



Logically Beautiful by Lindsay Kehl

Sshhh, it's a secret! Ladies across the globe are looking to achieve that luminous complexion 'as seen on TV', hair 'that shines like a star' or a 'brighter and whiter' smile that glows in the dark!

From the beginning of time, women have gone to incredible lengths, spending inconceivable amounts of money all to enhance their outer image; most times doing more damage than good. From creams, serums, sprays and gels to injections, suction, lasers and surgery, women have tried them all. Need I say more?

You may be relieved to know that the daunting task of beautifying can be much easier, cheaper, less invasive and a lot more enjoyable!

Where has this secret been kept for all of these years? Here is a hint, your very own refrigerator! Everything that is essential for a glowing complexion, shiny hair, strong nails and white teeth has been incognito for years, sitting right on your shelf all along. Well the secret is out and spreading like almond butter!

Before you spend another dime on cosmetics, take a look at the label. As they say with the food we eat; the less ingredients the better and if you can't pronounce them throw it away. Time to make a change!

Now, toss all of those pricey cover-ups that clog your pores, sprays that damage your roots and bleach trays that strip the enamel right off your teeth and restock your pantry and fridge.

Drink, eat and be amazed! You would be astounded to know that many of the foods that we eat carry the vitamins and minerals that are used in many of these products. Some of the very familiar ingredients that make the magic happen are Vitamin A, B, C, D, E and good old Protein!

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FOR SKIN: Nibble on carrots! High in Vitamin A, carrots help repair damaged and dry skin.

Sip some OJ! Produces natural collagen that fights wrinkles and tightens skin.

Add some flaxseed oil! The natural fats create a healthy glow and ease facial lines.

FOR HAIR & NAILS: Crack an egg! High in Vitamin E complex that helps prevent dandruff and breakage.

Crunch on nuts! The protein strengthens nails and promotes growth.

Always avocados! Allows for long and strong growth with a healthy shine.

FOR TEETH: Drink milk! It prevents cavities and strengthens enamel.

Shake it up with non-fat yogurt! This carries the calcium needed to whiten those beauties.

Get some sun! Rays are a catalyst for essential vitamins that keep that smile on your face strong and bright.

AND ABOVE ALL...

DRINK H2O! A dehydrated body is shown through dry skin, hair and nails. Also, translucent water will not discolor teeth like other beverages. Keep the water flowing! Eat, Drink and Enjoy!

COMMIT TO YOURSELF!



Lindsay Kehl has been with Performance Food Centers, Corp. since 1999. She graduated with a Bachelors Degree in American Studies and is pursuing a career in writing on topics specifically related to women's health. She can be contacted at 888-732-9151 or lkehl@performancefoodcenters.com. (Sources available upon request)