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NORDIC NEWS

The Industry Leader in Essential Fatty Acids for Optimum Health & Wellness

Vol. XI Beauty

Loving the Body Beautiful!

Five ways to improve your looks and feel younger

With Lisa Petty, BA, RNCP



Lisa Petty, BA, RNCP is a holistic nutritionist, wellness coach, international speaker, and author who enjoys sharing the simple yet important message that *health equals beauty*.

Lisa shares her unique perspective in workshops, seminars, lectures, through her extensive writing, and as a seasoned veteran on radio and TV. Her book, *Living Beauty: Feel Great, Look Fabulous & Live Well*, is a modern guide to the “whole beauty” truth of how to feel younger at any age by eating well, choosing the best supplements and beauty products, and treating dozens of skin, hair, and nail problems naturally. To learn more about Lisa’s work, see www.livingbeauty.ca.

We’ve asked beauty and nutrition author/writer, Lisa Petty, to give us some fresh, holistic beauty tips on how to support skin health and maintain a youthful glow. This expert makes beauty simple—inside and out!

I. Protect your immune system

Remember the last time you got sick or your allergies were acting up? Dry skin, puffy eyes, and pallor result from the measures your immune system uses to evict the bugs and set the stage for healing. Every day of our lives, our bodies work against time, genetics, pesticides/fertilizers, pollution, dietary choices, and every single germ, virus, or parasite that crosses our path. And your skin tells it all! Keeping your immune system in peak condition can be one of the biggest keys to healthy skin and hair.

Research shows that essential fatty acids are important for maintaining optimal cell health and supporting beautiful, radiant skin, hair, and nails.

Lisa's Beauty Rx:

- ▶ **Choose organic** vegetables, grains, and meats
- ▶ **Get your beauty sleep** every night
- ▶ **Take a high quality fish oil supplement** to reduce inflammation and keep the skin hydrated
- ▶ Give your body the **right mix of activity and rest**
- ▶ Try these **supplements**: Vitamins A, B complex, C, D, E, beta-carotene, calcium, magnesium, selenium, zinc, and borage oil
- ▶ **Eat lots of berries**, especially blueberries —they contain antioxidants and boost collagen

II. Improve your digestion to get the most from your food

Problems with your digestion mean that you are not getting full value from your food. Buildups, backups, inflammation, irritation, lost organs like the gall bladder or appendix, lack of enzymes, and lack of stomach acid all contribute to a sluggish system.

Lisa's Beauty Rx:

- ▶ Add adequate fresh, raw, **enzyme-filled fruits and vegetables** to your diet. Apples and carrots are two great foods that are often overlooked.
- ▶ **Avoid refined foods**
- ▶ **Give up (yes, give up!) the energy robbers**: coffee, sugar, and alcohol

- ▶ **Take a high quality fish oil supplement**—essential fatty acids help us assimilate food and lessen absorption problems
- ▶ Probiotics **keep your intestinal flora happy**—try yogurt, kefir, or a high quality supplement
- ▶ Consult a nutritionist about a **cleanse**, and seek medical advice if digestion symptoms are a regular occurrence

III. Mind your hormones

Hormones are messengers in our bodies, telling our cells what to do, when to do it, and how quickly. Hormones control metabolism, blood pressure, bone formation, levels of sugar and salt in the blood, development and growth, sexual functions, and reproduction. When hormones are out of balance due to poor diet, excessive stress, or a body that is overburdened with toxins, visible symptoms start to appear. Hormones have a LOT to do with beauty!

Lisa's Beauty Rx:

- ▶ **Support your adrenals** with adaptogenic plants such as Siberian Ginseng, Garlic, and Ashwagandha
- ▶ Evening primrose oil is an excellent source of omega-6 fatty acids that can naturally help **balance a woman's hormones**. Sometimes an estrogen imbalance can be responsible for weight gain, acne, hair loss, increased facial hair, and accelerated aging.
- ▶ Try **boosting mood** with fish oil and St. John's Wort
- ▶ **Avoid non-organic dairy** and meat products

IV. Waste management

Did you know that more than a pound of waste exits our bodies through the skin every day? If our skin is clogged with debris, impurities remain in the body, causing our other cleansing organs to work harder.

Lisa's Beauty Rx:

- ▶ **Enjoy skin brushing.** Use a long handle, natural-bristle brush and spend 5 minutes brushing your skin towards your heart with long, firm strokes prior to entering the shower in the morning.
- ▶ Drink more **"pure" water** than what you are drinking now. Make sure there is no chlorine in the water.
- ▶ **Exfoliate** with mud or a very pure body mask product
- ▶ **Supplement with omega-3s.** These essential fatty acids protect every cell in the body by allowing nutrients in and waste out. They are "essential" for proper cell health and cannot be manufactured by the body.
- ▶ **Visit the sauna,** hot springs, or a steam bath regularly for a good toxin-releasing sweat

PRODUCT SPOTLIGHT

Get Your Daily Dose of Beauty from the Inside Out!



Fish oil, borage oil, and evening primrose oil are great supplements to nourish your skin.

Want to see the research? Check out www.omega-research.com and search "skin."

V. Live whole beauty

—because health equals beauty

While our pursuit of beauty through health is far from superficial, our approach to the quest for health is sometimes shallow. Using the whole beauty approach, you can have the external expressions of beauty that you want. You can enjoy strong, healthy hair, even stalling the appearance of gray, have beautiful fingernails that don't split or crack, sport "sandal-worthy" feet, find your waistline, and keep that youthful twinkle in your eye.

Lisa's Beauty Rx:

- ▶ There is no magic bullet. **Value yourself** and change will be easy.
- ▶ Make a few **"lasting"** changes at a time
- ▶ Rather than bemoaning a lack of willpower, **focus on learning information** that will give you the power to make different choices
- ▶ Learn to **meditate** and keep up with yoga postures
- ▶ Ask for help from people who can and want to help

Minding Your 3s and 6s

Healthy Omega-3 Fats

ALA – alpha-linolenic acid

EPA – eicosapentaenoic acid

DHA – docosahexaenoic acid

Beneficial Omega-6 Fats

GLA – gamma-linolenic acid

LA – linoleic acid

Omega-6 fats harmful in excess