

Eat Your Way Gorgeous!

The secrets to glowing skin, shiny hair and whiter teeth are right in your kitchen.

1. **Lobster** - offers you a good, low-fat source of protein (key for healthy hair growth) shellfish contain high amounts of zinc, a mineral which may help prevent acne and boost your immune function. Also try oysters, clams, and mussels. Remember moderation with shellfish
2. **Chia Seeds** - antioxidant-rich seeds are a great source of vitamin E and omega-3s, essential fatty acids that make skin glow and hair shine. Also try flax, sunflower, & pumpkin seeds.
3. **Artichoke** - packs over 25 percent of an adult's daily quota of fiber - they are detoxifying because they help rid the body of waste. The result? Clearer, more radiant skin. Contains rutin, an antioxidant that reduces inflammation throughout the body, so skin appears plumper and less red.
4. **Strawberries** - are loaded with vitamin C, an immune-boosting antioxidant that stimulates collagen production and reduces damage from free radicals, those nasty molecules that cause skin to age prematurely. Strawberries also contain malic acid, a natural astringent that can help remove discoloration from teeth. Also try blueberries, kiwis and oranges.
5. **Sweet Potatoes** - full of fiber, this tasty, orange complex carbohydrate is also high in vitamin A, an antioxidant that keeps skin fresh, smooth and clear. (the topical version of vitamin A - derivative known as tretinoin - is the main ingredient in many prescription acne and anti-wrinkle creams. Also try carrots and tomatoes
6. **Acai** - known as a super food, this reddish purple Brazilian berry is full of omega-3 fatty acids and



- antioxidants (a few ounces have more free radical fighting power than a glass of red wine). Though it's difficult to find the real fruit outside of Brazil, many companies sell acai capsules, sorbet and other products.
7. **Wild Salmon** - best known sources of skin beautifying omega fatty acids. Salmon reduces inflammation more effectively than almost any other food. It enhances radiance and reduces wrinkles and puffiness. Also try mackerel and sardines
 8. **Kale** - This dark green, leafy vegetable offers lots of fiber and

plenty of vitamins A and C. Kale also has lutein a nutrient that makes the whites of your eyes look brighter.

9. **Quinoa** - B complex vitamins in this nutty grain help skin glow and hair feel less dry. Unlike many starches, quinoa does not contain gluten.
10. **Kefir** - probiotics in this tangy drink cleanse the digestive tract, so skin appears clearer and more luminous. Also try plain yogurt.

