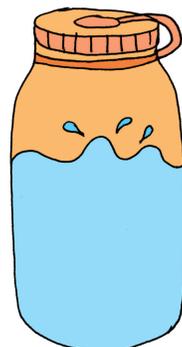
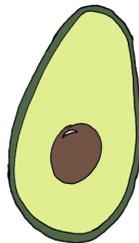
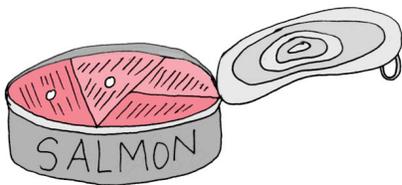
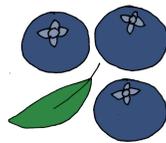
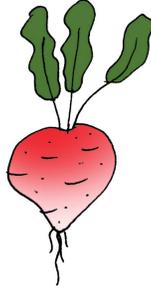


Eating for Radiant Skin

Holistic Nutrition Tips for Your Skin by Lila Volkas N.C.

Foundations of Vibrant Health

- Optimize digestion and elimination.
- Balance blood sugar.
- Minimize processed and triggering food.
- Eat real whole food.
- Reduce toxin exposure.
- Manage stress and get emotional support.
- Find connection.
- Express yourself!



Factors that Contribute to Skin Health

- Nutrition
- Hydration
- Health of the gut
- Exposure to toxins
- Function of detoxification pathways
- Hormones
- Stress & Trauma
- Topicals
- Genetics

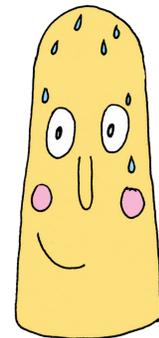
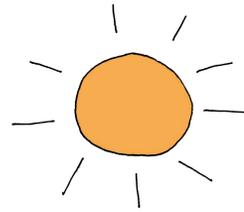
Skin Boosting Foods

- **Organic vegetables** and **low glycemic fruit** -> contain antioxidants, vitamins and minerals.
- **Quality protein** (organic and pasture raised meat, eggs, and plant protein) -> Protein is the building blocks of our body and helps stabilize blood sugar.
- **Healthy fat-** (avocados, nuts/seeds, ghee, olive oil, coconut oil, organic animal fats.) -> Protects skin from sun damage, moisturizes and hydrates skin from inside out.
- **High fiber foods** (avocados, artichokes, raspberries and lentils.) -> Helps keep movement in your colon and rid body of waste.
- **Sesame seeds, pumpkin seeds and oysters.** -> These foods are high in zinc, which is a mineral that acts as an antibacterial agent and is also a vital element in oil producing glands.
- **Flax seeds, walnuts, salmon and sardines** as well as other foods that are high in Omega 3 essential fatty acids, which are anti-inflammatory agents.
- **Drink lots of water!** Hydration supports cell growth, helps with circulation and makes your skin glow!

Skin Draining Foods*

- **Refined sugar** - (white sugar, fructose, corn syrup) -> devoid of minerals, dysregulates blood sugar and contributes to yeast overgrowth.
- **Refined carbohydrates** (white flour in: bread, baked goods and pasta) -> Dysregulates blood sugar.
- **Vegetable Oils and trans-fats** (canola oil, safflower oil, soybean oil) ->Vegetable oils can cause inflammation and clog pores.
- **Dairy** (butter, milk, cream, half and half and yogurt) -> Hormones in dairy can affect our hormones, unfermented dairy is hard to digest and triggering food for many.
- **Alcohol** -> Turns to sugar in the body, taxing on the liver which clears out waste.
- **Coffee** -> Very acidic! Too much acidity robs our body of minerals. Causes cortisol spikes ->imbalanced blood sugar.
- **Spicy Food** -> Spicy food can feed the heat of inflammation in the body. For acne prone people, it can inflame existing acne esp. when combined with other inflammatory things like stress or poor sleep.
- **Soy** (soy milk, tofu, edamame, soy sauce, soy bean oil, etc) -> These foods have a pseudo-estrogen affect -> hormonal dysregulation. Soy is also a high GMO food.
- **Peanuts** -> A high androgen food that increases oil production, often contaminated with mold.
- **Gluten containing foods** -> Many people are sensitive or allergic to gluten due to an autoimmune disorder, nature of the protein and the way wheat is treated in the US. Skin reactions are a very common symptom in Celiac Disease and Non-Celiac Gluten Sensitivity.

Note: I created this list from my research, professional and personal experience. This is not meant to be an exhaustive list nor a prescription diet. I suggest working with a trained holistic practitioner to help guide you uncover your skin triggers.



Lifestyle Recommendations:

- Exercise** reduces stress, sweat can help eliminate toxins (make sure to shower directly after to maintain a clean skin environment).
- Get quality and enough sleep**
- Spend time outside** for your fill of vitamin D and vitamin N (for NATURE)
- Cultivate de-stressing practices** like yoga, meditation, dancing, reading or going for a walk that can all reduce cortisol, which can lead to less androgen production and healthy skin.

