

GLOWING SKIN
BEGINS WITHIN



10 DAY
"SKIN RESET"
PROGRAM



Guide to
SUPPLEMENTS

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SUPPLEMENTS

The supplements in this guide are meant to "supplement" a healthy diet. Below you will see that I have provided a list of the most common supplements along with some common foods where you can find the nutrients. These are intended to give you a basic foundation for optimal health in order to keep the detoxification pathways working efficiently. This list provides general guidelines for supplements that would be beneficial for the majority of people.

I truly believe you should be getting the majority of your nutrient from the food you eat but sadly our foods today don't contain the nutrients they used to.

IMPORTANT: If you are taking any prescription medications, have existing health conditions or are pregnant or breastfeeding you should discuss adding in supplements with your Pharmacist and/or Medical Doctor prior to taking any.

Recommended supplements:



- Greens Powder
- Probiotic
- Vitamin D
- Omega 3
- Vitamin B Complex
- Digestive Enzyme

There are a lot of great supplement brands available but I encourage you to seek out a good quality brand in whole food form (if available), it may cost you a bit more but you are better off getting one that is easily absorbed and gives you maximum benefits. A good place to start is at your local health food store or through my online dispensary.

If you are interested in learning more about my online dispensary email me at jessica@glowingskinbeginswithin.com

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Greens Powder

This is a great option that can be used almost like a multivitamin. A good quality greens product will contain a TON of minerals (which most people are very deficient in), plus a boatload of vitamins and antioxidants. Another benefit is it's very alkalizing, which is so important for strengthening your immune system and keeping your body in the perfect acid-alkaline balance.

Taking a greens product DOES NOT mean it relieves you from actually eating green veggies. You would take this product as well as eating all your delicious green vegetables.

SKIN GLOWING BENEFITS: They are packed with fibre which will help support your digestion, rich in antioxidants that fight free radical damage and they are an excellent source of beta-carotene a powerful antioxidant that helps to repair and renew your skin.

FOOD SOURCES: Wheatgrass, spirulina, chlorella, dark leafy greens, blue-green algae.



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SUPPLEMENTS



Probiotics

These are the good bacteria that live all along your digestive tract. They help to ensure the bad bacteria stay at optimal levels, support digestion, keep the immune system healthy and support hormone production in the body.

Did you know that 70% of your immune system is located in your gut? That is why its so important.

The use of antibiotics wipes out your good bacteria and other lifestyle factors such as stress and poor diet lead to less than optimal levels of good bacteria - most people are severely deficient in probiotics. If your digestion is not optimal (think gas, bloating, IBS), you seem to get every illness that's going around, or you just don't feel the level of vitality you would like to feel you likely need probiotics.

SKIN GLOWING BENEFITS: Two of the largest organs that support detoxification is your digestive system and your skin. If there is too much of the bad bacteria and not enough good then we can't break down food, absorb all the skin loving beauty nutrients or eliminate toxins effectively. This can lead to candida and inflammation both of which can show up on your skin.

FOOD SOURCES: Natural yogurt, Kefir, Apple Cider Vinegar, Kombucha



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Vitamin D

Vitamin D is crucial for so many different processes in the body, this vitamin functions more like a hormone than a vitamin. The good news is you get vitamin D from the sun but the bad news is too much of the sun can cause skin damage, premature aging, sun spots and even skin cancer. UV rays react with the cholesterol in your skin to produce vitamin D. Most people, in particular those who live in a more northern climate or who don't get regular sun exposure are deficient in vitamin D.

It is a good idea to get your levels checked with your medical doctor, a simple test can tell you if you need supplementation. You should regularly measure your vitamin D levels to make sure you're maintaining optimal levels.

SKIN GLOWING BENEFITS: Vitamin D is an antioxidant that helps protect against free radical damage.

FOOD SOURCES: Salmon, Cod, Mackerel, Eggs, Mushrooms

Product recommendations: Look for a quality liquid vitamin D supplement as it's easier to digest and is more absorbable compared with a tablet or capsule

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Omega-3 (fish oil)

Fish oil is rich in essential fatty acids, especially omega 3 fatty acids. These fats are called “essential” because your body cannot make them, they need to be consumed in the diet.

Your body needs to maintain a certain ratio of omega 3 to omega 6. Most people have over consumed omega 6. Omega 6 is found in vegetable oils, low quality vegetable oils are found in most packaged products. Too much omega 6 in the body leads to inflammation causing a whole host of health problems.

Supplementing with fatty acids high in omega 3 is crucial for most people to bring the ratio of omega 3 to omega 6 back into balance. Supplementing with fish oil can also help to lower cholesterol, balance hormones, improve joint health and function, reduce inflammation, improve cognition and memory, improve eye health and give you clear and glowing skin. In addition to using fish oil supplements you should also add healthy fats into your diet to get a wide spectrum of the essential fatty acids your body needs for optimal health.

SKIN GLOWING BENEFITS: Keeps the skin hydrated, prevents inflammation

FOOD SOURCES: Anchovies, Sardines, Mackerel, Eggs

VEGETARIAN OPTIONS: Although fish is the richest source from which you can also get your essential fatty acids other sources include chia seeds, flaxseed oil, flaxseeds and walnuts.



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B Vitamins

B Vitamins are essential for many different processes in the body but are especially crucial for keeping your metabolism running smoothly, making sure you get maximum energy from food, supporting brain health, and helping you adapt to stress. While there are many individual vitamins classified as “B vitamins”, each having a unique role in the body, an easy way to ensure you are getting a good balance of what you need is to take a B complex.

A B complex supplement will contain a good variety of the most essential B vitamins necessary for optimal functioning of the body.

SKIN GLOWING BENEFITS: Vitamin B helps to produce hydrochloric acid to aid in digestion, and is an important nutrient to help manage stress.

FOOD SOURCES: Eggs, Lentils, Split Peas, Spinach, Mushrooms, Pine Nuts

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Digestive Enzymes

Digestive enzymes help to break down carbohydrates, proteins and fats from all the food you eat and turn it into energy and raw materials to be used in all of the body's processes - they are extremely important!

The body has the ability to make enzymes to break down all of the food necessary to keep that body healthy. In addition, most foods in their raw form (think fruits and vegetables) have enzymes naturally occurring within them to assist in the process. The problem occurs when the body is overloaded with too much food that doesn't contain its own natural enzymes (over processed food, lots of cooked food). This is when digestion and metabolism start to slow down because the body cannot keep up with making enough enzymes.

Taking digestive enzymes as a supplement can assist the body in breaking down food while you are improving your diet and lifestyle to eventually bring the body's own production of enzymes back into balance.

SKIN GLOWING BENEFITS: This is so important in making sure your food is being broken down and digested properly so that you are able to absorb all the necessary nutrients.

FOOD SOURCES: Papaya, Pineapple, Mango, Honey