



Natural products for healthy living

The Sexy 6 Food Options for Healthier Skin!

What you eat and drink can magnify or decrease the appearance of wrinkles on your face.

For natural wrinkle reduction, add these yummy pro-recommended options to your diet:

Lemon Water

Everyone knows that high water intake is key overall health and wellness, but adding fresh lemon juice to your bottle helps detox your liver. That means a faster and more fluid burning metabolism, which translates into clearer and brighter skin.

Omega 3

Try salmon, flax seeds and chia powder. They have natural anti-inflammatory properties that make your skin glow. While flax seeds need to be ground for your body to absorb the nutrients, chia does not. Both flax and chia are great add-ins to smoothies, puddings and porridges for a nutty flavor.

Healthy Fats

Good fats like those found in avocado, nuts, olive oil, and almond butter help transport vitamins throughout your body. Healthy fats keep your skin hydrated, and they prevent dry skin from exacerbating crow's feet and wrinkles.

Vitamins A and C

Both vitamins are rich antioxidants, which means they fight the environmental aggressors that cause skin to age and wrinkle in the first place. Vitamin C is great for collagen production, and strawberries are loaded with it. Vitamin A also helps skin repair and renew itself -- you can find it in leafy green veggies like spinach and orange-colored fruits like melons.

Green Tea

The antioxidant-filled leaves of green tea have natural photo-protective properties, which means it strengthens your skin's defense against the harmful, aging rays of the sun. Look for organic versions -- which are nowadays very reasonably priced -- for optimal potency.

Dark Chocolate

Contrary to popular belief, cocoa isn't the culprit behind candy bar-induced breakouts; it's the sugar, milk and other junky fillers that are the real complexion irritants. Pure, organic dark chocolate in a high percentage bar is actually good for your skin in small portions -- the antioxidants help protect cells from the process of aging.

To keep skin healthy, protected and younger looking get skincare products loaded with the healthiest, most effective natural antioxidants at www.ibodyscience.com