

7 Superfoods For Beauty, Staying Slim & Ageless



*3 Day Beauty Detox Cleanse, DIY Beauty
Products & Slimming Recipes*

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The Beauty In Me Celebrates & Acknowledges The Beauty In You

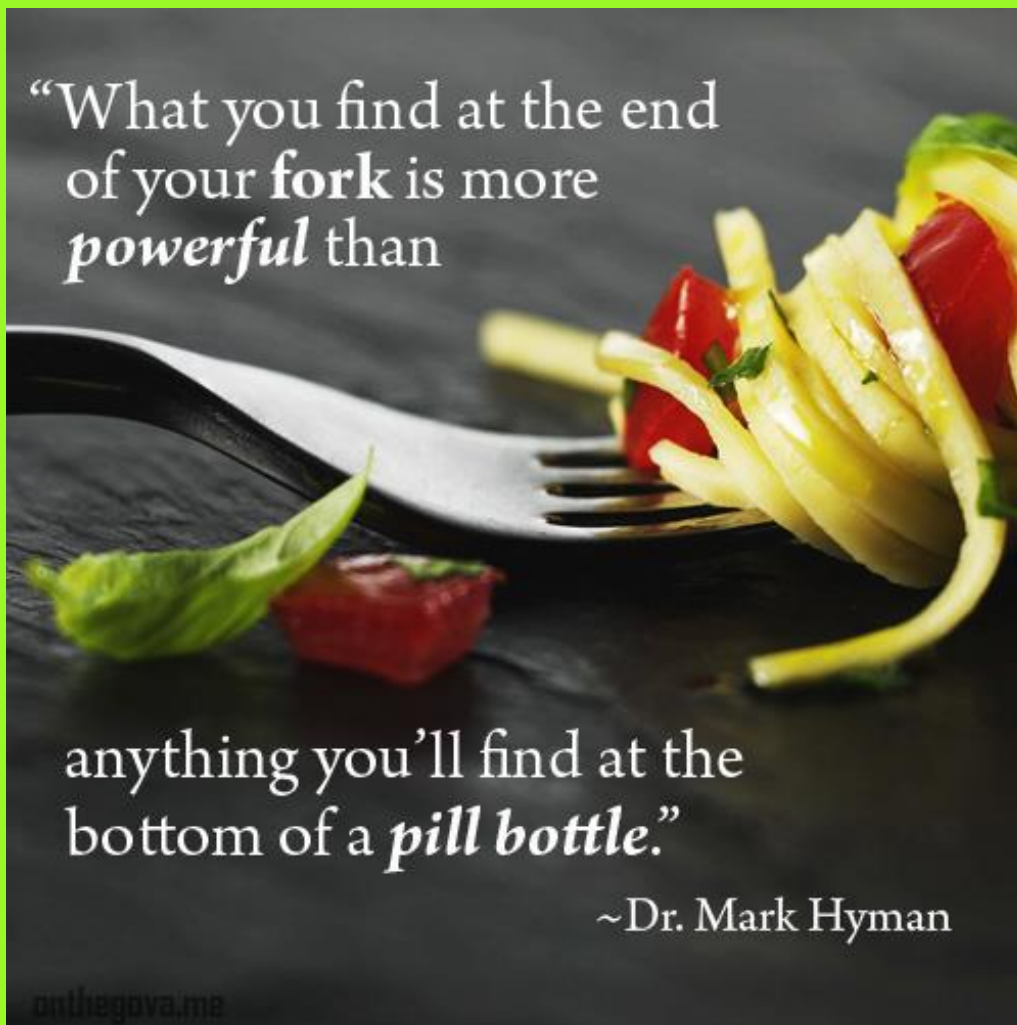
We live in a society that idolizes youthfulness and the beauty industry knows this. It's a \$90 BILLION industry. The promises and claims of the magic lotion or potion have lured us into buying into the fountain of youth promises. Aging for the human body is a normal process just like a rusting car that finds its home in the outdoor wintery climates.

I want to retain my youth as much as everyone however not at the expense of destroying my health. I believe youth comes from the inside out. Some factors that play in our youthful appearance include genetics and also the expression of our genes by our lifestyle choices.

So here you go I want to share some strategies for beauty, staying slim and ageless from the inside out.

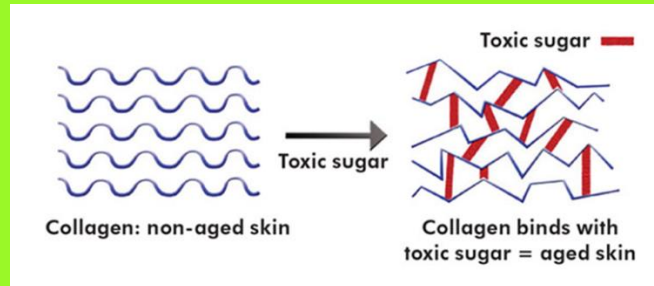
"Beauty is when you can appreciate yourself. When you love yourself, that's when you're most beautiful."- Zoe Kravitz

Why What We Eat Is Important



- Foods can heal at cellular level or destroy at a cellular level
- Inflammation is a key contributor to aging
- Toxic food is the one of the major causes of inflammation
- Our food is more toxic today than it was 20 years
- If you don’t recognize or can’t pronounce the ingredients in your food don’t eat it!

What Accelerates Aging?



Sugar is the thief of life! Sugar is a drug that American are addicted to! It's responsible for the diabetes epidemic and almost ever disease. It promotes inflammation and aging.

Dr. Perricone, world renown anti-aging expert describes sugars effects as “a burst of inflammation throughout the body.” Inflammation produces enzymes that break down collagen and elastin, resulting in sagging skin and wrinkles.



Have you heard of beauty **sleep**? Lack of sleep promotes aging! When it comes to the fountain of youth first look to your sleep routine, it's the best thing you can do. The key is to get 7 to 9 hours of restorative sleep. Think of it as your cells undergoing plastic surgery while you sleep. Some benefits of beauty slim include: fewer wrinkles, brighter and less puffy eyes, glowing skin, healthier and fuller hair.

Super Beauty Foods



Aloe Vera

- Egyptian's Rumored Secret for Cleopatra's famed beauty & youth
- Contains SULFUR which hydrates the skin
- One of the greatest emollients that provides a facelift within 30 minutes
- Rich in SALICYLIC ACID causes shedding of the outer layer of the skin, also has anti-inflammatory effects contributor to cancer, heart disease, arthritis, aging
- Vitamins A,C,E
- Has fiber, amino acids
- Great for acne, brown spots, stretch marks, psoriasis, rashes, burns, varicose veins & more
- Add to your morning smoothies

"Beauty is truth's smile when she beholds her own face in a perfect mirror."-
Rabindranath Tagore

Super Beauty Foods



Avocado

- Rich in anti-oxidants & essential fatty acids for plump smooth skin
- Rich in Vitamin A to remove dead cells from skin
- Glutathione protects skin from environmental damage
- Reduces wrinkles
- Helps stimulate growth of new skin cells, improves blood circulation
- Apply on face for 20 minutes, mix with egg for hair treatment
- Add to your morning smoothie

“Imperfection is beauty, madness is genius and it’s better to be absolutely ridiculous than absolutely boring.”- Marilyn Monroe

Super Beauty Foods



Bone Broth

- Wrinkles are due to breakdown of collagen
- Collagen cream is great but liquid is easier to absorb
- It's rich in collagen, bone marrow (for healthy blood & immune system)
- Glycine & proline (AA) produce heme (in blood) and glucose & aid in digestion
- Also contains cartilage vital for joint health (Arthritis)
- Rich in magnesium & calcium
- Important for repair digestive tract which is important for nutrient absorption & removing toxins
- Great for cellulite (lack of connective tissue)
- Drink 1-2 cups daily or use in your soups

"I know who I am. I am not perfect. I'm not the most beautiful woman in the world. But I'm one of them."- Mary J. Blige

Super Beauty Foods

The health benefits of Broccoli



- Rich in important vitamins for skin (A & C and minerals like Selenium, Zn & K+)
- Vitamin A & C fight fine lines & wrinkles
- The secret weapon Sulforaphane which stimulates multiple anti-oxidant defense pathways for stress reduction
- Promotes healthy liver for hormone metabolism - which are responsible for aging & weight control
- Great source of fiber
- Anti-cancer benefits
- Rich in calcium for bone health
- Keeps skin young & glowing
- Add to your salad, great snack or steam them

“Next time you think of beautiful things, don’t forget to count yourself in.” - Anonymous

Super Beauty Foods



Coconut Oil!!

- Rich in antioxidants
- Antiviral, antifungal, antimicrobial
- MCFA stable fat (doesn't age you)
- Control blood sugar levels (cravings)
- Healthy thyroid-weight loss
- Improves hormone Pregnenolone (improves circulation in skin, restores sagging skin reduces bags under eyes)
precursor to many hormones including progesterone
- Nourishes skin
- Hair moisturizer
- Whitens teeth use as a toothpaste with baking soda
- Great sex lubricant!

Super Beauty Foods



Cucumbers

- High water content for supple skin
- Considered a fertility food
- Kidney cleanser (debris & stones)
- Prevent bloating due to water retention
- Other beauty minerals include potassium, iron and magnesium
- Vitamin C for radiant skin
- Add in your salads
- Try our beauty drink recipe with cucumbers

“Beauty begins the moment you decide to be yourself.”-Coco Chanel

Super Beauty Foods



Turmeric

- Curcumin is active ingredient with anti-inflammatory & anti-oxidant properties
- Anti-cancer & anti-microbial
- Blood purifier therefore beautiful skin
- Reduces redness, puffiness while reducing inflammation
- Antibacterial properties for acne
- Helps keep skin smooth and glowing
- Use in tea, smoothie, add to meals or face mask w/H₂O & aloe
- Try our beauty mask with baking soda, turmeric and coconut oil

"To fall in love with yourself is the first secret to happiness." -Robert Morley

Super Beauty Foods



Maca Root

- Increases libido
- Regulates hormone production
- Improves sleep
- Balances mood
- Eases symptoms of menopause
- Improves memory and brain function
- Improves stamina and endurance
- Add to morning smoothie

“Beauty is how you feel on the inside and it reflects in your eyes.”-Sophia Loren

Super Beauty Foods



Bee Pollen

- Rich in proteins, free amino acids, B vitamins and folic acid
- May help to improve fertility
- Increases longevity by neutralizing free radicals
- Helps clear acne, psoriasis and eczema
- Great for strength, endurance and energy
- Can help reduce prostate problems
- Can help reduce or reverse aging and wrinkling
- Reduces histamine production which is great for allergies
- Contains digestive enzymes
- Has anti-biotic type properties
- A great aphrodisiac
- Take a spoonful at breakfast

“Your outer beauty will capture the eyes, your inner beauty will capture the heart.” - Steven Aitchison

Beauty Lifestyle Routines



Create A Beauty Routine Like The Stars

When your net worth depends on your appearance and performance celebrities invest time and money into feeling and looking their very best. Diet and nutrition plays a vital role in staying slender, youthful and vital. Inflammation equates to aging. The more inflamed you are the faster you will age. Every disease is linked to inflammation. Eliminate the foods that create inflammation like:

- Processed Foods
- Refined Sugar
- Artificial Sweeteners
- Gluten
- Conventional Dairy Products
- Industrial Oils

Beauty Lifestyle Routines



Gwyneth Paltrow

A Natural Beauty Routine Keeping The Stars Beautiful

Hydration - drink half your weight in ounces

Sleep - get 7-8 hours uninterrupted sleep and longer on weekends

Exercise - 20 minutes of interval training (change the intensity of your exercise every 30 seconds)

Real Food - Eat food without labels like organic vegetables, fruit, non-gluten grains (quinoa, buckwheat, spelt), wild caught fish, pastured raised beef, chicken, and eggs

Manage stress - meditation, yoga, prayer, nature hikes

Be chemical free - eliminate toxic make up, oils, creams and lotions with BHA, BHT, phthalate, parabens, sodium laureth sulfates, triclosan

Let it go - let go of any negative thoughts, people or emotions

DIY Beauty Products



Facial Cleaner & Body Cleanser

- ¼ cup Dr. Bronner's Organic Liquid Castile Soap
- 5 -10 drops Tea Tree Oil
- 1 cup Distilled or purified water
- 1 foaming bottle - I recycle the one I used when I bought soap at Trader Joe's

Optional for skin types:

Oily skin you may want to use bergamot, geranium, tea tree, or lemongrass essential oils

Dry skin you may want to use chamomile, sandalwood or rose; Lavender is an option but can be Estrogenic for some

Mature or older skin add jasmine, geranium, sea buckthorn and 2-3 drops of Vitamin E oil. These Oils are known for stimulating new cell growth.

Place all ingredients in the bottle and shake it.

Home Made Luscious Body Lotion

- ½ cup of jojoba oil
- ¼ cup of organic coconut oil
- ¼ cup beeswax
- 10 drops of therapeutic essential oil frankincense or 5 drops of frankincense and 5 drops of rose

1. Combine the first 3 ingredients in a double broiler and stir the ingredients as the water begins to heat up
2. Once they are all mixed remove from heat and add essential oils
3. Pour into a couple of small 4 ounce glass jars (you can try the smaller 2 ounce jars too)
4. Use in place of the store bought lotion. Best if used within 6 months to avoid mold issues

Coconut Soda Facial Scrub

- Baking soda (aluminum free)
- Coconut Oil

This is a versatile scrub to make and can be easily adjusted for sensitive skin use a 2:1 ratio coconut oil to baking soda and for exfoliation use 1:1 ratio. I place 3 teaspoons of baking soda and coconut oil in a small 2 ounce jar and mix it and apply it on my face and leave it for 5 minutes. Rinse off with warm water while moving your fingers in a circular motion.

Coconut oil has antibacterial properties while the baking soda regulates our skin pH and combined they leave your skin refreshing, glowing and silky smooth.

Natural Whitening Toothpaste

- 1/3 cup baking soda
- 1/3 cup hydrogen peroxide
- 6 drops of therapeutic peppermint essential oil or citrus (optional)

Mix all ingredients together and store in a small glass jar. Use a small spoon or Popsicle stick to scoop out a small amount onto your tooth brush. There are antiviral, antiseptic and antibacterial properties in this wonderful toothpaste.

Do this no more than 3 times a week.

Restorative Sleep Strategies



Ever wonder where the term “beauty sleep” comes from? Sleep is probably the closest thing to the fountain of youth. It’s also the key time for burning fat and balancing hormones. The body is repairing itself. So if you could imagine little workers fixing the damage to the internal roads and highways in your body after the exhaustive travel done on them in a day’s work that is what is going on internally.

Some helpful beauty sleep strategies:

- Get to bed between 8:30pm and 10:00pm
- Get 7-8 hours sleep
- Diffuse lavender for peaceful sleep
- Turn off all electronics 60-90 minutes before bed
- Remove all electronics including television and clocks from your bedroom
- Create a peaceful environment in your bedroom
- The bedroom is for the 2 S’s only SLEEP & SEX
- Soak in an Epsom salt bath with a few drops of Lavender oil

Fat Loss & Anti-aging Exercise Strategies



The most important component in staying young, slender and vital is proper nutrition followed by the proper exercise program. Exercise can keep you looking youthful and improve the excretion of toxins in your body that can contribute to oxidation AKA aging. The number one mistake I see in the gym is the people who spend 30-60 minutes on the treadmill, bike or elliptical trainer and avoid weight training, flexibility and stretching. Performing more than 20 minutes of cardio without elevating your heart rate will age you faster and you will hold on to fat instead of burn fat. It's a waste of time. Three 20 minute interval training cardio sessions a week, with three 20 minute weight training workouts along with 2 days of stretching and flexibility workouts like yoga and pilates will accelerate the fat loss process, keeping younger and even making you smarter by stimulating BDNF (brain derived neurotrophic factor) which is like fertilizer for the brain to keep you sharp and engaged.

Here is an example of the most effective cardio workout you can do on a bike or elliptical trainer.

- Warm up for 5 minutes
- Non stop intervals for 8-10 minutes that are 20 second as fast you can pedal followed by 10 seconds of recovery which means a very slow pedal, followed by 20 seconds as fast as you can pedal followed by 10 seconds of recovery
- Cool down for 5 minutes

You should be feeling your legs burning by this time and ready for the spa.



Weight training helps with bone density and posture. The best exercises are compound exercises that can be done on machines or free weights with the help of a trainer. I would recommend investing in a trainer for at least 1 month to master your form and get familiar with the various exercises. You want to focus on the larger body parts.

- Chest
- Back
- Legs
- Shoulders

Yoga is one of the best practices to focus on breathing, flexibility and balance. One hour 2 - 3 times a week goes a long way. Many gyms have yoga classes however to fully get the most out of your yoga practice I have found that yoga studios are the best choices. There are many videos on line that are free and for the more committed and discipline individual this may enough.

If you are new to yoga, a studio will be the best choice as you learn the poses and have an instructor to guide you along as you develop your practice.

3 Day Beauty Detox Cleanse



If you need to cleanse your body from sugar, lose weight and boost your health you won't be disappointed with this 3 day cleanse. Remember to have your morning lemon water, mid-day cranberry cocktail and evening turmeric tea.

Day #1

Morning Lemon Water-drink immediately upon waking

- Juice of ½ lemon in 8 ounces of filtered water

BREAKFAST

Slimming Gut Healing Cranberry Smoothie

- 1 cup unsweetened cranberry juice
- 1 cup frozen organic blueberries
- ½ coconut milk
- ½ coconut water
- ¼ cup aloe vera gel
- ¼ cup coconut cream
- 2 Tbsp. Great Lake Collagen Powder
- 1 Tbsp. MCT oil

Place all ingredients in a high speed blender (like a vitamix) and blend until smooth. Enjoy!

Lunchtime Cranberry Cocktail - drink before lunch

- 8 ounces of filtered water
- 2 ounces of organic unsweetened cranberry juice
- 1-2 tablespoons of Bragg's apple cider vinegar
- Juice of ½ lemon

Mix all ingredients and drink.

LUNCH

Cucumber Detox Smoothie

A super hydrating smoothie that will flush away excess toxins, anti inflammatory, loaded with enzymes and boost clear skin.

- ¼ organic cucumber
- 1 stalk of celery
- 1 cup of frozen pineapple
- 1 handful of Cilantro
- 1 handful of Parsley
- 1 inch of ginger
- ½ lemon peeled
- 1-2 cups of Bai Antioxidant Cocofusion - Andes Coconut Lime

Place all ingredients in a blender and blend until smooth.

DINNER

Green Detox for Beautiful Glowing Skin & Weight loss

- 2 handful of organic spinach
- 2-3 kale leaves without stems
- 1 handful of parsley
- 1 whole cucumber
- 1 cup frozen organic berries
- ½ to 1 cup frozen unsweetened pineapple chunks
- Juice of 1 lemon
- 1 tablespoon MCT oil (available most health foods stores or Amazon)
- 12-16 ounces Bai Antioxidant Cocofusion (available at Target, Safeway, Smiths and most grocery stores)

Place all ingredients in a blender. Don't worry if you don't drink it all, it's filling.

Evening Turmeric Tea-has anti-inflammatory and anti-oxidant properties

Makes a large pitcher - store for days 2 & 3

- 6 cups of water
- 1 large chunk of ginger (3 inches or more)
- 3-4 cinnamon sticks
- 1 teaspoon ground turmeric
- 6 fresh lemon juiced
- Raw honey

Peel and grate ginger over a large saucepan or pot with water. Bring to a boil then turn to low heat and simmer for approximately 10-12 minutes.

After 10-12 minutes, add cinnamon sticks and turmeric and simmer on low heat for another 10 minutes and stir occasionally. Remove from heat, allow to cool and strain. Add fresh squeezed lemon juice. Sweeten with raw honey and serve hot.

***There must be a 12 hour period with no food from dinner to breakfast*

BEFORE EACH SHOWER

Before each shower use a dry skin brush and work your way up toward the top of the body near the neck. Apply upward long strokes on the legs and arms, circular strokes on the torso and back. Repeat and do this for 10 minutes.

Day #2

Morning Lemon Water-drink immediately upon waking

BREAKFAST

Cucumber Pear Smoothie

- 1 cup unsweetened coconut milk
- 1 cup organic spinach
- 1 cored organic Bartlett pear
- ½ organic large cucumber
- 1 tablespoon of unsweetened shredded coconut
- 1 cup ice

Place all ingredients in a blender and pour in a glass.

Lunchtime Cranberry Cocktail - drink before lunch

- 8 ounces of filtered water
- 2 ounces of organic unsweetened cranberry juice
- 1-2 tablespoons of Bragg's apple cider vinegar
- Juice of ½ lemon

Mix all ingredients and drink.

Apple Cider Detox Smoothie

- 1 green apple
- 2 tablespoons of Braggs apple cider vinegar
- 2 cups of spinach
- ½ cucumber
- 2 slices of lemon
- 1 tablespoon of flaxseed or 1 tablespoon of chia seeds
- 2 cups of water or 1 cup coconut water and 1 cup water

Mix ingredients in blender and enjoy.

DINNER

Goddess Green Detox Smoothie

- 1-2 large apples (*try to only use 1 to keep the sugar content low*)
- 1 cup of kale
- 1 cup of spinach
- 2 stalks of celery
- 1/3 cup freshly squeezed lemon juice
- ¾ cup filtered water
- ¼ teaspoon cayenne pepper

1. Remove the core from your apples. Even if you normally don't like the skin, keep it on because once it is blended you won't even notice the texture.
2. Cut your apple, kale, spinach and celery into small chunks and toss in the blender. Add your remaining ingredients to the blender as well.
3. Blend on high until all of your ingredients are fully pulverized, like a smoothie.
4. If pulp isn't your thing, strain the contents of your blender over a cup then enjoy!

This vitamin-rich beverage is great for rejuvenating your skin after the holiday season. If you suffer from sun damage or wrinkle-prone skin, the ingredients in this shake can help repair and prevent damage.

Evening Turmeric Tea - has anti-inflammatory and anti-oxidant properties

Day #3

Same as Day #1

The day after the detox cleanse eat only vegetables soups, salads and smoothies as you transition into your new healthier eating plan.



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