



## Eating for Beauty Workshop Notes

### What's not good for the skin?

1. Lets get these offenders out into the open. They aren't beneficial to beautiful skin! They create acidic environments in the body where disease can flourish. They don't provide helpful nutrients. They're addictive : (
2. Can you name some foods and even behaviors that are terrible for skin health?
  - a. Smoking
  - b. Excessive drinking
  - c. Sugar- feeds bacteria & yeast in the body = acne, inflammation, disrupts hormones/acne
  - d. Dairy- causes acidic body = inflammation, disrupts hormones/acne
  - e. Gluten- acidic body= inflammation, digestive issues, malabsorption

\*\*Not everyone will suffer immediately from these acidic, inflammation causing foods. Our bodies handle things differently. But one thing is true, a balanced diet full of nutrient dense foods will create a healthy body and beautiful skin.

### Can you name some lifestyle practices and nutrients that are great for the skin?

- Drinking water, low stress, exercise, BALANCED DIET! A balanced diet will help you get all of these beauty nutrients.

### Beta-Carotene

1. Precursor to Vitamin A. Antioxidant:
  - a. encourages healthy cell growth & turnover, bright skin, healthy collagen
  - b. Gives you a healthy glow. Beta carotene, found in orange veggies, is fat soluble.
  - c. Reduces fine lines & wrinkles
  - d. Protects against the sun!
  - e. Sweet Potatoes, Carrots, Squash, Kale, Broccoli, Spinach

### Vitamin C

1. Powerful antioxidant. Key to the production of collagen (skin firmness and strength).
2. Helps skin repair itself from damage, even sun!
3. Must be replaced daily, body doesn't store it.
4. Citrus, bell peppers, kiwi, kale, broccoli, tomatoes, fennel, etc...

### Zinc

1. Especially helpful for acne sufferers. Controls the production of oil in the skin and may help to



- control hormones that create acne.
- 2. Proper immune system function.
- 3. Pumpkin seeds, ginger, pecans, brazil nuts, oats.

## Vitamin E

- 1. One of the most powerful antioxidants! Prevents premature aging.
- 2. Protects against sun damage
- 3. Promotes cell communication
- 4. Also found in sweet potatoes, almonds, sunflower seeds (best, 61% RDA), avocado

## Selenium + Silica

- 1. Vital for skin/ tissue elasticity
- 2. Selenium is highest in Brazil nuts: only need one a day! Also in sunflower seeds
- 3. Silica is found in leeks, green beans, garbanzo beans, strawberries, cucumber, mango, celery, asparagus and rhubarb.