

Food Plan For Youthful & Radiant Skin

RADIANT, YOUTHFUL SKIN IS BEST ACHIEVED FROM THE INSIDE OUT. YOU CAN USE ALL OF THE BEST CREAMS AND SERUMS, BUT NOTHING WORKS AS WELL AS EATING FOODS THAT NOURISH AND HYDRATE YOUR SKIN. GET READY TO BE AMAZED!



LET'S STOCK YOUR KITCHEN:

I know some of these ingredients are unfamiliar to you -- pick a few to start with, and then ask me for help with the rest!

Walnuts & Almonds
Hemp Seeds
Avocados
Blackberries
Garlic
Coconut
Chia Seeds
Collagen
Bee Pollen
Buckwheat
Probiotics
Raw Apple Cider Vinegar
Aloe Vera Juice
Fermented Vegetables
Chlorella
Spirulina
Lemons
Sunflower Seeds
Red Bell Peppers
Sweet Potatoes





Morning Ritual

Every single day... yes, every morning, I want you to fill a BIG glass with warm water. I mean a big glass. I use a quart-size mason jar...

Then, I want you to squeeze a half of a lemon into that BIG glass of water.

Then, I want you to drink that BIG glass of water with lemon. This should be the first thing you do in the morning.

So, here's how it's easily done: Rise. Pee. Meditate. Start to drink the lemon water. Shower. Drink more water. Dress. Drink more water. You get the picture.

When the water is gone, it's time for breakfast...

Trust me. Your skin will be doing the happy



YOUR SKIN IS THE LARGEST ORGAN IN YOUR BODY...

Think about it -- shouldn't your skin be treated as well as you treat the other organs in your body?

FACE & BODY

Yes, creams and serums can be helpful. But, when you start feeding your skin from the inside out, aging signs will begin to disappear like magic!

Pick a few items from this packet and add them into your daily routine -- I can't stress enough how much your skin will improve in elasticity, radiance, and texture.

BLACKBERRIES

The tannins in blackberries can help reduce intestinal inflammation and they are great for your skin. And, just as an aside, these delicious berries can also help raise your libido... All berries are good for you and contain antioxidants. As a general rule, the darker the color, the more antioxidants, making blackberries even better than other berries at fighting cancer and other illnesses -- so while you are making yourself look gorgeous on the outside, your insides will be healing at the same time!

SUNFLOWER SEEDS

Sunflower seeds are great for your skin -- so much so, that in Chinese medicine, we use them to help people with rashes. To make them even better, they help lower blood pressure and can relieve headaches and dizziness. In Eastern medicine we recommend eating sunflower seeds if a person is troubled by certain severe intestinal symptoms like dysentery, or intestinal worms or certain parasites. These seeds also contain calcium and magnesium and have anti-aging properties.





Raw Apple Cider Vinegar...

... should be your new best friend. Really, smile at the bottle in the morning and be glad it's the last thing you gaze at before bed...

Dress your greens with this powerful elixir, and do what I do: take 1 Tbs morning and night... it doesn't taste as bad as you think...

The benefits are invaluable!

GET YOUR GLOW ON!

Avoid These Foods For The Best Skin Ever

DAIRY
GLUTEN/GRAINS
CAFFEINE
ALCOHOL
SUGAR
ARTIFICIAL/PROCESSED FOODS

I KNOW, IT SOUNDS SO HARD... BUT IT'S NOT, IF YOU KNOW HOW TO DO IT THE RIGHT WAY. I WILL HELP YOU! I JUST LOVE LOVE LOVE THE RESULTS -- IT'S WORTH IT. AND, I WILL HELP YOU NOT FEEL DEPRIVED! IT'S NOT A DIET IT'S A YOUTH-FILLED PLAN!





IF YOU ARE ONLY GOING TO DO ONE THING TO HELP YOUR SKIN...

YOU MAY NOT WANT TO HEAR THIS, BUT...

STOP EATING DAIRY! YUP, I SAID IT. I KNOW IT'S HARD, BUT WITH HELP, YOU CAN DO IT AND YOUR SKIN WILL HAVE MORE ELASTICITY AND RADIANCE, AND FEWER WRINKLES. I CAN SHOW YOU HOW TO DO THIS PAINLESSLY, DELICIOUSLY, AND SIMPLY... WE'VE GOT THIS!

Fermented Foods

Fermented foods are rich in probiotics, are easily digestible, and provide healthy digestive enzymes to your system. This is a great way to keep healthy -- when your gut is healthy, you are healthy, your skin shines. Simple, but true!

Here are just a few fermented foods I want you to add into your diet. (If you have a question about amounts or types, please ask me.)

- * **Kombucha** -- This is perfect in the mid-afternoon when you are feeling sluggish
- * **Sauerkraut** -- I like it with eggs or in a collard-wrap "sandwich".
- * **Kimchi** -- This is a great addition to salads -- also great to put a spoonful in vegetable soups or stews (the mild version is better for your skin than the spicy version).



Build A Beautifying Breakfast Smoothie

CHOOSE A BASE:

coconut water or dairy-free milk

CHOOSE FROM THE FOLLOWING PROTEIN SUPPLEMENTS:

collagen or bone broth protein powder

CHOOSE AT LEAST ONE GREEN POWDER:

1 tsp chlorella or spirulina

ADD IN:

1 Tbs chia seeds and a big handful of fresh kale, spinach, chard, or collard leaves, a few ice cubes (not too many)

ADD ONE HEALTHY FAT:

2 tsp coconut oil, 1/2 an avocado, 5 walnut halves

OPTIONAL SWEETENERS:

2 pitted dates, 1 Tbs coconut sugar, 1 tsp lucuma powder

OPTIONAL :

1 Tbs raw cacao powder, 1/2 cup pineapple chunks, 1 Tbs goji berries, 1 tsp beet powder, 1/2 tsp turmeric powder or a 1/2-in piece peeled turmeric root, 1/2 tsp cinnamon, orange peels, 1/2 inch piece peeled fresh ginger

Go to: www.kitchenofyouth.com for some specific recipes (the Hot Chocolate Smoothie Bowl is great...)



Spirulina & Chlorella

CHLORELLA:

This superfood of a green powder actually helps keep your skin young. It also supports brain health, relieves inflammation, can help you lose weight, and kicks up your immune system... and, my favorite of all: it helps you sleep better. A well rested you equals a younger looking you... And yes, it's very green. And it tastes green (not bad, just healthy). One teaspoon a day in a glass of water at night is all you need to promote sleep... or one teaspoon in the morning in a smoothie will start your day off right. No bad choices here... so start this awesome regimen now.

SPIRULINA:

Here's another superfood green powder. It has so many anti-oxidants, vitamins, and minerals! This powder made from blue-green algae will keep you looking and feeling youthful and healthy. Start with a teaspoon in your smoothie and see how you feel, and then you can gradually bump it up to a tablespoon. You will love how it effects your skin!





BUILD A GLOWING SKIN LUNCH BOWL

Lunch bowls are my favorite -- they can be customized any way you like. Pull out a pretty bowl, and arrange the food in distinct sections. Choose from the following skin-friendly foods and switch it up each day (there should be more warm/cooked foods than cold/raw ones).

1/2 cup cooked greens (kale, spinach, chard), 2 small cooked beets, zucchini, 1/2 cup mashed cauliflower, 1 cup roasted sweet potatoes, 1 cooked egg, 4 oz cooked fish, 1/2 of a sliced raw bell, 6 walnut halves or almonds, 1/4 cup fresh green peas, 1 carrot, cut up, 1/2 cup cooked buckwheat (this mimics a grain), 1/4 cup blackberries, 1/4 cup raw sunflower seeds, 1/2 avocado, raw apple cider vinegar, coconut oil or avocado oil.

Yes, Dessert Can Be Good For Your Skin!

BLACKBERRY KOMBUCHA ICE POPS

INGREDIENTS:

12 OZ FRESH BLACKBERRIES, 8 OZ KOMBUCHA (I USED CRANBERRY KOMBUCHA, BUT USE ANY FLAVOR, 2 TBS POMEGRANATE SEEDS, 1 SCOOP VITAL REDS POWDER (THIS IS OPTIONAL, BUT IF YOU HAVE A RED NUTRITIONAL POWDER, I RECOMMEND PUTTING A BIT IN)

INSTRUCTIONS:

PUT ALL OF THE INGREDIENTS IN A BLENDER, WHIZ IT UP, POUR INTO ICE POP MOLDS, PLACE IN FREEZER UNTIL FULLY FROZEN.



Sweet Potato Salad

Ingredients:

1 lb sweet potatoes, unpeeled, cut into ½-in. pieces

1 Tbs extra-virgin olive oil

2 parsnips, peeled, cut into 1-in. pieces

1 cup vegetable broth

pinch of sea salt

1 Tbs fresh dill, chopped

2 radishes, sliced

2 scallions, sliced

Instructions:

Preheat the oven to 400°F convection setting, or 425°F regular bake setting.

Line a baking sheet with parchment paper.

Toss the potatoes with oil and spread them on the baking sheet.

Sprinkle with sea salt.

Roast the potatoes in the oven for about 15 - 20 minutes or until they are cooked through.

Meanwhile, put the parsnips, vegetable broth and a pinch of sea salt into a medium saucepan.

Place over medium heat and bring to a boil.

Reduce heat and simmer until they are soft, about 20 minutes.

Pour the parsnip mixture into a blender. Cover the blender with a clean dish towel and hold that towel tight over the top while you blend until smooth. NOTE: the towel will allow steam to escape so you can prevent the top blowing off and burning you!

In a large bowl, mix together the roasted sweet potatoes, radishes and scallions. Pour in the parsnip dressing and gently stir to combine.

Add the dill, and serve.



AVOCADOS

AVOCADOS ARE ONE OF MY FAVORITE FOODS, BOTH FOR THEIR HEALTH BENEFITS AND BECAUSE THEY TASTE GREAT. THEY ARE GREAT FOR YOUR SKIN, AND FOR CONSTIPATION, AND EVEN FOR HOT FLASHES DUE TO MENOPAUSE. EAT THEM, AND RUB THE INSIDE OF THE SKINS ON YOUR FACE -- IT'S AMAZING!





Magical Nut Butter

Ingredients:

2 cups raw almonds (I use raw, organic nuts whenever I can)

1 cup raw cashews, 1 cup raw pecans, 2 Tbs chia seeds, 2 Tbs flax seeds, 2 Tbs hemp seeds, 6 Tbs pure maple syrup, 1-1/2 Tbs coconut oil, pinch of sea salt

Instructions:

Preheat your oven to 300°F. Line a baking sheet with parchment paper.

Combine all of the nuts and seeds in a large bowl.

Stir in maple syrup.

Spread mixture onto the baking sheet in a single layer.

Place the tray in the oven and roast the nuts for 12 minutes, making sure they don't burn.

Remove from oven and let cool for about 10 minutes.

Scrape the nut mixture into the food processor and process until the mixture is finely ground and starts to stick together a bit. This may take a little time. Be patient. You will probably need to scrape down the sides of the processor bowl a few times.

Once it starts to stick together a little bit, add the coconut oil and the salt and turn the processor back on. Let it process until you get the consistency of a thick nut butter. Again, be patient -- it will happen!

Store in a glass jar in the fridge. Enjoy!

And yes, this is good for your skin!!!



Glowing Smoothie

STRAWBERRY CAULIFLOWER SMOOTHIE

Ingredients:

1 cup frozen cauliflower

1 cup frozen strawberries

1 Tbs collagen powder

1 scoop Vital Reds powder (This is optional, but I use it and it's a little sweet, so if you are not using it I would add 2 pitted dates to the blender for sweetness.)

½ a banana

1 Tbs coconut oil

1-1/2 cups cashew milk (or non-dairy milk of your choice)

2 tsp bee pollen

Instructions:

Put all ingredients in a blender.

Whiz it up til smooth.



Regain Your Youthful Appearance...

Don't be overwhelmed by all of the amazing new ideas in this packet... just put one food in front of the other.

Pick one thing to start with. When you are comfortable, add another, and continue from there.

Remember, I'm here to help you, so don't be shy about reaching out!