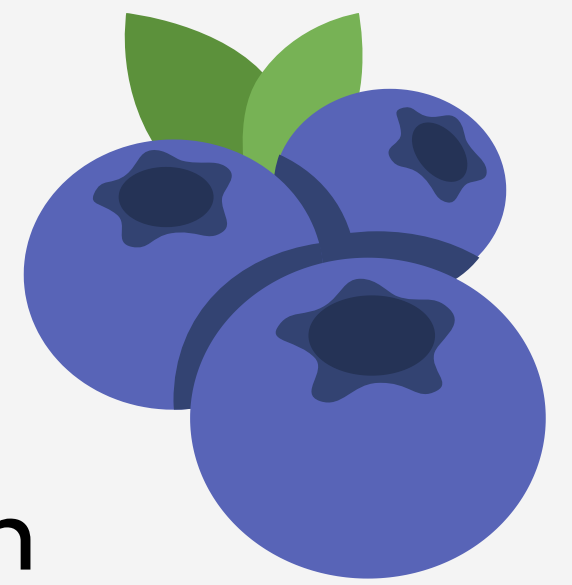




Skin Support



Foods to support skin health

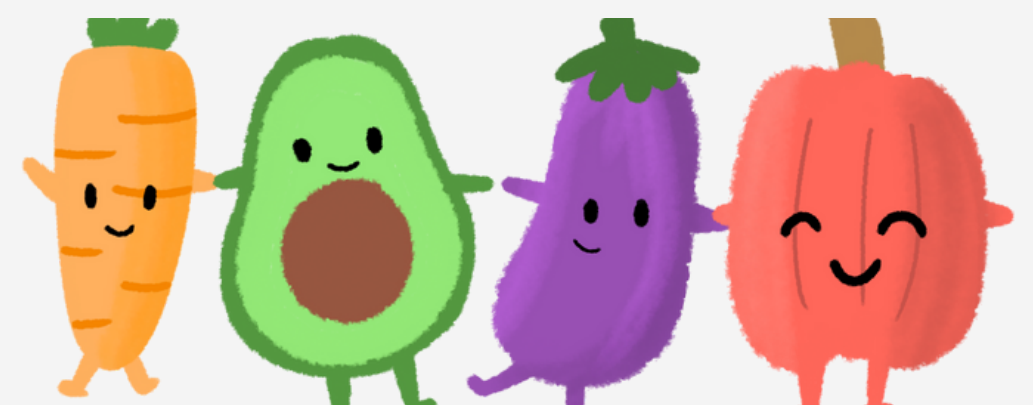
Support Skin Antioxidant Levels

Weekly across your meals aim for:

- 3 x half cups of assorted berries. Add to smoothies, breakfast or eat as a snack. Frozen berries are fine. Any berry type is skin supportive.
- 3 x tablespoons of organic tomato paste; a source of lycopene which boosts antioxidant levels. Add to casseroles, soups and pasta sauces.
- 2 teaspoons of turmeric in cooking (see turmeric recipes below).
- 2-3 onions in cooking (for the quercetin content).

Support sun Damage Repair

- Drink 1-2 cup of green tea daily.



Support the Skin-Gut Axis

- Include Healing Stewed Apple regularly (see recipe below)
- Add in 3-4 serves of resistant starch foods over a week – cooked and cooled root vegetables such as potato, sweet potato, beetroot, parsnip, carrot, Swede and cooked and cooled wild rice e.g. roast vegetable salad or wild rice salad

Support Detoxification

- Consume broccoli, cauliflower and other vegetables from the same family as often as you can. Also include broccolini, cabbage and Brussel Sprout.

Maintain hydration

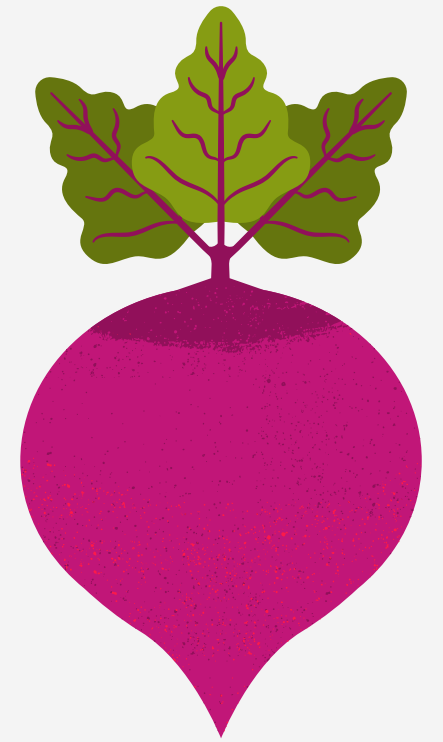
- Drink: at least 6-8 glasses of water, herbal and fruit teas (beware of artificially flavoured or sweetened versions).





Skin Support

Recipes for skin health



Healing Stewed Apple

- 6 cooking apples (Choose Granny Smith, Gala or other cooking apple as desired)
- 1/2 cup water
- 2 tsp. cinnamon

Directions

- Peel and core the apples and chop them into small evenly sized pieces.
- Put all the ingredients in a covered, heavy-bottomed pan and cook for about 15 minutes, stirring regularly. Cook until soft with rough shapes, no longer identifiable as apple slices. The colour should be a russet brown with the cinnamon effect.
- These may be eaten warm, or cold. I suggest making up as many ramekins (sized to hold 1 - 1.5 apple equivalent in each and covered and put in the fridge for easy recovery and to avoid food deviation due to lack of availability and so maintain compliance.
- You can also double or treble the quantities if you want to make a larger batch as this will store in the fridge for up to 10 days.

Turmeric Dressing

This dressing is a great addition to salads for anyone with inflammatory conditions or just to maintain good health. The recipe is as follows:

- 4 cloves garlic (optional)
- ¼ cup + 2 tablespoons extra virgin olive oil OR cold pressed, unrefined avocado oil
- 3 tablespoons lemon juice
- 2 teaspoons raw honey (optional)
- 2 teaspoons powdered turmeric
- ½ teaspoon Dijon mustard
- ⅛ teaspoon black pepper
- ¼ unrefined salt

Method

- Place all ingredients in a mini processor and process until smooth and creamy. Alternatively, crush the garlic into a jar and add all the other ingredients. Shake well. Double or triple quantities can be made and kept in the fridge.

Golden Milk

Serves 1

- 1 cup water
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground ginger
- Splash of almond or soy milk
- Honey or maple syrup, to taste

Method

- In a small saucepan, bring water to boil. Add turmeric and ginger, reduce heat, and simmer for 10 minutes. Stir in milk and strain tea into a cup. Add sweetener to taste.

