



Natural Tips for Clear Skin

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Skin 101

Do you want **clear radiant skin**? Of course you do!

Everyone desires blemish-free-clear-glowing-skin! The key to attaining youthful skin is to pay attention to the needs of your skin internally and externally.

Your skin is the largest organ. The health and beauty of your skin is a reflection of your lifestyle; How you eat, what you eat, what you don't eat and the amount of toxins and sunshine you are exposed to will directly impact the condition of your skin. Toxins in your body will try and exit through the skin, when your body's toxic load is too high and cannot be handled by the other eliminatory organs such as the liver, colon and kidneys.

Your skin's health is also dependent on the skin care regimen you take as a daily ritual. Proper washing, toning, and moisturizing for your skin type is key.

Here are some easy, economical **SKIN SECRETS** to give you a jump start to clear skin!

Shhh! Skin Insider Tricks

- ◆ Before applying a **clay mask** to extract impurities, do a **facial steam** or take a hot bath to open up your pores. You will gain more benefit from your mask and your face will look even clearer.
- ◆ If you have oily hair, **wear a cloth hair band** before bed to prevent breakouts at your hairline.
- ◆ **Change your pillow case** 2x weekly. This stops oil & bacteria from causing breakouts.
- ◆ **Clean your makeup brushes** 2x weekly before use.

Skin Tips in a Pinch!

- ◆ Have a breakout & need a quick remedy? **Dab a little white toothpaste** such as Colgate onto your pimples before bed to help dry them out .
- ◆ **Apply Olive Oil** under your eyes and when you are out of your under eye creme. Pssst: Also works great as cuticle repair for your fingers & toes.
- ◆ Out of toner & you have oily skin? Use **lemon juice** mixed with a little water on an organic cotton pad to remove dirt, & excess oil. Only do this 3x week max.

Skin tools in your Kitchen

- ◆ **Honey:** For oily skin, use honey on your entire face as a mask for a clear complexion. Leave on 20 minutes. It has anti-bacterial properties. For spot treatment: dab it on your pimples before bed. See them smaller the next day.
- ◆ **Eggs:** Mix egg whites in a bowl and apply to your entire face. Your face will be clearer minus excess oil. Egg yolks can be applied to unclog the pores. Leave on 15-20 min.

What to Feed Your Skin

- ◆ **Bitter Foods:** These are #1 cleansing foods to add to your diet everyday. Choose from Daikon Radish, Dandelion, Radicchio and Endives.
- ◆ **Bright Greens:** Romaine lettuce, Kale, Chard, Spinach & Collards are the best to cleanse the blood & boost collagen.
- ◆ **Fiber:** Proper elimination of toxins is key for clear skin. Add apples with skin, vegetables & flax seeds.

Poison Foods for the Skin

Get **RID** of these from your diet if you want radiant skin:

- ◆ Fried Foods
- ◆ Soda & Diet Soda
- ◆ Dairy Products
- ◆ Refined Flour
- ◆ Alcohol
- ◆ Processed Sugar & Food

Skin Protection

- ◆ Always wear a **natural sunscreen** rain or shine.
- ◆ **Don't touch your face** unless you have washed your hands. Bacteria can promote breakouts.
- ◆ **Use a natural moisturizer** with antioxidants and Vitamins A, C & E.
- ◆ **Get adequate sleep & rest.** Sleep deprivation causes dull & luster-less skin.
- ◆ **ALWAYS take your make-up off** before bed no matter how tired you are!

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Dr. Karuna Sabnani is a Natural Medicine & Beauty Expert. Using Ayurvedic Principles & Natural Wisdom Dr. Sabnani speaks to patients & the public about how to get rejuvenation, beauty, health, strong digestion & ease in their hectic lifestyles.

In addition, Dr. Sabnani is health & beauty advisor to IMAN Cosmetics and writes for the Huffington Post. She is also part of Illumé, a holistic image consulting service.

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