

Superfoods for Glowing Skin

Having hydrated and glowing skin starts with true vitality. The superfoods I'm sharing about, for great skin, bring vitality from a cellular to a physical level. In order to have glowing skin, your insides must be in check too, meaning that you are having regular bowel movements and that your toxin intake is low. Here are some of my favorite superfoods that give me a glow, from the inside, out.

CHIA SEEDS



Chia Seeds are chocked full of vitality supporting, fatty acids which nourish and plump your skin. They contain a significant amount of fiber which bulks up your stool to flush toxins, leaving your cells clean and clear! This results in bright skin and bright white eyes.

ALOE VERA

Aloe Vera can be used internally for digestion and inflammation (*remember, digestion and inflammation problems may result in breakouts on your face*). It can be used topically for acne, redness, and inflammations of the skin. Aloe Vera also stimulates healthy cell renewal.

RADISHES



Radishes increase glutathione, which is a top antioxidant and detoxifier of every cell in your body. They fight inflammation and are high in sulfur, silica and vitamin C. These three components band together to provide your body with what is needed in order to have glowing skin and flexible joints, tendons, ligaments, hair and other connective tissues.

MATCHA GREEN TEA



Matcha contains 137 more times antioxidants than normal green tea. Antioxidants prevent free-radical damage and free radical damage causes early aging. Another component of Matcha is l-thiamine that reduces stress. Less stress = more beauty!

COCONUT OIL

It is no secret that coconut oil is full of amazing benefits. Due to its antibacterial properties it can help prevent acne and it soothes skin infections. Coconut oil acts as a natural sunscreen and moisturizes your face and body. In addition, the fatty acids help plump your skin up! Supple and beautiful!

APPLE CIDER VINEGAR



When ACV is ingested, it fights inflammation and increases digestion. Keeping a clean colon means clear skin and bright eyes! Used topically ACV can be cut with water and put directly on your face. The alpha hydroxy acids in ACV will remove dead skin and provide a more even and clear appearance.

COFFEE



Coffee makes a wonderful exfoliant that will help reduce cellulite and slump off dead skin cells. This leaves your body and face feeling fresh and bright! Coffee provides a plumping effect to the skin.

Resources

<https://draxe.com/alo-vera-benefits/>

<https://draxe.com/apple-cider-vinegar-uses/>

<http://www.supernutritionlife.com/chia-seeds-benefits-fiber/>

<http://kimberlysnyder.com/blog/2009/04/30/the-secret-skin-beauty-food/>

<https://authoritynutrition.com/matcha-green-tea/>

<https://draxe.com/coconut-oil-for-skin/>