

A person is shown from the chest down, wearing a white tank top and light blue jeans. They are pouring a liquid from a glass jar into a clear glass filled with water and sliced cucumbers. The scene is set on a light-colored wooden table. To the left, there is a small white ceramic vase containing dried, fluffy flowers. A woven placemat is under the glass. The background is slightly blurred, showing a window with white frames and greenery outside.

# Foods *for* Beauty *guide* — by Amy Contreras

THEHOLISTICBABE.COM

# my promise to you

Enjoy being beautiful from the inside–out. Try different things that make you feel good. You may find that your skin really loves one thing or the other.

Make yourself a priority.

This will bring more awareness to your body and what you feel inside and out.

Xo Amy

# Foods for Beautiful Skin

We all enjoy beautiful weather and being outdoors but keep in mind that different seasons also demands a certain level of personal care. Excessive sweating can sometimes clog pores and leaves the skin feeling rough. You not only have to pay attention to the warmth of the sun but the effects of wind and impurities in the air. You can also experience more mineral and nutrient deficiencies during the summer months which is why it is so important to compensate for the loss of nutrients with fresh, healthy food.

People often get dehydrated during the hot months. Watermelon's abundant water content is crucial for hydration, which makes it a popular food choice in hot weather. Not only is this highly nutritious water content very filling, watermelon also contains lycopene, an antioxidant that is known to shield skin from damage caused by the sun.

Blackberries and raspberries are abundant sources of fiber. Though they can be very expensive, their healing properties are undeniable. They are rich in vitamin C, prevent dehydration, and contain 8 grams of fiber per cup.

Fruits like figs, apples, and pears are also high in fiber content. Always go organic with these fruits as traditional fruits are covered in pesticides. Figs are known for their high fiber content. Two dried figs have greater than 1.5g of fiber.

You can combat vitamin deficiency that occurs during the summer months by eating plenty of peaches and apricots. Nectarines are also well-known sources

# Leafy Greens for Beautiful Skin

of dietary fiber. Nectarines and apricots contain an abundance of vitamin A and antioxidants. Peaches have an abundance of vitamin C.

Green leafy vegetables can save your skin because the body converts carotenoids present in dark green foods into Vitamin A, which shield the skin from sun damage. Vitamin A decreases skin sensitivity, heals dry skin and other kinds of skin damage. Green leafy vegetables aren't just for salads; you can also add them to smoothies, juices, and sautés.

Strawberries and blueberries are filled with disease fighting flavonoids. These juicy berries increase blood flow to the skin, resulting in reduced sensitivity to light and improved skin texture. Other sources of flavonoids include bananas, citrus fruits, and broccoli.

We owe it to ourselves to adopt habits of self-care and self-love with a proactive, conscious mindset through the daily rituals and the foods we consume. If you stick to your list of seasonal, delicious fruits and vegetables life should be a blast.

## Age-Defying Foods

If you want to sustain long-term beauty, incorporate the following foods into your meals. They prevent premature aging and slow down the aging process. You can now look younger than your age with radiant, smooth skin.

Fish oil has long been a popular dietary supplement because of its many life-giving properties. Fish is a source of Omega-3 fatty acids that support a healthy heart. The body doesn't naturally produce Omega-3 fatty acids, so we

# Age-Defying Foods

must obtain it through outside food sources. Eicosapentaenoic acid (EPA omega 3 acids) present in fish protects us from damage caused by UV rays. Furthermore, fish has antioxidant properties that facilitate healing of the skin. Fish oil is a proven anti-skin-aging substance that is vital to any health routine.

**Aloe Vera** boosts natural collagen production that promotes a youthful, healthy, and wrinkle-free complexion. There are 75 essential nutrients present in aloe vera gel. Its composition consists of 20 minerals, 18 amino acids and 12 vitamins. Aloe vera also contains antimicrobial characteristics that fight fungi and bacteria. It also aids the digestion process and facilitates elimination. Aloe vera promotes the healing process, moisturizes, and rejuvenates the skin. Ingest fresh aloe vera for best results. Simply scrape out the gel from a leaf and mix it with fruit to enhance your beauty-from-within routine. Due to its slightly bitter taste, it is generally used in combination with sweet fruits.

## Foods for Beautiful Eyes

People focus on their skin to look younger and healthier. However, the eyes are often the most neglected part of the body. Healthy eyes can prevent many age-related problems, like loss of vision, cataracts, dry eyes and night vision anomalies.

Dark green leafy vegetables play a significant role in the prevention of eye diseases, including macular degeneration and gradual loss of vision. Be sure to make dark green vegetables like spinach, collard greens and green lettuce a regular part of your diet. These dark green vegetables have important nutrients in them, including lutein and zeaxanthin. They function as antioxidants and prevent cell damage. Lutein and zeaxanthin are present in our eyes in the form of pigments.

# Foods for Eye Health

A well-nourished eye can act like sunglasses due to lutein and protect against retinal damage.

Due to their beta carotene content, sweet potatoes and yams are bright orange in color. Beta carotene is great for vitamin A production and helps eyes adjust to light conditions.

Fatty fish, like salmon, sardines, tuna, and mackerel, contain omega-3 fatty acids. They can also help cure dry-eye syndrome. Omega-3 controls the inflammation that is a precursor of dry eyes.

Broccoli helps prevent free radicals from damaging your body. However, it is equally important for eye health. Broccoli contains vitamin C in addition to lutein and zeaxanthin. Due to its variety of vitamins and minerals, it is considered a powerhouse of nutrients. Such a synergy successfully reduces the advance of age-related macular degeneration and loss of vision.

A glowing complexion and healthier body is worthless without healthy eyes. Try to give your eyes as much attention as the rest of your body.



# How to Use Essential Oils for Younger Skin

## How to Use Essential Oils for Younger Skin

Though there are many commercial anti-aging products available on the market, they are usually expensive and contain harmful ingredients. Excessive use of these products can damage your skin in the long run. Natural anti-aging oils, however, are completely plant-based, affordable, and very easy to use.

There are several natural oils on the market, each having distinct beneficial qualities for your skin. These are mainly apricot kernel oil, sweet almond oil, coconut oil, avocado oil, argan oil, rosehip seed oil, carrot seed oil and neroli oil. Using these oils to benefit your skin is a simple process.

1. Select a good base oil and pour  $\frac{1}{4}$  cup in a bowl.
  - Olive oil, sunflower oil, and Tamanu oil can be used as base oils for all skin types.
  - Jajoba oil, sweet almond oil, rosehips oil can be used as base oils for oily skin.
  - Avocado oil, and argan oil can be used as base oils for dry and maturing skin.
2. Add a few drops of any combination of two essential oils:
  - Use lavender, geranium, clary sage, and sandalwood oils for all skin types.
  - Use bergamot oil for oily skin unless going out in the sun, then use geranium.
  - Use rose oil for dry or maturing skin.
3. Directions to apply:
  - Rinse your face with warm water to open the pores.
  - Massage oil mixture on your face for 1–2 minutes by upward rotations.
  - Leave the oil mixture after applying for 1 minute.
  - Soak a clean cloth with warm water.
  - Place the hot warm cloth on your face and leave it for at least 15–30 seconds.
  - Slowly remove the oil from the skin. Then clean your face. It can be twice a day or once a week.

# HOW TO USE FACE MASKS AND BATHS TO REDUCE WRINKLES

Activated charcoal is known to rejuvenate the skin. Nowadays you can find activated charcoal being used in detoxification formulas, juices and supplements. However, its usage as a skin beautifying agent is relatively new compared to its other uses.

Various uses of activated charcoal to improve your skin:

1. Mix with a cleanser or scrub.

Toxic substances clog the pores of the skin throughout the day. You can use activated charcoal with a scrub to get rid of dead cells on the skin. It purifies the skin by removing dirt and oil that clogs and expands pores.

2. Use as a mask.

The use of activated charcoal in a cleanser or mask will remove excess oil from the skin and give it a smoother texture. Use it 2 to 3 times a week.

3. Use as a soap.

The use of activated charcoal as a soap fights acne. It is not necessary to apply it evenly on the whole face; you can use it for spot treatments.

4. Use in the form of a paste.

Activated charcoal can be applied as a paste over infected areas of the skin. This can include skin irritations, wrinkles and minor wounds on the surface of the skin. Activated charcoal accelerates the healing process of the skin and reduces wrinkles. It can also be used topically to treat insect bites because it absorbs venom. Slowly add water to a small portion of charcoal powder and mix it thoroughly to make a paste. Continue mixing to a smooth consistency.



DAILY

# Mindset Practice

## MORNING

TODAY'S MANTRA: .....

.....

.....

LOOKING FORWARD TO: .....

.....

.....

TO MAKE TODAY GREAT, I WILL: .....

.....

.....

## EVENING

I'M GRATEFUL FOR: .....

.....

.....

PEOPLE I APPRECIATE: .....

.....

.....

3 GOOD THINGS TODAY: .....

.....

.....

OTHER THOUGHTS

MOMENT TO REMEMBER



# Thank You!

## Let's stay in touch

Committed to a holistic approach, my mission is to help you to discover & honor the food energetic to find that beauty and vibrancy again within through my Signature System courses and Spiritual Aligned Blueprint Academy .


**AMY CONTRERAS**

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A top-down view of a marble surface. In the upper left, there is a bunch of fresh daisies with green stems. In the upper right, a glass jar is filled with dried daisy heads. In the lower right, a wooden bowl sits on a white ceramic plate, containing several fresh daisies. In the lower left, a pair of dark-handled scissors lies on the marble surface. The text "a healthy outside starts from the inside" is centered over the image in a large, black, serif font, with quotation marks at the beginning and end.

“a healthy  
outside  
starts  
from the  
inside”

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