

GREAT SKIN STARTS BELOW THE SURFACE



This gorgeous lady, I am proud to say is my beautiful wife Laura. Her skin is amazing and she looks significantly younger than her actual age which for obvious reasons, most significantly being my own health and longevity, I will not disclose!

Would you like to look younger? Dumb question? More importantly would you like some secrets to enhance your skin quality and ensure that you not only look younger but live longer? Another dumb question! The most important thing you need to understand about great skin is that it has a lot less to do with what you put on your face, but much more about what you put in your body.

Great skin starts from within

Have you ever heard the analogy of a house that without the proper foundation will not stand up very long, no matter how well it is built. The same applies for your skin – unless you develop a strong nutritional foundation, you will have a frustrating time trying to keep your skin looking as amazing as Laura's does. I know girls will be very interested in this article, but I want to just remind the men out there (who are just as interested in how they look) that you have skin also!

I am going to give you six simple nutritional tips for amazing skin and then pass on Laura's three top tips for choosing the best skincare products. I hope that sounds okay to you.

Six nutritional Steps to unlocking your skins beauty potential

1. ***Swap refined carbohydrates with whole grains*** – they contain anti-ageing antioxidants and promote healthy looking skin
2. ***Increase consumption of omega 3 fats*** – reduce refined fats from processed, convenience and take away foods and include more deep sea fish, leafy greens, raw flaxseed & soybean oils and a quality omega 3 supplement to help prevent dry, flaky skin.
3. ***Increase consumption of citrus fruits*** – the vitamin c helps in the formation of collagen to keep the skin firm
4. ***Eat lots of whole fresh fruits and vegetables*** – plant based foods contain silica to help maintain the skin's elasticity and improve complexion.
5. ***keep up the fluids*** – that is purified water! This type of water keeps your skin hydrated and flushes out toxins. At least 6-8 glasses per day will promote healthy and glowing skin.
6. ***Focus on antioxidants foods*** – these are anti-aging and will keep your skin looking incredible. Great sources of antioxidants include:
 - a. Beans, wholegrains, fruits and vegetables
 - b. Fruits with bright colours

- c. Corn – contains lutein in the yellow pigments
- d. Orange foods – rockmelon, butternut squash and mango
- e. Red foods – contain lycopene in tomato and watermelon
- f. Purple and blue foods – berries
- g. A quality organically grown and plant based vitamin and mineral supplement

I hope that sounds simple enough. It doesn't mean that you have to rush out and do everything right now. But which one of the above steps could you focus on for the next 30 days to create a new habit? Then pick another for the next 30 days. In six months can you imagine how amazing you will look and feel if you can take all six steps on board?

Laura's three tips for choosing the right skincare products

1. **Choose high quality skincare** – it may be a slightly larger investment today, but the long term benefits to your skin will be so worth it. Avoid the cheap alternatives – you get what you pay for. Is your skin worth it?
2. **Choose the products with low perfume** – this means they have low alcohol content and will be far better for your skin long term. High perfume products will dry out the skin over the long term
3. **Make sure the product contain antioxidants** – I am sure you now know why antioxidants are crucial for fabulous looking skin, so if your skin care products also contains antioxidants then even better, the most common is vitamin C.

There it is in a nutshell; the secrets to looking and feeling younger and to having soft, smooth and beautiful skin for many years to come. It doesn't require a lot of effort. It doesn't cost a fortune. It just requires some simple decisions that will not only keep your skin looking younger, but increase the quality and longevity of your life.

QUIZ

Guess the **correct ages** of the following people who take very good care of their health and their skin, **email them** to me at andrew@andrewjobling.com.au and **receive a free copy** of my book *'Eat Chocolate, Drink Alcohol and be Lean & Healthy'*

A



B



C

