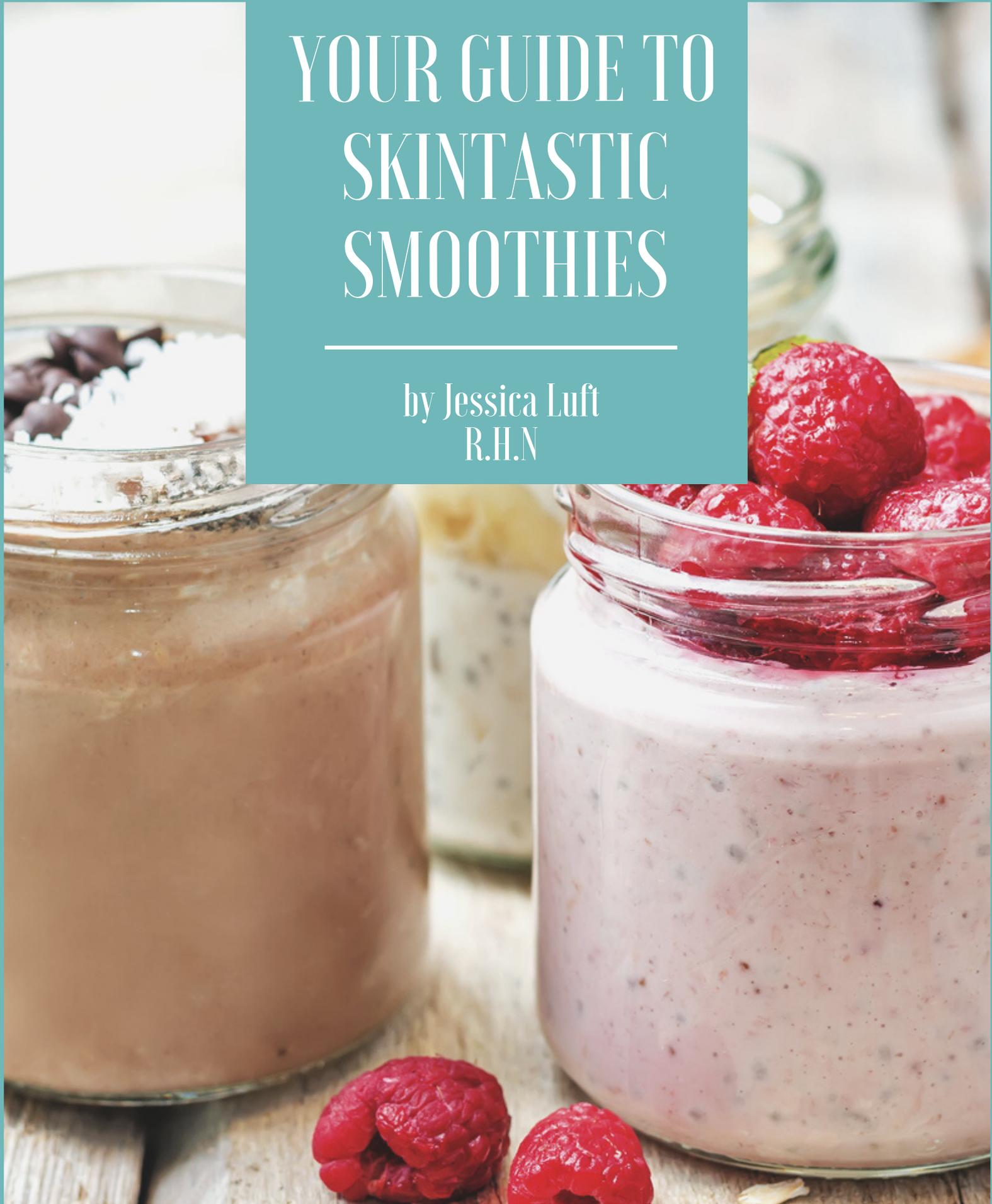


YOUR GUIDE TO SKINTASTIC SMOOTHIES

by Jessica Luft
R.H.N



GLOWING SKIN
BEGINS WITHIN



WELCOME GORGEOUS!

We all have a story, here's mine....



On a GOOD day, I'm outside enjoying Mother Nature's joyous gifts. Being on or near the water is my happy place where you will often find me kayaking, paddle boarding, biking, or working on my own zen with some yoga. I have a library that is growing by the week and overtaking my humble abode. I guess you could say there are worse addictions, at least that's what I keep telling myself!

Now, on a GREAT day I am an entrepreneur helping women around the globe feel more confident in their own skin, and what a wonderful feeling that is. Having been in the beauty and wellness industries for over fifteen years, I launched Glowing Skin Begins Within as a way to connect with like-minded women from all over the world to support them through my holistic approach to beauty focusing on diet, lifestyle and what you put on your skin.

Just a few years ago, I learned very quickly from my own personal experience the critical connection between skin health and what we put in our bodies. I began experiencing negative digestive issues such as lack of energy, bloating, stiffness, extreme discomfort and skin reactions that were all due to a wheat sensitivity. Using my knowledge of holistic nutrition, I quickly adapted my diet which had an immediate and positive impact on my symptoms and even my skin – it was an unintended yet very welcomed outcome! This simply reinforced to me that being truly healthy starts from the inside.

Let's face it there is no shortage of information out there but the trick is knowing what is relevant to you and your own situation and how to implement it the right way to benefit from long-term sustainable results. When I work with my clients whether it be through one-on-one consultations, group coaching, workshops or online programs, my goal is not a quick fix but rather to empower and guide you through a complete transformation.

I am passionate about helping you to get from where you are to where you want to be and guide you on your journey to more healthy, clear, glowing skin and ultimately a more confident you.

Jessica Luft
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**BEAUTY IS THE BEST POSSIBLE VERSION OF YOU
FROM THE INSIDE OUT**

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HOW SMOOTHIES BENEFIT THE SKIN

Looking beautiful is the ultimate dream of every woman, but to attain it you must work on yourself, as beauty is not only skin deep—it comes from within.

We will discuss in depth how inner health helps regenerate healthy skin. You can have smoothies the whole year with a slight variation in the recipes to suit seasonal foods.

Add in some beauty loving nutrients and smoothies are a great to achieve healthy beautiful skin.

I am here to share with you the secret to healthy glowing skin. You might be surprised to learn that the secret doesn't consist of super-expensive beauty products; rather, it includes fruits and vegetables that are rich in carotenoids and antioxidants.

Research has shown that people who ingest carotenoids on a daily basis have younger-looking, healthy, and glowing skin, which everyone craves.

Before you start eating vegetables and fruits to get that youthful glow, let me add that the secret also involves mixing them with healthy fats such as avocado.

The human body needs these healthy fats. The combination of fruits and vegetables with protein and healthy fat provide you with a variety of nutrients and fibre. Since they are loaded with essential fatty acids and antioxidants, they benefit the skin by minimizing free radical damage and reducing redness and inflammation keeping your skin wrinkle-free and smooth.

So, if you are tired of people telling you that you can never have more healthy and radiant skin, you can show them it is possible just by adding some delicious and healthy smoothies to your diet.

So, read on to learn about some great skintastic smoothie recipes

HOW TO BUILD A "SKINTASTIC" SMOOTHIE

I am here to help you make a smoothie that benefits your skin to the max. If you add some ingredients from each category, they will help keep your blood sugars more balanced.

Here is a blueprint for the healthiest smoothie with optimal nutrition:

Protein: The choice of protein depends on the goals and lifestyle of every individual. If you want to have the smoothie as a substitute for meal, adding protein is a must. You can go for a vegetarian protein such as pea, hemp or brown rice or you may opt for whey just note that whey is difficult to digest for many and is a common cause of skin issues. You should add one serving per smoothie and each serving size depends on the protein you select.

Fibre: The best choices to add fibre to your smoothie are flax seeds, chia seeds, psyllium husk.

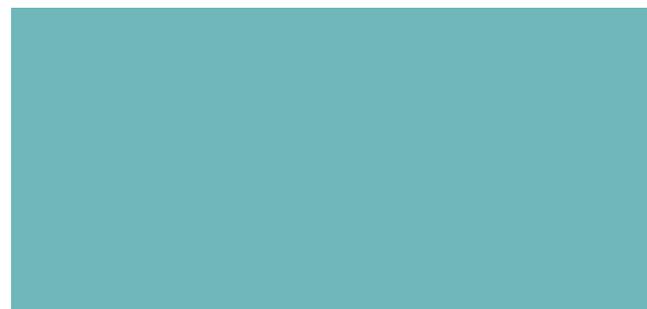
Fruit: You can add any fruit of your choice, such as bananas, peaches, pears, mango, lime, or berries. To give it more thickness, you can freeze your choice of fruit instead of using ice cubes.

Greens: Greens make your smoothie healthier. You have various choices for greens, such as spinach, kale, basil, mint, parsley, basil and the list goes on.

Healthy Fats: You can add according to your taste but the best options are avocado, coconut oil, walnuts, and cocoa butter.

Liquids: You should add some liquid for the blender to start, so you can add a cup of liquid of your choice. The liquid could be anything from water to almond milk, flax milk, or coconut water. It just depends on the consistency you like.

Superfoods: These supplements add an extra punch to your smoothie and provide excellent nutritional value. Some great examples are Maca, cacao, goji berries, bee pollen, aloe vera, coconut oil, hemp seeds/protein, spirulina, and acai.





SMOOTHIE SUPERFOODS FOR GREAT SKIN

Superfoods are natural and contain the vital nutrients our body needs but doesn't get enough of. These days they are commonly available at your local grocer or health food store.

Here are some of my recommended superfoods that you can easily add to your smoothie for amazing, fresh, glowing skin. Often, just a teaspoon is all you need!

Chia Seeds: These are super seeds that contain a wide range of nutrients such as vitamins, minerals, protein, healthy fats, fibre, iron, calcium, and antioxidants, these are all good for keeping the skin fresh.

Flax Seeds: These super seeds provide omega fatty acids and fibre. They help to achieve soft and smooth skin. They also help eliminate toxins so you can have a clear complexion.

Goji Berries: These are the tastiest example of superfood, containing vitamins, minerals, amino acids, and are super high in antioxidants. They promote great skin because they help with hormonal balance.

Avocado: This is one gem to add to your smoothie to get glowing skin as it contains up to 20 minerals and vitamins and has healthy fats.

Camu Powder: This powder is loaded with vitamin C which helps to keep your immune system strong, promote collagen production and gives you vibrant, fresh skin.

HOW TO CONSTRUCT THE PERFECT SMOOTHIE

To make a delicious and healthy smoothie that is high in nutritional value take the following steps:

Take out the blender because it gives the best consistency. If you don't own one, a food processor can be used as a substitute.

Add the **liquid** of your choice as it determines the final consistency of the smoothie and also helps start the blender.

Add the **fruit** of your choice to make the base of your smoothie. You can use fresh or frozen fruit according to your taste. You can add more than one type of fruit if you like.

The next step is to add **protein**, especially if using as a meal.

The next step is to add the **greens** you selected to make your smoothie healthier.

Add in some **fibre** and **healthy fats** such as the ones discussed on the previous page.

Lastly experiment adding some **superfoods**. They are called superfoods as you don't need much to notice a big difference.

Add **ice cubes** if you like and blend the smoothie until it has an even consistency.

Pour it and garnish it with berries, lime or mint leaf if you like!



MAIN CAUSES OF BLEMISHES & WRINKLES

As the famous saying goes “You are what you eat” but that isn’t entirely true. It doesn’t matter how well you eat, if you aren’t absorbing nutrients.

The food we eat has a direct effect on the health of our skin. Our environment and lifestyle also play a major role in the appearance of our skin.

“You aren’t what you eat. You are what you absorb.”

Some of the causes of blemishes and wrinkles are:

- Direct exposure to the sunlight not using any sunscreen is one of the main causes of blemishes and premature ageing since it breaks down collagen and elastin fibres.
- Unhealthy habits like smoking and drinking also pose a threat to healthy and younger looking skin. It causes free radicals and depletes your vitamin C levels that are needed to make collagen.
- Excessive use of toxic beauty products and treatment creams can also cause more harm because they contain chemicals and that are not good for the health of the skin.
- An unbalanced diet that contain processed foods and refined sugars .
- If you don’t follow a regular routine to cleanse, exfoliate, tone, and moisturize your skin, it can also cause the skin to get dull due to environmental issues.





THE GUT AND SKIN CONNECTION

Dermatologists have always emphasized the importance of healthy gut balance to achieve healthy skin. The gut provides 70% to 80% of your immune system, so keeping it healthy can really help to prevent inflammation and increase nutrient absorption.

There are two types of bacteria living in our gut: the good bacteria and the bad bacteria. If the good bacteria are high they help your immune system keep your body in balance by digesting food and manufacturing different nutrients.

The problem starts when the bad bacteria takes over as result of stress, excessive intake of antibiotics, and bad eating habits. This bad bacteria interferes with the digestive system and release toxins that impairs your digestion. This often causes breakouts as it releases these toxins out through the skin.



The health of the gut is very important in achieving healthy glowing skin.

FOODS THAT SUPPORT SKIN HEALTH

What goes on with our skin, good or bad, is largely a reflection of what we put in our bodies. Our lifestyle and food choices play a role on our hormone balances, food sensitivities, amount of inflammation and so much more, and they all play role in healthy glowing skin.

In short, why spend a fortune on “beauty” products if you are eating from the “dollar menu” and feasting on skin sabotaging foods? While eating skin-friendly nutrient dense foods play a huge role in your skin’s overall health, choosing high-quality products can play an important role too.

Eating a clean, balanced diet containing whole foods is key to keeping your skin healthy and glowing.

Spinach: Besides providing you with great strength, spinach also plays a role in slowing down the aging process of your skin. It contains beta-carotene which is a precursor for vitamin A which is well known for its anti-aging abilities. It helps to properly moisturize the epidermis and as a result prevents wrinkles and helps promote cell turnover.

Avocado: Contains vitamins A, D and E, and essential fatty acids. These nutrients help to keep the skin hydrated, reduce inflammation and fight free radical damage.

Tomatoes: They are the true heroes of our skincare regime, as they provide protection against one of the major enemies of our skin - the Sun. They have a very high content of antioxidants such as lycopene that protect the skin against free radical and UV damage.

Pumpkin Seeds: These little seeds can bring about great wonders as they are rich in vitamin C and fatty acids which produce the natural oil of the skin called sebum. This natural oil helps to protect and repair the skin. So, ingesting pumpkin seeds can help to get glowing, evenly toned skin.

Pineapple: This fruit is a great treat for your skin as it is rich in vitamin C which is necessary for collagen synthesis and contains an enzyme called bromelain which helps digest protein. It is also a great source of fibre and helps you to rid your body of toxins. Adding pineapple to your smoothie can help you to achieve younger looking and glowing skin.

TOP BEAUTY FOODS BY SEASON

Smoothies are the best nutritional food that are simple to make any time of the year; simply vary the ingredients according to the availability of fresh local produce in your area.

The best part is that they need no cooking, are easy to make, don't consume much of your time, and can be used as meal replacements. So, there is no specific time of the year to drink them: you can enjoy them all year long. You can play with the ingredients to make them more exciting and delicious and to increase their nutritional value.

Now you know about foods, seeds, and superfoods that you can add to your smoothies to add nutritional value to them. With the list of the best foods provided, you can rejuvenate your skin within a short period of time.

So, go ahead and enjoy these magical drinks!

SPRING	SUMMER	AUTUMN	WINTER
Mango	Watermelon	Apple	Orange
Pineapple	Cucumber	Pear	Pear
Spinach	Avocado	Cranberries	Grapefruit
Strawberries	Blackberries	Peaches	Lemon

Using these beauty foods in your smoothies can help you regenerate fresh, younger-looking skin.

Your skin craves the nutrients that are in season so to get the most benefit from your smoothies add in some of the delicious below ingredients based on the season you are currently in.



RECIPES

Here are the five super-enriched skintastic smoothie recipes that help to nourish and regenerate your skin leaving you with that healthy glow.

GREEN GLOW

- 1 ½ cups dairy-free milk (e.g. almond, cashew)
- ½ avocado
- Handful of parsley
- 1 cup kale
- 1 teaspoon maca powder
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- Dash of cinnamon

RESET SMOOTHIE

- 1 ½ cups coconut water
- ½ avocado
- 1 cup of frozen strawberries
- 1 tablespoon coconut oil
- 1 cup spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 tablespoon raw cacao

COCONUT BLISS SMOOTHIE

- 1 ½ cups coconut water
- 1 cup kale
- Handful of parsley
- ½ avocado
- 1 tablespoon sesame seeds
- 1 tablespoon chia seeds
- Dash of cardamom
- 1 teaspoon royal jelly (optional)

CINNAMON HEALTH SMOOTHIE

- 1 ½ cups almond milk, hemp or coconut milk
- 3-4 fresh figs, washed, stems removed, and halved
- 1 frozen banana
- 1 cup spinach
- 1 teaspoon cinnamon
- 1 tablespoon chia seeds
- Dash of cayenne pepper

FREEDOM SMOOTHIE

- 1 ½ cups dairy free milk
- 1 cup frozen blueberries
- ½ banana
- ½ avocado
- 1 cup spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- Dash of cayenne pepper



ARE YOU READY TO TAKE YOUR GLOW TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

No matter what age you are or whatever skin issue from which you are suffering I am here to support you. I work with women of all ages from those who are frustrated about their skin breakouts, to those who suffer with eczema, dry/sensitive skin and premature aging.

As a Registered Holistic Nutritionist who is Certified in Beauty Nutrition and also an Esthetician, my goal is to help you achieve more radiant skin and to glow from the inside out.

If you are ready to take the first step I invite you to book a complimentary discovery call or choose from a variety of my offerings from one on one consultations, seminars or an online programs all of which are practical, achievable and yield sustainable over the long-term.

Whichever you choose I am glad you have chosen to make yourself a priority and I look forward to working with you. Now it's time for you to GET GLOWING!

Your Glow Coach,

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