

# WHAT TO EAT TO LOOK

## 10 Years Younger!



### SUGARS



Sugar and high-glycemic carbohydrates-fruits and vegetables quickly convert to sugar and create inflammation in our cells, accelerating aging in our bodies.

Avoid or limit pasta, cereals, breads, rice, rice cakes, potatoes, sweets, desserts, dairy, greasy foods, refined grains and juices can lead to premature aging, wrinkle formation, acne and oily skin.



### HYDRATE



We should be drinking a minimum of 2 liters of water per day.

Lemon water flushes out toxins in the morning giving your immune system and cell renewal a boost of Vitamin C for glowing skin.

Also adding Carrot, Beet Juice, Pomegranate, Papaya, or Cucumber to your liquids help flush toxins and reduce inflammation.



### PROTEIN



In daily meals will reflect on the appearance of your skin in the form of a soft and even complexion.

Some plant based options include: lentils, chickpeas, tempeh, edamame, tofu, almonds, quinoa, chia seeds, hemp seeds, beans, protein, rich vegetables (broccoli, kale, mushrooms), sweet potato and yams (in moderation) salad with greens, nutritional yeast, green peas, buckwheat, nut butter, steel oats or large oats.



### ANTI- OXIDANTS



These powerhouses will help cell turnover for renewed skin!

Try: Blueberries, Raspberries, Apples, Spinach, Legumes, 80 - 90% Dark Chocolate(in moderation).

### SUPPLEMENTS FOR GLOWING SKIN

Vitamin C  
Vitamin E  
Vitamin D  
Zinc  
Selenium  
Omega 3 Fatty Acids

She is **YOU**™