

BEYOND SKIN DEEP

SENSATIONAL IMAGE FOR LIFE

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Since ancient Greek times, being physically beautiful means being in harmony with self and with the universe. In order to achieve physical and emotional well-being you need to feel good about the way you look. But how do you achieve this?

Lustrous hair, supple skin, clear eyes and a fit body all contribute to harmony with the universe. They come from inner cleanliness as well as proper thoughts, emotions, nourishment and exercise.

Nourishing the body from the inside out is the key to a healthy, radiant and glowing skin.

Eating organic, fresh living plant food, such as fruits and vegetables, nuts and seeds, sea vegetables, freshly made juices and high quality oils, is essential for experiencing lightness of being, joy, love and bliss.

Certain foods can make you beautiful, and some foods can cause inflammation in your body and skin.



BEAUTIFYING FOODS

1. COLOUR ME BEAUTIFUL:

- Colour your plate with arugula, watercress, broccoli, cabbage, brussels sprouts, red and black radishes, garlic, kale, onions, cucumbers, coconuts, figs, olives, papayas, bee pollen, goji berries, and raw cacao. These foods are packed with vitamin C, E, K, A, B complex, Beta carotene, Zinc, Selenium, Sulfur and Silicon. They also contain Phytonutrients (“Phyto” comes from Greek “phyton”), meaning plant. They give plants their color and flavour, strengthen digestion, detoxify your body, preserve your beauty, but most of all they are anti-inflammatory and have the greatest preventive effects against free radicals and inflammation.
- There are two very important minerals for your skin and body: sulphur and silica.
- Sulphur is the mineral that will make the complexion radiant. It is found in oceans and certain amino acids. Sulfur is good for collagen, a protein found in connective tissue of bones, teeth, hair, nails and skin. Take adequate amounts of sulphur every day: it will create a beautiful complexion, mineralized hair and glowing skin.
- Silicon is also a mineral found in connective tissue, hair, blood vessels, skin, nails and hair. Silicon increases the thickness and strength of the skin, smoothes wrinkles, and prevents premature aging.
- Eating sugar, pasta, deep fried foods, dairy products, meat, margarine, refined oils and shortening on a daily basis will cause a rapid raise in blood sugar levels. When food is rapidly converted to sugar in the bloodstream, the sugar attaches to collagen present in the skin

and other parts of the body, causing inflammation. Inflammation produces special enzymes that break down a collagen, resulting in wrinkles and scars. Removing inflammatory foods is crucial for a healthy body and wrinkle-free face.

2. FATS THAT HEAL

- Eating the right amount of good fats and replacing toxic fats with healthy ones will give you smoother, moist and glowing skin.
- Avocado, olives, olive oil, hempseed oil, macadamia nuts, borage oil and coconut

oil, are all good plant fats and oils that give you supple, youthful skin and appearance. These fats are anti-inflammatory, strengthen cell membranes and lubricate the joints and intestines.

- Use oils that are certified organic, cold pressed and stored in dark bottles in the fridge. Oils spoil fast when exposed to warm temperatures.
- Many oils are damaged when cooked at high temperature. The best oil to cook on high temperature is coconut oil. Coconut oil is also the most beautifying oil of all.

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continued from page 57



CLEANSE TO THE RESCUE

1. FOOD FOR DETOX

Foods are your first line of defence against the negative effects of lifestyle, stress, pollution, chemicals and disease. Eating natural, alive, raw, food will provide a slow and gentle detoxification of the body. It is an ongoing process and it can be easily integrated into your lifestyle.

- Homemade fresh juices, fresh fruits and vegetables, nuts and seeds, sprouts, sea vegetables will rejuvenate your tissues and cells.
- Your skin will respond to these raw food choices very fast. Skin blemishes will disappear, the whites of the eyes will become whiter and your skin texture will appear smoother and softer.
- This food will nourish and cleanse your body, mind and soul. Detoxification of the body and the mind will transform you.

2. WATER FOR DETOX

Proper hydration keeps your skin juicy and beautiful. Water is important to flush wastes and toxins from the body. Recommended is approximately ten glasses of reverse osmosis water every day.

3. DE-STRESS YOUR MIND

Stress can wreak havoc on your body, making you more prone to infections, colds, and disease. Stress will make you depressed, tired, de-energized, and inhibits the body from eliminating toxins.

- Meditate every day to clear negative thoughts, anger, fear, and tension.
- Complementary therapies such as massage, reflexology, aromatherapy,

and acupressure stimulate the lymphatic and circulation systems, helping to eliminate toxins.

- Epsom salt baths, saunas, or hot and cold hydrotherapy can make a critical difference.

4. DRY SKIN BRUSHING

Dry-brushing with a natural bristle brush increases circulation, removes dead skin cells and stimulates the skin. Dry-brush your skin every morning and evening before bathing for 5 minutes. Brush up and down your body and limbs in long strokes or a circular motion. Avoid tender areas and avoid moles and birth marks. Your skin will become smooth and glowing if you keep it up.

PERFECT YOUR BODY AND SKIN WITH EXERCISE

Exercise increases circulation, which causes the skin cells to be better nourished. Perspiration is increased, which helps rid the body of toxins and keeps your skin well-moisturized. Exercise will also help take in more oxygen which will produce new cells in your body.

Live in the present; enjoy every precious moment of life, and be creative and inspired every day to achieve the best possible health, beauty, joy and charisma.