



# Nutritional Skin *and* Body Care

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Our lifestyle clearly affects how we age as well as the look and appearance of our skin. Incorporating the following habits into your daily routine can seriously slow the effects of aging and put you on a path to a more luminous, youthful complexion and body.

## **Catch Some ZZZ's**

Beauty sleep is a must for a youthful appearance. When you don't hit the hay for the recommended 7-8 hours per night, your body produces more of the stress hormone *cortisol*. This breaks down collagen and gives you puffy eyes and dull skin, rapidly aging your skin and muscles.

## **Stay Hydrated**

Drink eight glasses of water a day. Just like a sponge, skin can get flaky and dry without water. Here's a simple equation for you: dry skin = wrinkles. When your skin is hydrated, it expands, revealing a more youthful appearance. Plus, your pores will become more elastic causing the secretion of natural oils. Once released, pliable pores will be less congested and appear smaller.

## **Work Up a Sweat**

Getting the blood pumping causes your arteries to contract and allows more blood to reach the skin's surface to deliver nutrients that repair cellular damage and oxygen that reduces "age spots". Pushing body fluids via sweat makes your pores function properly, and your skin and connective tissue releases built up nasty toxins.

## Find some Zen

In addition to the negative effect cortisol can have on your skin that can happen with lack of sleep, adding another layer of stress to the situation with worrying over time, money, job, relationships, or health makes it all the worse, further increasing the body's cortisol levels. By achieving a more relaxed state our bodies produce chemicals that counter these harmful stress hormones. Start by making an effort to de-stress for as little as five minutes a day and work your way up from there, as needed. Simply, lie on your back, shut your eyes and breathe deeply.

## Eat Your Peak Greens

Our mothers were right. Who knew consuming leafy greens would make you glow? All those vegetables contain beta carotene which repairs and renews skin from the inside out. Plus, they are a great source of vitamins, minerals and age-fighting phytochemicals.

## Feed Your Cells

Take skin repair to the next level by incorporating **L-lysine** to feed connective tissues that reduce wrinkles, Amino Acid Complex to build better quality skin and muscle proteins, and adding an antioxidant supplement, such as Cell Power, to your regimen. Antioxidants combat aging on the cellular level by not only protecting against free radical damage but increasing cell turnover. By enhancing the regenerative qualities, you'll reveal a younger you!

## Say No to Joe

Coffee — can't live with it, can't live without it. You can live without the dehydrating, acidifying, and energy draining properties that coffee produces – that is unless you're drinking **Papua New Guinea coffee**. Papua New Guinea coffee is the only alkalizing coffee bean, and it pulls toxins into the colon to be flushed out – but limit yourself to the moderation of just one cup in the morning. Dandy Blend is a great substitute to help you accomplish this.

## Collagen and Skin

It makes up 65% of our total protein. Although it is the largest and most abundant protein that our bodies produce, its production slowly diminishes as we age when we become fatty acid and mineral deficient. Staying hydrated, well nourished with fresh fruit, vegetables, vegetable sourced proteins, good quality fatty acids (extra virgin olive oil and avocados), and whole grains, nuts, seeds, and sprouts insures that we maintain our ability to make collagen.



When the collagen molecule production slows down it appears in the form of every woman's nightmare – wrinkles and sagging skin. Since all of our bodily structures are made out of collagen connective tissue it seems like a no-brainer to aid its production with the help of a daily supplement. Try increasing the enzyme cycle of energy to produce and feed cells with Digestive Enzymes, and adding intelligent microbes, such as Probiotics to your microbiosphere that takes care of cellular toxins, waste, and debris while enhancing immunity and anti-aging capability.

Getting positive results with topical products largely depends on what type of collagen you've chosen. Don't bother with commercially produced topical toners – they contain preservatives and emulsifiers that keep them from being absorbed into the cellular nexus of skin. And most anti-aging serums or creams produce little to no difference in the appearance of your skin due to collagen's too-large molecular size, making it un-absorbable.

Now let's talk supplements. B-Complex, Grass-C, and White Willow all active collagen production, feed cell growth cycles, and nourish skin cells on a micro and macro level. Then using organic, small batch, whole plant, naturally preserved skin and body care products can really work because the large molecule is broken down into low molecular weight peptides that can now be readily absorbed by your body.

## Choosing the Right Oil For Your Skin



Choosing the right oil for your skin issue can be difficult. Many of the common skin problems can be treated with natural products, particularly oils, but which one is the best, the most recommended for each and every skin issue? Here's a quick guide to help you choose the right oil for your skin type and issue.

### **Aging: Apricot Kernel Oil**

If you are looking for a natural alternative to slow down the aging process, Apricot Kernel oil is likely your best choice. Apricot Kernel oil is truly an anti-aging elixir by virtue of its high laetrile (B17) content. Laetrile is not only a powerful anticancer agent, it feeds the pineal gland which regulates and slows down the aging process and stimulates more collagen production, as well as melatonin, the anti-aging hormone. This one product alone can promote more youthful skin and improve the appearance of scars, stretch marks, sun damage, wrinkles, and fine lines.

### **Eczema: Almond Oil with vitamin E**

When you have eczema, the skin does not produce as many fats and oils and cannot retain water as it normally would. The result of this process is dry skin. Sweet almond oil with added vitamin E oil is an excellent emollient and nourishes dry skin, and can be a great product to reduce the itching caused by eczema. Fantasy Cream and Aloe Beeswax Balm also make excellent and effective skin healing rescuers.

### **Acne: Jojoba Oil**

If you are searching for a product that can help acne-prone skin, jojoba oil is the answer. According to Acne.org, jojoba oil is closer to the oil on human skin, sebum, than other vegetable oils, making it an ideal ingredient in skin products. Jojoba oil has proven anti-inflammatory properties which may be helpful for inflammatory conditions such as acne. This non-comedogenic liquid wax is often used for moisturizing, spot treating and cleansing acne-prone skin. Jojoba oil regulates oily skin by making the skin think that it has already produced enough oil.

### **Wounds, Skin Inflammation: Calendula Oil**

Calendula oil has great anti-inflammatory and vulnerary action, making it helpful with stubborn wounds, inflammation, as well as ulcers, bed sores, varicose veins, rashes, and related conditions. Additionally, calendula oil is a great moisturizer for dry skin and for severely chapped or split skin as it soothes the area and reduces the pain.

### **Fungal Infections: Tea Tree Oil**

Tea tree oil has become one of the most popular personal care products in recent years as this multi-use product can be applied to the skin to treat a variety of infections. However, treating fungal infections of the nail (onychomycosis) is perhaps the most effective way to use tea tree oil as this product can efficiently reduce infection quickly.

