

Top Tips for Glowing Skin

Skin concerns like acne or redness can be an outside sign of what is happening inside your body and your digestive & intestinal health.

You can achieve healthier skin by adding certain foods to your routine. Adding these foods to your plate more frequently, combined with other healthy, whole foods, will put you well on your way to beautiful, healthy skin

As a Certified Holistic Nutrition Practitioner, here are my top Food and Lifestyle Tips for skin health.

Little Bird Holistic's Top 10 Foods for Skin

Fermented foods

Flax seed/flaxseed oil

Bone broth

Avocado

Sweet potato

Almonds

Spinach

Salmon

Blueberries

Dark chocolate

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TOP NUTRITION TIPS FOR GLOWING SKIN

Add **Fermented and Probiotic rich foods** into your food routine:

Foods such as sauerkraut, kimchi, kombucha, kefir, miso soup, and tempeh are great sources of probiotics. Fermented foods lead to an increase of antibodies and a stronger immune system; plus, they regulate the appetite and reduce sugar and refined carb cravings

A happy gut means overall health, better digestion and better skin

Enjoy foods rich in **Collagen**. Foods like **Bone broth** contain a rich dose of collagen to help form elastin and other compounds within skin that are responsible for maintaining skin's youthful tone, texture and appearance.

Eat your **Healthy Fats**: they are essential to support the gut-skin axis. **Wild-caught Salmon** contains exceptional levels of omega-3 fats to provide glowing and more supple skin. Also, the carotenoid antioxidants found in salmon can greatly reduce the effects of free radical damage on your skin.

Avocados are rich in fat-soluble vitamins and monounsaturated fats which benefit glowing skin, bright eyes and shiny hair both when eaten or used topically.

Eat **Anti-oxidant rich** foods: **Almonds** are a great source of vitamin E and antioxidants that nourish the skin and reduce signs of aging. Their healthy fats, and ability to improve circulation also help keep skin hydrated and better able to heal wounds. **Dark chocolate** (yes chocolate! eat in small amounts minimally processed dark chocolate with at least a 70 percent cocoa content or higher) the total flavanol and polyphenol content as well as antioxidant activity content of dark chocolate and cocoa powder were compared to super fruits like acai, cranberry, blueberry and pomegranate! Orange foods like carrots, **Sweet potatoes**, pumpkin and squash, or cantaloupe contain carotenoids (vitamin A) that are beneficial for your skin and eyes. These antioxidant foods help reduce sunburn and wrinkles while protecting your vision. **Spinach** and other leafy greens like kale are high in lutein, and tomatoes and red peppers contain lycopene, all of which have anti-aging effects for your skin. **Berries, grapes and red wine** (yes I said wine! I suggest choosing organic red wine; in moderation of course!!)— These deeply hued fruits are some of the highest in antioxidants, such as resveratrol. Berries also tend to be lower in sugar than other fruits and contain lots of fibre. **Blueberries** are a nutrient-dense food, and pack in a good amount of vitamins and minerals. The blueberries nutrition profile is especially high in fibre, vitamin K, manganese and anti-oxidants like vitamin C; all beneficial to skin health.

Add **Flaxseed** to your food routine (Keep refrigerated and, I recommend grinding flax yourself; pre-ground flaxseed will go rancid faster). Flaxseeds contain anti-inflammatory omega-3 fatty acids (although not the same type that fish, such as salmon, do) along with antioxidant substances called lignans that help promote hormonal balance. Flax benefits the skin and hair by providing Essential fatty acids (EFA's) as well as B vitamins, which can help reduce dryness and flakiness. It can also improve symptoms of acne, rosacea and eczema. **Flaxseed oil** is another great option for your skin since it has an even higher concentration of healthy fats. If you want healthier skin, hair and nails, consider adding two tablespoons of ground flaxseeds to your smoothie or one tablespoon of flaxseed oil to your daily routine.

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Lifestyle Tips for Skin Support

Avoid or limit processed foods, refined sugars, caffeine, alcohol and gluten which can impair digestion and in turn, impact the health of your skin. Stop smoking or don't start! And, **stress reduction** through lifestyle changes, **self care** and other techniques, like **mindfulness** and practicing **gratitude**, can go a long way to support skin health.

A **diet high in fibre** helps with removal of waste, toxins and unneeded hormones and cholesterol from your body. It also helps feed our friendly gut bugs and control blood sugar levels; all of which can have a direct effect on the health of the skin if not properly managed. Fibre also feeds your good gut bacteria with prebiotics; enjoying lots of fresh fruits and vegetables, legumes, beans, nuts and seeds will ensure adequate fibre intake.

Staying hydrated also enhances your skin and detoxifies the body, so drinking enough **filtered water** throughout the day is a great way to help your body function optimally and your skin look great. **Coconut water** is a great electrolyte rich and hydrating option. **Infused waters** are also easy to make and taste delicious.

Get enough **quality sleep**. A well rested body will function better and in turn support healthier skin. Practice healthy sleep routines like epsom salt baths, essential oil diffusing, calming cup of tea and no screens before bed to make the most out of your sleep time.

And last but not least, feeding the skin with **Nutrient Rich Natural Skincare** to complete your holistic beauty routine for glowing skin. (Right? Like **Batty's Bath** for Radiant Rebels!)

Nutrition and Self-Care
are key
when it comes to your
skin's health and appearance...

Nourish yourself at every level;
inside and out



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