's circulation by exercising regularly. Polly does yoga most days and starts off the day by jumping on a trampoline for at least 10 minutes to get her heart beating and her lymph system pumping!

It might seem strange that in the face of a life threatening illness we're chatting about a make-up and beauty products, but Polly is un-fazed and dedicated to living her life as a positive cancer fighting beacon, refusing to be associated with such labels as 'patient' or 'sufferer'.

We all know chemical-laden cosmetics are harmful to our bodies and can increase our risk of contracting diseases and in some cases, such as Polly's, chemical rich cosmetics can even lead to the worsening of diseases such as cancer. As a result, Polly is very much an advocate of chemical-free when it comes to cosmetics and states these products as her chemical free 'must-haves':

"Lavera double black mascara, because finding a good chemical-free mascara has been tricky but I like this one."

"Bare Essentials Mineral Blush powder is great to accentuate cheek bones".

"I always have to have a lip balm on me - I love **Trilogy Everything balm** as it doubles up as moisturiser for the hands or face."

"Brown Earth's Shea Butter is a favourite, as you can feel it 'nourishing every cell.' To protect her skin from sun damage Polly loves Kimberly Sayer's products especially her **Ultra Light Organic Moisturiser** for its high level SPF.



With a mission to heal herself her OWN way, and to teach people about it in the process, so far the former is providing positive results, much to the surprise (and against the advice), of a medical professional or two. As part of her mission to share her journey with the world and 'leave it a little better' than she

found it, www.pollynoble.com (her thriving hub of all things raw, green and chemical free), was born in August last year. Amazingly, Polly has also found the time to give workshops and talks, write books and coach others through their battles with cancer. Not surprisingly then, SIX are delighted that she has found a little time to have a chat with us.

With such a busy schedule on her hands it is admirable to see how determined Polly is to look after herself on every level possible. A quick peek at her blog is enough to whet the appetite for a mind, body and soul MOT, and a little education on the fact that your brain actually plays a huge role in your overall well-being - inside and out.

Dignified, gracious, decent, noble.

Polly Noble, to be precise.

After battling cervical cancer in 2006, Polly discovered a lump in her neck just four years on and was diagnosed with an incurable recurrence of cancer in her lymph nodes.

All while in her 20's.

What would you do?

Polly's answer is to kick cancer's ass.

Polly also swears by an organic sulphur compound called MSM, again rich in silica, that she adds to her drinking water.

After just six months of listening to and working with her body, Polly proved her status as a revolutionary, having shrunk the lump (which indeed turned out to be a tumour), in her neck by a whole millimetre in circumference.

Although she has not been back for more measurements on her progress since, for various reasons, she is quick to tell us: "I feel happier and healthier than I ever have, despite living with cancer every single day". Just when we thought there was no such thing as a real life super hero - Along came Polly!