

10 WAYS TO IMPROVE YOUR

Hair, Skin, & Nails

1. Adopt an anti-inflammatory diet.
2. Consume antioxidants regularly.
3. Choose healthy fats and nutrient-dense foods.
4. Support your gut.
5. Drink sufficient water daily.
6. Support your detoxification pathways.
7. Monitor your exposure to harmful UV rays.
8. Mitigate stress levels.
9. Choose non-toxic products.
10. Implement quality supplements.

10 WAYS TO IMPROVE YOUR *Hair, Skin, & Nails*

1. Adopt an anti-inflammatory diet.

- peaches
- oranges
- kale
- sweet potatoes
- flaxseeds
- salmon
- pineapple
- apples
- spinach
- tomatoes
- beans
- eggs
- mangos
- pumpkin
- zucchini
- garlic
- chickpeas
- herbs
- berries
- broccoli
- squash
- chia seeds
- turkey
- avocado oil

Anti-Inflammatory Morning Smoothie

- 1/4 cup pineapple
- 1/4 cup mango
- 1/4 cup mixed berries
- 1 handful spinach
- 1/4 medium avocado
- 1 tsp chia seeds

Pour almond milk or water over ingredients until covered and blend on high.



2. Consume antioxidants regularly.

- goji berries
- blueberries
- pecans
- dark chocolate
- artichokes
- elderberries
- kidney beans
- cranberries
- cilantro
- clove
- cinnamon
- oregano
- turmeric
- dried parsley
- basil
- ginger
- thyme
- **NingXia Red**

Antioxidant Summer Salad



- 1/2 cup spinach
- 1/2 cup arugula
- 1/2 grilled chicken breast
- 1/2 pear, sliced
- 1/4 cup dried cranberries
- 1 TBSP crushed pecans
- Crumbled goat cheese

Add all ingredients to a bowl, drizzle with balsamic vinegar and extra virgin olive oil, and top off with a dash of dried oregano, salt, and pepper. Toss together and enjoy!

TRY IT...
1-2 oz .over ice with sparkling water!



3. Choose healthy fats and nutrient-dense foods.

- avocados
- raw or organic grass-fed butter
- wild-caught salmon
- anchovies
- coconut oil
- extra virgin olive oil
- spinach
- kale
- collards
- **OmegaGize³**
- **MultiGreens**

MultiGreens:
energizing greens
& essential oils



OmegaGize³:
omega-3 fatty acids,
vitamin D3, CoQ10,
& essential oils

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4. Support your gut.

Choose foods rich in probiotics to help support a healthy level of good bacteria in the gut.



- kefir
- sauerkraut
- kombucha
- kimchi
- miso
- raw milk
- brine-cured olives
- **Life 9**



What is LIFE 9?

A highly potent probiotic with 17 billion live cultures from nine beneficial bacteria strains to support healthy immune function, maintain optimal metabolism, and promote normal intestinal function.

5. Drink sufficient water daily.

Strive to drink half your body weight in ounces per day.

Ex: 140 lbs = 70 ounces of water per day



Add a citrus **Vitality oil** of your choice to boost the flavor and add some antioxidants!

6. Support your detoxification pathways.

JuvaPower:
combines the benefits of spinach, rice, beets and essential oils like fennel and anise



Your liver and kidney are two of your body's major detoxifying organs. Young Living's **JuvaPower** supports healthy liver function and **K&B tincture** supports normal kidney and bladder function.



K&B:
juniper berries, parsley, uva ursi, and premium essential oils

7. Monitor your exposure to harmful UV rays.

Overexposure to UV rays can cause skin to age prematurely and even cause damage to hair and nails. It can also increase your risk for skin cancer. Consider using Young Living's **Mineral Sunscreen**, which is free of harsh chemicals and made with zinc oxide.



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8. Mitigate stress levels.

Stress can trigger inflammation and accelerate the aging process. Find ways to incorporate rest and relaxation into your schedule, allowing your body to get the proper sleep it needs.

Calming Essential Oils

- Stress Away
- Peace & Calming
- Frankincense
- Northern Lights Black Spruce



9. Choose non-toxic products.

To reduce the amount of toxins your body is exposed to, consider using clean products from Young Living. Their products will never contain the following:

- formaldehyde
- artificial dyes
- petroleum
- mineral oil
- sulfates
- parabens

Young Living has an entire line of personal care products like lotions, soaps, dental care, hair care, makeup, and more!



10. Implement quality supplements.

Young Living's supplements are all backed by their Seed to Seal quality commitment and infused with premium essential oils to increase their bioavailability in the body. Choose some great skin-loving supplements like these to add to your routine.

- Sulfurzyme
- Mineral Essence
- Super C
- Super B
- Agilease
- Golden Turmeric
- Thyromin
- Balance Complete

