



## SKIN HEALTH GOOD FATS

Reduce dehydration, inflammation and support skin moisture with essential fatty acids.

### ESSENTIAL FATTY ACIDS

Essential Fatty Acids (good fats) are vital for skin health. Omega 3, 6 and 9 essential fatty acids will all benefit skin health but the ratios we generally consume them in as part of a Western diet mean we get too many processed Omega 6's and not enough Omega 3.

The Omega 6 oils found in unprocessed foods are supportive of overall health but most Omega 6s we eat are highly processed and found in packaged foods or poor quality cooking oil. These don't have the same health benefits. The aim is to crowd out these sources with essential fats that support skin and overall health.



Further Support & Patient  
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# SKIN HEALTH

## GOOD FATS

### SOURCES OF GOOD FATS

- Whole unprocessed food sources of Omega 6 including nuts, seeds & avocado.
- Omega 9 from olive oil, its great for skin. Please use it as your main cooking and dressing oil.
- Omega 3 (EPA and DHA) supports the moisture holding capacity of your skin cells and has an anti-inflammatory effect. It is excellent for skin health generally. Sources include salmon, sardines, anchovies, herring, mackerel, chia seeds, flax seeds, dark green leafy vegetables and flaxseed or fish oil.

### RECIPE: LEMON DETOX DRINK

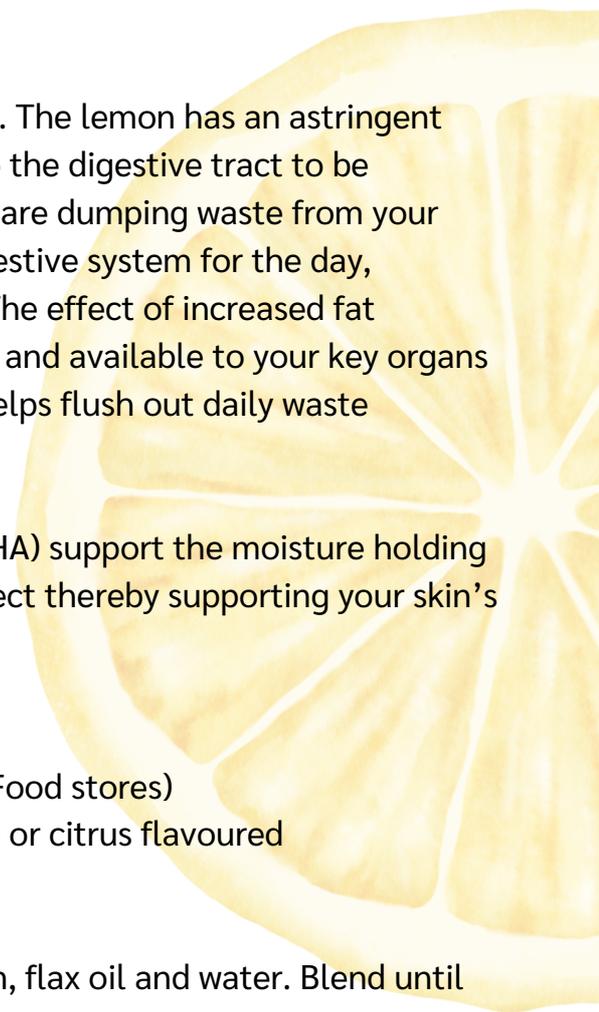
This drink is fantastic for anyone with sensitive, inflamed skin. The lemon has an astringent effect, which means it stimulates the liver to release bile into the digestive tract to be eliminated. The bile contains stored toxins so effectively you are dumping waste from your liver. The lecithin and fish, cod liver or flax oil prime your digestive system for the day, particularly your fat digestion so again supporting the liver. The effect of increased fat digestion means that more essential fatty acids are absorbed and available to your key organs and skin. And of course water is just plain good for you and helps flush out daily waste particularly via your kidneys.

In addition essential fatty acids such as Omega 3 (EPA and DHA) support the moisture holding capacity of your skin cells and have an anti-inflammatory effect thereby supporting your skin's health. The recipe is as follows:

- The juice of 1/2 a lemon, include the rind if organic
- 1 dessertspoon of soy lecithin (available at most Health Food stores)
- 1 dessertspoon of Cod Liver Oil or Liquid Fish Oil – lemon or citrus flavoured
- 200mls of filtered water

Method: squeeze the lemon into the blender. Add the lecithin, flax oil and water. Blend until frothy. Pour and drink.

Directions: For the first two weeks drink daily. Or continue daily until your skin feels more hydrated. Then reduce to 2-3 times a week.



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