

5

BEST AND WORST FOODS *for skin*



THE SPA DR.

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Learn the top foods that lead to and prevent internal inflammation that shows up on your skin as bumps, blemishes and accelerated aging (skinflammation).



***THE 5
WORST FOODS
for skin***



1 SUGAR



Americans eat an average of 22.2 teaspoons of sugar per day, which is a shockingly large amount that increases the risk of diabetes and obesity, and can result in skin problems. Eating sugar increases your blood sugar and insulin, which, in turn, stimulates sebum production and androgen activity and can lead to acne breakouts. In addition, excess glucose can bind to your skin's collagen and elastin, which can damage skin. This process is called glycation, and its end products, called advanced glycation end products (AGEs), cause our skin to become rigid and less elastic, leading to more wrinkles and accelerated aging.

Sugar is hidden in many food and drinks, and studies show that sugar is highly addictive due to its strong impact on the reward center of the brain. Artificial sweeteners are just as bad (if not worse) because they trick the body into thinking it's had something sweet, so you end up craving more sweets, eating more and, therefore, the same end results.

2 DAIRY



Dairy products in general are a problem food for skin, with skim milk and ice cream being the worst. Dairy products are pro-inflammatory foods and common food allergens. In addition, there are hormones in dairy. And even when cows are not given hormones, their milk naturally contains growth hormone and anabolic steroids to help calves grow. So, even if you buy "hormone-free" milk, bypassing all hormones in milk is nearly impossible.

Milk also has a high sugar content in the form of lactose, and we know high sugar increases the potential for skin damage. Some studies have shown a closer correlation between skim milk and acne than other types of dairy.

3

PROCESSED FOODS



Processed foods are not good for our skin for several reasons. First, since most are processed at high temperatures, the oils oxidize during this process. While good oils are great for our skin, bad oils are terrible – they increase inflammation and spur oxidative damage. Hydrogenated, partially hydrogenated, and other processed oils are unnatural, contain toxic byproducts, and harm cellular membrane function.

Another common ingredient in processed foods is high fructose corn syrup. High fructose corn syrup is rapidly absorbed and quickly increases your blood sugar, eventually leading to fatty liver disease, along with obesity, diabetes and skin issues. And, processed foods often have a high glycemic index, which means, like sugar, they lead to higher serum glucose levels and corresponding issues with breakouts and accelerated aging.

4

BARBECUED OR OVERCOOKED MEAT



I know Americans love their barbecues, but you'll want to limit your barbecue meats if you want to achieve a glowing complexion. At cooking temperatures above 248F, sugars readily bind to proteins to form advanced glycation end products (AGEs). So, cooking meat at high temperatures such as with barbecuing, increases AGEs, which we know are associated with collagen breakdown and accelerated aging. And research shows that meat cooked at high temperatures becomes carcinogenic.

You don't have to avoid barbecuing, but limit your barbecue time and be sure to throw veggies on the grill. They're delicious and do not have the same harmful effects as high-heat cooked meat. And, when you cook meat, don't overcook and choose grass fed, organic and free range.

5 FRIED FOOD



Whether you're stopping at a fast food chain or frying up foods at home, the high temperature heating used for making fried foods oxidizes oils. Oxidative damage is something we want to avoid because it leads to free radical damage, genetic mutations, and telomere shortening. These processes are all associated with accelerated aging. Free radicals damage collagen and affect the firmness and suppleness of our skin, leading to dryness, fine lines and wrinkles.

Some studies have shown that eating fried foods increases the risk for type-2 diabetes and other studies have shown a link with cancer. It's much better to bake or steam your food rather than fry it.



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1 AVOCADO



Avocados contain monounsaturated fats, which are good fats for your body, including your skin. They're high in antioxidants such as polyphenols and vitamin E. Because antioxidants help combat oxidative damage that can speed up the aging of our skin, and good fats help nourish our skin cells, both are essential for optimal skin health. An avocado a day may keep the dermatologist away! And you don't have to limit your consumption – the oils in avocados will increase the good (HDL) cholesterol and have cardioprotective benefits.

2 WILD SALMON



Wild salmon is rich in Omega 3 fatty acids, which have great anti-inflammatory properties. Because the root of many skin problems is inflammation, this is one of the most essential nutrients for skin health. And, its pink color indicates that it contains the antioxidant astaxanthin, which studies show has sun-protective effects and can counteract UVA-induced skin changes.

Always opt for wild over farm-raised salmon. Not only does farmed salmon not contain the same amount of beneficial Omega 3s, but it's also going to contain more environmental contaminants like PCBs.

3

FERMENTED VEGGIES



Fermented vegetables such as kimchi and sauerkraut are full of probiotics (beneficial bacteria) that enhance your digestion and gut microbiome. Imbalances in the gut microbiome (the microorganisms living in and protecting your digestive system) are one of the biggest triggers for skin problems. When your gut is healthy, you're less likely to have internal inflammation that leads to skin issues (skinflammation) and you're better able to absorb nutrients from your food.

You can make your own or buy fermented vegetables from your local health food store. Not ready for fermented veggies? You can also benefit from coconut yogurt, which is another fermented food without dairy.

4

BROCCOLI



Broccoli is part of the cruciferous veggie family. Other vegetables in this family include turnips, cabbage, kale, Brussels sprouts, cauliflower, collards, mustard greens, radishes, and rutabaga. They're excellent for enhancing detoxification and have a higher anti-cancer phytochemical content than any other vegetable family.

The glucosinolates in these vegetables — in particular indole-3-carbinol, sulforaphane, di-indolmethane (DIM) and isothiocyanate — enhance antioxidant properties and improve liver detoxification. Indole 3 carbinole increases the liver's ability to metabolize estrogen by almost 50 percent.

I suggest lightly steaming these vegetables to improve nutrient bio-availability and eliminate goitrogenic properties that can suppress the thyroid gland. Broccoli also is a great source of Vitamin C, biotin and other micronutrients that are important for the skin.

5 BONE BROTH



Bone broth is full of collagen, which is crucial for healthy skin. Collagen comprises 70 to 80 percent of the skin's dry weight and gives the dermis its structure. As we age, collagen production gradually declines, and our skin becomes thinner. To counteract this, you can consume collagen in your diet in the form of bone broth. Bone broth is also healing for your gut and provides important nutrients for joints, hair and nails.

Make sure you follow a good recipe and only use bones of organic animals. When you make chicken bone broth, throw in the skin, and if you can find chicken feet, include those too! You can also use fish bones or bone marrow bones from organic grass fed cows. And, be sure you're cooking your bones long enough to obtain the most collagen, and throw in some of your favorite vegetables.

Do you know what you're putting on your skin and how it may be impacting your skin health and aging?

I've just released a new video where I explain the secrets to nourishing your skin on the outside. These 3 keys will help you get the naturally radiant, beautiful skin you want without harmful chemicals or expensive dermatologists and medications.

**Free Video reveals 3 keys to
Clear and Youthful skin naturally.**



Discover:

- Why many skincare products you may have tried don't work
- The problematic ingredients in most mainstream skin care
- The secrets high-end spas use to revitalize and nourish skin
- The simple 4-step protocol to your best skin naturally

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