

Top Foods for Time Defying Skin

Healthy, radiant skin must start on the inside. Like the body, your skin must be well hydrated and nourished to age gracefully. Eating diverse, nutrient-dense, whole foods is the key to time defying skin.

Bone Broth

A healthy way to improve collagen status in the body is to add gelatin to the diet. It's rich in the amino acids proline and glycine, which are vital for healthy cartilage, detoxification, digestion, and glowing skin.

Liver

A perfect source of vitamin A, which is vital for skin regeneration. It moisturizes the skin and aids in fighting off pollutants and irritants. Also a great source of vitamins D and E, zinc and selenium. A skin superfood!!

Herbs

Delicious foods that are especially rich in phytonutrients and antioxidants, which help fight damage from the sun and inflammation. They can be used in cooking, teas, tonics, supplements, or essential oils.

Water

Hydration is necessary for good health and plump, glowing skin. Proper elimination of toxins is dependent on water. The best waters come from clean mineral springs.

Bonus: Dark Chocolate

Real dark chocolate is high in antioxidants, yet low in sugar. It makes you happy, & managing stress is important for wellbeing and lovely skin.

Healthy Fats

Glowing skin is dependent on the consumption of healthy fats, especially saturated fats, omega3 fats, and monounsaturated (omega-9) fats. They lower inflammation, provide structure for cells, and contain many vitamins.

Berries

These delicious fruits are nature's sweet treats that are packed with antioxidants that protect the body and skin from aging. Rich in vitamins and minerals, plus fiber for good digestion. Help alkalize the body for pH balance.

Vegetables

The rainbow of colorful antioxidants found in vegetables, both from the land and sea, are supercharged with potent phytonutrients. Cruciferous vegetables are fabulous for aiding detoxification. Excellent sources of vitamin C.

Salmon

Wild-caught salmon is a fantastic supplier of anti-inflammatory omega-3 fatty acids. It contains an antioxidant called astaxanthin, which makes the pink.

