



## FOODS THAT MAXIMIZE YOUR SKIN'S YOUTHFULNESS

**EVERY food we eat affects not only our appearance, but our health, beauty and vitality!**

It is WELL documented and researched that EVERY food we eat affects not only our appearance but also our health. Foods can cause us to have allergic reactions - sometimes manifested as just swollen and irritated cells that line the gut, causes constipation, sometimes full-blown rashes, contribute to acne. This contributes to overall poor sleeping and our appearances are impacted even more negatively and make us feel bad. *Foods that can age us:*

- Simple and refined sugars
- High glycemic carbs
- Grains especially wheat, whole wheat
- Rice - except wild rice
- Refined, manufactured foods such as hydrogenated fats and all the artificial chemical additives

**Collagen Failure.** Aging is collagen failure. People who restrict their caloric intake can decrease inflammation so they age less quickly. Those who take many and varied anti-oxidants and vitamins and minerals and keep their hormone producing organs functioning at a robust, healthy level, eating healthily, age MUCH less quickly - in fact seem to stop aging. As we age, we can get:

- Dark circles under and around our eyes
- Brown "age" spots (from low thyroid function as well as sun and food damage to our DNA)
- Rosacea (abnormal blood vessels)
- Our skin thins
- Lose our hair (men and women)
- Bags and crinkles and wrinkles and jowls and loose eyelids and everything seems to be "falling toward the ground"
- Joint issues-pain

**Inflammation and Glycation.** Inflammation and glycation are the chemical processes, which change our appearance. Foods that convert to sugar before they go to fat, when the sugar is in the blood stream the body tries to protect itself by binding sugar to our proteins causing glycation (also called glycosylation), which ages us by making our proteins "crunchy" instead of fluid, bind to our arteries and cause disease, age us even more by negatively impacting:

- The functioning of our thyroid glands-the master gland of the body
- Our energy
- Our brain functioning well
- Weight - gain, especially mid-abdominally
- The drying of our skin
- Soles of the feet - to become thickened and heels furrowed
- Our toenails - fungus
- Gastrointestinal tracts - become susceptible to diseases and drags down the functioning of all the other organs of the body.

**Foods can positively and negatively impact how we look!** Foods which keep our livers cleaned from toxins and heavy metals and fatty infiltration and the enzymes in the liver functioning energetically make everything in the body function more efficiently so we are happier, which impacts how we look, and healthier so our skin is clearer and has clarity and glow and is tighter and brighter. Examples of foods that impact our appearance positively are:

- Cilantro, parsley, dense green foods such as broccoli, turnip and mustard greens, sea greens, dandelion greens, spinach and arugula.
- Dark fruits are more full of antioxidants, which decreases aging and disease by decreasing inflammation and increases collagen production. Increasing collagen production and the cells, fibroblasts, which produce collagen, occurs when there are higher doses of Vitamin C and MSM (inorganic sulfur which composes every cell membrane in our bodies) and vitamins and minerals in the blood, tissues and skin. This thickens the skin in a more youthful way and decreases the abnormal blood vessels or rosacea.
- Eating healthy oils, such as olive, walnut, hemp, flax, borage, black currant, raw coconut and omega-3's best from fish, help "juice" up the skin like we see in younger people.
- Drinking water. As we get older, our bodies tend to "dry up" which contributes to fine lines and helps gravity. We must drink water-best is 1-2 liters per day; we should take the opportunity to layer the therapy for healthier and anti-aging effects. Add a green tea bag and if you can green powders, organic whole leaf aloe juice-1-2 ounces per day, which decrease aging and laxity and brown spots and increase clarity and tightness of the skin all over the body. These nutrients also decrease aging of the internal organs including the brain and decrease the risk of Alzheimer's.

**I am famous for my mantra - "green green and more green—the closer to nature the better!"** As we age, our bones, gums, muscles, teeth and skin age so foods which keep us alkaline-those mentioned above- which our body wants rather than acidic which is a free radical overdosed, hostile, cancer encouraging environment of the body- which causes it to suck the calcium out of our bones to buffer the acid thus causing osteoporosis. Protein enriched foods such as:

- Red meat not more than once a week, lean proteins such as turkey, fish - but wild fish not farm raised, because farm raised does not have nutrients, which are the same or good for you due to what they are fed.
- Black beans are an excellent source of protein and nutrients. Red beans are my second choice as a protein source. Wild rice, then brown rice (not white rice).
- Snack on nuts not carbs, as carbs can add on pounds and can cause acne or wrinkles. Almonds are full of all the chemical forms of Vitamin E and are a low fat, carb satisfying, good fiber, alkaline enhancing, and dry skin curing food.
- Goat dairy is best, healthier for humans, sheep is second, avoid cow dairy. Cow's milk exacerbates and promotes acne and mucous production in singers and asthmatics and when you are sick and many are allergic and lactose intolerant, which causes their lower abdomens to protrude. Foods high in Vitamin D are very anti-cancer, promote skin and tooth health.
- Try seaweed for your body for the inorganic iodine your thyroid needs.
- Beauty-promoting fish, salmon and cod contain Vitamin D improve chronic skin conditions like rosacea and atopic dermatitis.
- Foods containing selenium such as asparagus, broccoli, WHOLE eggs, tomatoes, onions protect against skin cancers, sunburn, dandruff and aging by increasing skin elasticity.

### **Footnote for Vegetarians:**

Vegetarians do not take in enough protein, lack many nutrients therefore their skin is less active, duller and their organs can be more challenged duller in appearance. Eating lots of tofu is bad for your thyroid. Many Asians are hypothyroid and eat fermented tofu-tempeh instead.