

CULINARY BEAUTY



New Beauty— From The Inside

Antioxidant-rich foods and ingredients, they're all the rage, especially in the beverage aisle. And that's a good thing, mostly. From the Brazilian acai berry, to kombucha, hibiscus—now found in the Bay Area-based drink Ooba—to the latest, a Siberian mushroom called chaga, drink companies are highlighting super-ingredients long used and touted by various cultures around the world to promote optimal health.

So, should you believe the hype? Well, proceed with mindfulness. Absolutely, antioxidants are good for your health, helping combat the effects of stress and aging; they're especially good for the skin, notes San Francisco's Dr. **Melina Jampolis**. "And it's good to get antioxidants from a number of sources," she adds, so such drinks can be a good addition, especially as an alternative to soda. But, watch the sugar, she ardently warns. Where skin health is concerned, in particular, sugar can undo all the good work those antioxidants do.

So delve in and explore, but read the labels. Certainly, options such as upstart company Chaga's new sugar-free offering, launched this month, wins favor over those that are heavily sweetened. The tastes are varied, exotic, and unique, and the advantages can also be skin deep.