

the truth about kat james

By Nicole Brechka



Makeup artist and author of *The Truth about Beauty*, Kat James struggled for years with an eating disorder and other health problems, including skin rashes, digestive troubles and elevated liver enzymes. She overcame her food addiction and changed her fate with natural foods, supplements and chemical-free beauty products. Here, she answers some questions and shares a few of her favorite natural products.

Which natural remedies are you never without?

I always have my bag of supplements handy, which includes the following: Oreganol P73 from North American Herb and Spice; Emergen-C; Sovereign Silver; probiotics (by DDS or Essential Formulas Probiotics Plus); and Xlear Nasal Spray—these are my “big guns” if my digestion is funky or I’m on a plane. Essential oils are also big for me, particularly for immunity and relaxation.

What are some of your favorite all-natural beauty products?

Pure seaweed skin serums and bath products from Spa Technologies are my splurge. Aubrey also makes a good seaweed serum. Marine lipids, phospholipids and seaweed extracts are key for skin.

Other favorites include hair products by Max Green Alchemy; natural skin care lines such as MyChelle Dermaceuticals;

Green Papaya Mask by Reviva; Weleda Sage deodorant; and Ecco Bella’s Health by Chocolate Mask.

Beauty supplement essentials are DermaCare, an herbal remedy from Himalaya, and Nordic Naturals Fish Oil—the omega-3 fats have helped cure my rashes and dry skin, and also helped me overcome my liver crisis and eating disorder.

What do you reach for when you are feeling run down?

I rarely feel that way since I don’t eat or drink things that spike my blood sugar. But it’s my bag of supplements that I reach for if I’m feeling overtaxed. I also keep Emerald Balance (a green powder) in my pocketbook, as it is easy to take and tastes good in plain water. The main miracle energizer is a diet without sugar (and for me, a diet without grains). I would not have thought it possible to experience this degree of transformation.

And as a makeup artist: What is in your makeup bag?

Some of my favorites are Jane Iredale products (their Copper Wind blush and Eggplant eye shadow are flattering for almost any skin tone); Ecco Bella Eye Shadows in Camel and Deep Taupe; Gabriel Lip Gloss in Diva; Aubrey Lip Glosses in Brown and Red; and Annemarie Borlind Foundation. ▣



Kat James’ favorite meals

breakfast

Organic poached eggs over garlic and organic butter—tossed spinach, with hollandaise (lemon, butter, two yolks and a little cayenne, salt and pepper) drizzled on top, sometimes served over hempseed bread or tortillas from French Meadow Bakery

lunch

Decadent Meal Salad (see informedbeauty.com for recipe): dark bitter greens; red onion; goat or Gorgonzola cheese (or avocado); toasted walnuts; blueberries, blackberries or slices of Granny Smith apples; and toasted walnut oil

dinner

Grass-fed meat a couple of times a week for the omega-3s, wild Alaskan salmon, or a hempseed-based entrée (see informedbeauty.com for recipes)

To find out more about Kat James, (the 2007 edition of her book was just released), get recipes and/or sign up for her Total Transformation® Program, visit informedbeauty.com.