

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.



Q

My skin has been looking kinda drab... are there any foods that I can eat that will help with this?

A

I'm so glad that you asked me that! I just came across a list of foods from MindBodyGreen\* that would be great for you to include in your diet. The top 7 would be Carrots, Kale, Beets, Parsley, Ginger, Watercress and Lemons.

#### Carrots

have an insane amount of Vitamin A, Vitamin C & Potassium. Eating carrots will help maintain tissue growth, slow signs of aging, form new skin cells and reduce acne/blemishes. Carrots also help detoxify the liver so toxins won't end up on your face of acne.

#### Kale me baby!

Kale is a powerful, leafy green vegetable that packs a mean acne-fighting punch! This powerhouse vegetable is an incredibly effective anti-inflammatory food, which includes Vitamins A, C, K, E, B1, B2, B3, Calcium, Beta-Carotene, Phosphorous, Iron, Copper, Magnesium, Omega-3 & Omega-6 fatty acids. You can't go wrong adding Kale to your smoothies or salads.

#### Beets

are full of nutrients that are essential for healthy, glowing skin! They're blood & liver cleansers, which is key to clear skin. Beets are rich in Iron, Potassium, Niacin, Copper, Vitamin C, Magnesium, Calcium, Zinc & Folic Acid.

#### Parsley

is a popular herb rich in Vitamins A & C which helps maintain even skin tone while cleansing the urinary tract, liver & kidneys. Parsley has high levels of Vitamin K which can speed up the wound-healing process.

#### Watercress

is another blood purifying vegetable. Due to its high sulfur content, watercress assists in clearing & improving your

complexion. Adding Watercress to your salad or smoothie gives you a healthy dose of Vitamin A, C, K, B, E, Beta Carotene, Folate, Iodine & Calcium.

#### When life gives you Lemons...

add them to your water! Lemons are powerful citrus fruits that contain Vitamin C, Citric Acid & B Vitamins. Assisting in the elimination of toxins in the blood and kidneys, your skin will clear up in no time.

\*<http://www.mindbodygreen.com/1-12735-77-essential-juice-ingredients-for-healthy-glowing-skin.html>

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