

## Beauty Foods: Healthy from the Inside Out

The synergy between food and beauty is incredibly powerful. Just by changing the way you eat and incorporating these foods into your meal plan, you can drastically change the way you look and feel. By trying some of the suggestions below you can expect to look and feel younger and more vibrant than you have in years.

**The Power of Beauty Foods:** Whether you've experienced dry skin, acne, sun spots, or just want to age gracefully, eating these beauty foods will help you look and feel your absolute best.

- Help avoid reliance on prescription or over-the-counter medications and topical creams. Our best healers are found in abundance in nature.
- Eating the right foods will cleanse your cells and blood, **create smoother and more radiant skin**, thicker and more lustrous hair and your eyes, nails, and teeth will become stronger and healthier looking.

**More Color, Less Cooked:** Eating a colorful variety of fresh vegetables and fruits is essential to getting beautifying vitamins, minerals, enzymes and phytonutrients. They nourish from the inside out!

- Cooking vegetables above 118 degrees will destroy some of the nutrients – thus decreasing the amount of nutrition available for your body to absorb – before you even put it into your mouth.
- **Load up on salads, fresh vegetables and fruits in their whole form.**
- Steaming or lightly cooking is the best option for cooking vegetables – avoid charring or over-boiling them.
- Aim to eat a colorful array of foods everyday – reds, oranges, yellows, greens, purples, and blues – to receive the full balance of nutrients!



### Diet Additions

Aside from a balanced diet full of fresh fruits and vegetables, these are some specific choices you can add to your diet to enhance the beautifying power of your meals.

**Raw Apple Cider Vinegar:** Not only a great addition to salad dressings but it is a digestive aid, containing key enzymes and promoting the growth of beneficial bacteria in the gut, creating a friendly environment for your body to properly assimilate and absorb the nutrients you are consuming. It is high in minerals, including potassium, which helps promote cellular cleansing. It has antiviral, antibacterial, and antifungal properties to keep your digestive tract healthy and **your skin glowing and acne-free**. Be sure that you buy a brand labeled "raw" and "unfiltered" to obtain the best of these healing properties! Healthy skin begins with a healthy gut.

**Greens:** Arugula, kale, romaine, broccoli, collards, and other dark leafy greens should be at the top of your list. They're packed with vitamins and minerals that promote healthy and **beauty beginning at the cellular level**. They are rich in vitamin A – a powerful antioxidant that promotes **youthful skin**, protects from free radical damage and prevents wrinkles. Broccoli, kale and collards are high in several minerals that promote beautiful-looking skin, strong bones and healthy blood, including calcium magnesium, iron and zinc. Kale supplies a dose of omega-3 fatty acids, which offer anti-inflammatory properties. Further, greens are packed with easily assimilated amino acids, giving you a boost of protein for a **strong, toned body and heightened energy**.



**Healthy Fats in Moderation:** Certain types of fat have important functions in the body such as making your skin supple and moisturized, lubricating your joints, protecting your nervous system and cell membranes, and regulating hormones. You also need fat to absorb fat-soluble nutrients, such as vitamins A, D, E, and K.

**Avocado:** Technically a fruit, avocados should be a staple of your “beauty food” diet. They are abundant in moisturizing, **wrinkle-preventing** monounsaturated fats, skin smoothing vitamins A, C, E and K, and minerals such as potassium, copper, iron and glutamine, which helps protect your skin from environmental toxins and damage. Did you know that avocados are also high in amino acids? They are considered a complete protein and the combination of good fat and fiber helps to regulate blood sugar.

**Coconut:** Coconut is one of the most versatile foods to promote youthful-looking skin. Coconut water is one of the best natural hydrators, restoring key electrolytes and minerals to your cells and skin which must be hydrated to look younger and to maintain collagen. Coconut oil, although still an oil that should be consumed in moderation, is a unique saturated fat that is converted into energy instead of being stored as fat. It also makes an excellent choice for cooking. Coconut oil helps destroy viruses, bacteria, yeast, and fungi which makes it extremely beneficial to those with candidiasis, acne and other skin conditions such as psoriasis. When applied topically, coconut oil can be a **super-moisturizer for your skin and hair**.

**Pumpkin seeds:** Pumpkin seeds are a nutrient powerhouse. Containing zinc, sulfur, A and B vitamins which together build strong hair. The high zinc content also **prevents acne** and other skin imbalances. They are also high in Vitamin C and E - antioxidants that protect your cells and skin - and rich in calcium and iron for strong bones and healthy blood.



**Fight Dull Skin:** dull skin is one of the telltale signs of aging. Fight it off with these tips!

**Acai:** One of the most antioxidant rich fruits, Acai has 500% more antioxidants than blueberries. This makes it a superfood, brightening dull skin and **protecting against aging and skin-damage** from free radicals from our environment, from the sun, from stress, from exercise in our daily lives. Acai also contains omega fatty acids that help nourish cells, which help skin look smoother and more radiant. Look for acai frozen packets in the freezer section of your local health food store.

**Sweet Potatoes:** Another food for enhancing dull, lackluster skin, they contain vitamins A and C, which neutralize the damage of free radicals. The bright orange color is associated with high levels of carotenoids and helps protect against cancer, heart disease and inflammation. Because sweet potatoes are easily digested and relatively low in sugar and high in fiber compared with other root vegetables, they help **regulate blood sugar and energy levels**. Be sure to eat the skin to reap the full benefits.

**Papaya:** Papayas are high in enzymes that soothe the stomach, enhance digestion and help create **beautiful sparkling eyes** and healthy skin. They are also highly concentrated in vitamin A and C, which beautify your skin, hair and eyes.

**Beets:** The deep red color of beets comes from a pigment that increases the oxygen-carrying ability of the blood by up to 400%. The iron in beets makes them a super blood builder, and because beets are a natural colon cleanser, they help remove toxins from the body and promote healthy blood flow. Beets are also high in folate, which is critical for new cell growth and healing to help **you look and feel your best**.



Finding it challenging to incorporate 7-13 servings of fruits and vegetables in your daily routine? **Juice Plus+** provides additional whole food nutrition consistently and conveniently to “bridge the gap” to maintain a healthy lifestyle. For more information go online <http://www.juiceplus.com/+1c10965> or call (727) 362-6866.

Want to learn more about how food can transform your life? **Schedule a session with our Integrative Health Coach, Megan Kahn.** Integrative Health Coaching can help clients make lasting changes with dietary and lifestyle choices that can be sustained to promote and maintain long-term health. Food has the power to **optimize health, happiness and energy, promote healing, reduce inflammation, reverse disease, improve sleep quality, maximize performance and enhance recovery.** To learn more visit [www.back2normalpt.com](http://www.back2normalpt.com) or call (727) 362-6866 to schedule your appointment today!