

Free study guide 

Your skin is

glowing

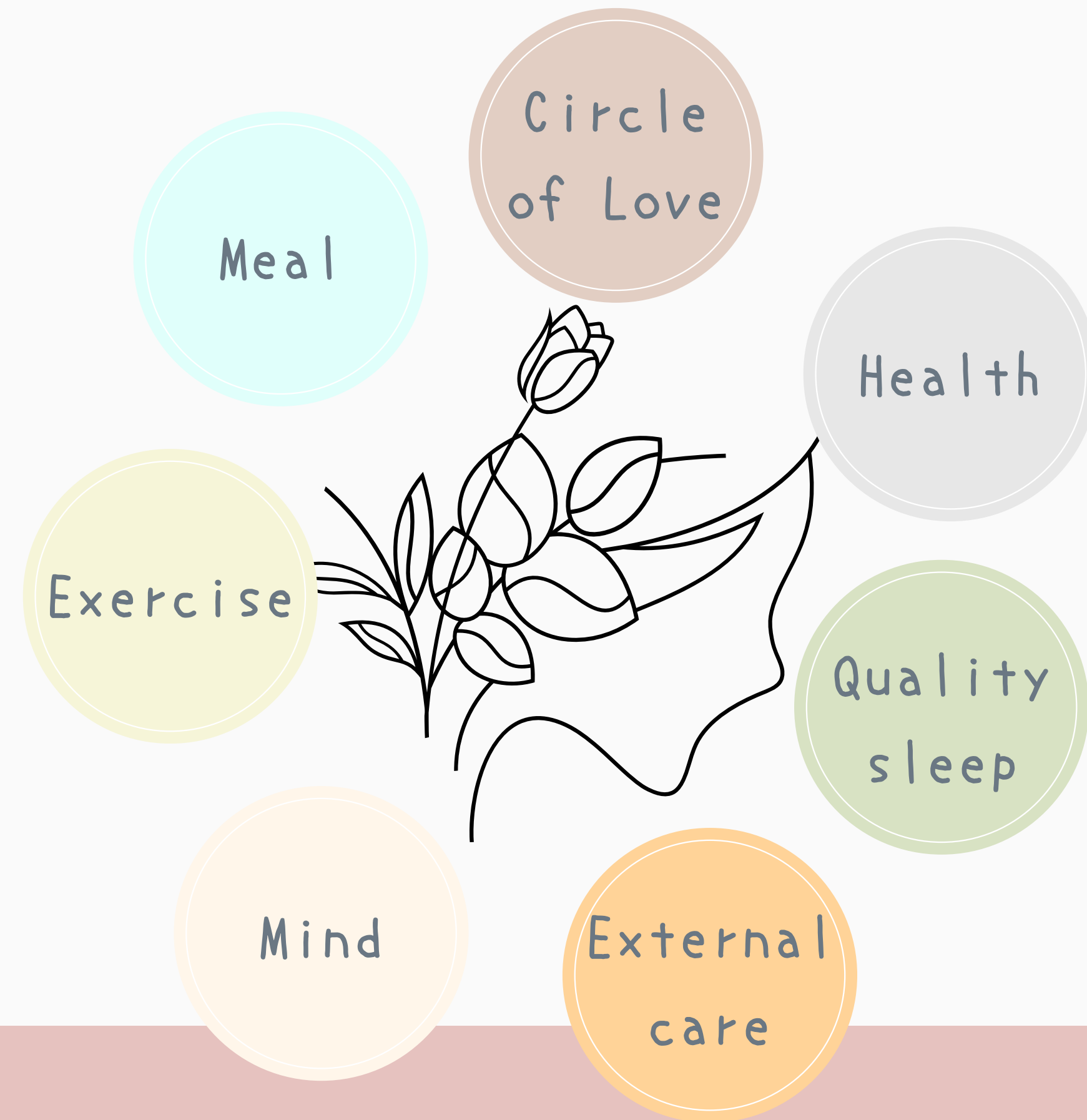


free
version

The truth is...

this is how beauty is created.


Anyone can easily create beauty. Here, 'beauty' holds a different meaning than external appearance. By incorporating beauty in a holistic way, your whole life will begin to flourish. A holistic program will be available in the future, so please look forward to it.



I'M SURE YOU'VE MET SOMEONE WHO IS NOT JUST 'PRETTY,' BUT A 'BEAUTIFUL PERSON.' YOU MIGHT NOT KNOW EXACTLY WHAT THE DIFFERENCE IS, BUT THAT 'BEAUTIFUL' PERSON IS NOW ONE OF YOU, STARTING TODAY. :)

In the free version, we provide information about meals.

The relationship between food and skin



Healthy, glowing skin comes
from a different way of eating.

THE FOUNDATION OF BEAUTIFUL SKIN

Antioxidant power of food

Improve the cause of dark spots, wrinkles, and sagging, which is singlet oxygen, through your daily nutrition.

Supporting natural turnover

Focus on metabolism: basal, lipid, carbohydrate, bone, drug, energy, and epidermal.

Healthy Gut

A healthy gut is key to healthy skin, but overdoing it with incorrect methods or misinformation is to be avoided.

The epidermis is 0.2mm, and the dermis is 2mm thick. To create smooth, refined skin, an internal approach is essential. Let's take advantage of the power of daily nutrition, effortlessly and without strain.

Antioxidant power of food



Oxidation is a major cause of aging. Excessive free radicals in the body can lead to diseases and contribute to the formation of dark spots, wrinkles, and sagging. Singlet oxygen, a type of reactive oxygen species caused by UV rays, is especially linked to skin damage. While you can protect your skin externally with creams to block UV rays, it's also important to address this from within for overall health.

But . . .

Free radicals can be neutralized by the nutrients in food.



Antioxidant power of food

Incorporating antioxidant-rich foods into your daily diet in a simple and consistent way is an easy method to maintain. The following nutrients help reduce excessive free radicals in the body.

Antioxidant Vitamins: C, E, B vitamins (B2, Niacin, B6)

Antioxidant Minerals: Selenium, Copper, Zinc, Manganese

Phytochemicals: Carotenoids, Polyphenols, Glucosinolates, Anthocyanins, Isoflavones

Antioxidant power of food

Vitamin C

Citrus fruits, Strawberries, Kiwi, Bell peppers, Broccoli, Potatoes, Bell peppers, Bitter melon.

Vitamin E

Almonds, Hazelnuts, Sunflower seeds, Vegetable oil, Avocado, Spinach.

Vitamin B2

Milk, Yogurt, Eggs, Liver, Spinach, Almonds, Whole grains, Salmon, Tuna.

Vitamin B6

Chicken, Salmon, Tuna, Banana, Chickpeas, Spinach, Whole grains.

Niacin

Chicken, Tuna, Mackerel, Peanuts, Whole grains, Liver, Tofu.

Instead of incorporating everything, try to add them in a balanced way to your meals at breakfast, lunch, and dinner.

Effortlessly promote turnover from within through metabolism.



Just as everyone's DNA is different, metabolic cycles also vary from person to person. Forcing your metabolism to speed up can sometimes lead to acne or skin irritation. First, let's focus on metabolism, which helps balance the body. Can you guess which foods are great for activating metabolism and are also highly effective for curing a hangover?

Effortlessly promote turnover from within through metabolism.



The skin produces new cells while undergoing cell division. Just because you incorporate all the nutrients, it doesn't mean that everything will be absorbed by the body. Make sure to maintain a balanced, non-biased diet.

The nutrients deeply involved in metabolism are...

Vitamins: Vitamin A, B vitamins (especially B2, B6)

Minerals: Zinc, Manganese

Effortlessly promote turnover from within through metabolism.

Vitamin A

Carrots, Pumpkin, Sweet potatoes, Spinach, Kale, Apricots, Mangoes.

Vitamin B2

Milk, Yogurt, Eggs, Liver, Spinach, Almonds, Whole grains, Salmon, Tuna.

Vitamin B6

Chicken, Salmon, Tuna, Banana, Chickpeas, Spinach, Whole grains.

Zinc

Oysters, Lean beef, Lean pork, Chicken, Nuts, Seeds, Whole grains, Dairy products.

Manganese

Nuts, Seeds, Whole grains, Chickpeas, Lentils, Black beans, Spinach, Kale, Broccoli, Pineapple.

Vitamin B2 (riboflavin) and Vitamin B6 (pyridoxine) are water-soluble vitamins, and when excess amounts are consumed, most of them are excreted in the urine.

Boost your gut health

A decorative flourish consisting of three overlapping, curved lines that arch over the title.

There are many popular health practices focusing on gut health, with the intake of fermented foods being known to primarily increase good bacteria. However, consuming too much by mistake can sometimes cause inflammation in the intestines.

'Boost your gut health' will be covered in the next issue.

Contact Information

<https://www.healingstone.ch/contact>





Thank you!

Thank you for your continued support. 🌟