

# From Ronit's Desk...

"A true teacher would never tell you what to do. But he would give you the knowledge with which you could decide what would be best for you to do." -Christopher Pike

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## Radiant Skin - It All Starts From Within

Everyone is in search of the holy grail of healthy-looking skin. Bombarded on a daily basis with so many choices for topical products and procedures, most people fail to understand that glowing skin is not just about external care but rather a healthy mix of internal and external care. Follow these 5 simple tips on how to take good care of your largest organ and get ready to transform and shed years from your skin.

### Drink plenty of water

Okay, I know you've heard this a million times before, but guess what? It's true. Your body is made up of about [65% water](#)! Staying hydrated is essential for maintaining healthy balance in your body. If wrinkle prevention is not enough motivation to increase your daily intake of water, then here are some other benefits of drinking water:

- Increases skin elasticity
- Helps prevent/treat psoriasis, eczema, and acne
- Assists with the elimination of toxins from the body and contributes to a healthy glow
- Reduces the appearance of cellulite
- Prevents dry, dull skin

Now that you know the why, the next question is how much? A good rule of thumb is about half of your body weight in ounces of water. Remember if you're drinking coffee, soda or caffeinated tea- these dehydrate you, so you need to add one cup of water for every cup of those beverages being consumed.

### Correct nutritional deficiencies

In particular:

- Eat [anti-inflammatory foods](#). These will help heal internal inflammation as well as that which is present on the skin, such as acne, rosacea, eczema, and psoriasis. Examples of anti-inflammatory foods are those rich in omega-3 fatty acids (oily fish, walnuts, hemp seeds, flax seed, chia seed, even green vegetables) and healing spices like turmeric, ginger, cayenne, and cinnamon.
- Boost your **vitamin C** intake. This anti-oxidant can benefit your skin in two important ways. First, it is essential for the synthesis of collagen, a key structural protein of the skin. Second, it helps reduce skin damage caused by free radicals. So, vitamin C may reduce wrinkles and improve skin texture. Citrus fruits aren't the only foods high in vitamin C, guavas, bell peppers, kiwi, broccoli, and greens are also excellent sources.
- Load on [healthy whole fats](#). Did you know that skin cell membranes are made from fatty acids? MUFAs (monounsaturated fats) as well as EFAs (essential fatty acids such as omega-3) are critical for your arteries, heart as well as your skin. They improve skin tone and maintain moisture in the skin. Load up on avocados, olives, oily fish and nuts for a natural, beneficial glow.
- **Nourish your inner [eco-system](#)**. Your skin is actually a reflection of your gut. Eating a diet rich in **fermented foods** will ensure that the bacteria in your gut is the friendly kind. Healthy

intestinal flora promotes proper digestion, elimination, and absorption of nutrients. Bowel movements every day will keep your skin glowing and your gut happy! My favorite fermented foods include tempeh, miso, yogurt, kefir, pickled garlic, pickled beets, sauerkraut, and kombucha.

- **Avoid refined sugars.** Sorry to be the bearer of bad news, but sugar causes premature aging – it increases free radicals in the body which damage skin cells, it causes the skin to wrinkle by changing the structure of collagen, and it reduces skin elasticity over time. Keep in mind that sugar comes in many forms and it will be hidden under various names in almost all processed, pre-packaged or pre-made foods.

## **Sweat!**

Your skin is your largest **detox** organ. And when you sweat, circulation is increased and toxins are released through your sweat. Ok, so you don't need to train like an Olympic athlete, but anything to get you breaking a little sweat will work. Be creative! (tip: YouTube has 10-minute workout videos that are great...)

## **Take a deep breath**

Your mind and your skin are intimately connected. As emotions are played out neurologically, they are expressed through your skin. Under-eye bags and puffiness, dry and flaky skin, breakouts, rashes, redness, and fine lines are all examples of the havoc that stress may wreak on your skin.

Stress happens to everyone, but since you can't avoid your job, bills, or life, the best thing to do is learn to manage your stress. This includes following the previous 3 tips and making sure you get a **good night sleep** regularly. In addition, I highly recommend **daily meditation**. Taking 10 minutes a day (starting one minute at a time) to center your mind and focusing on your breathing is a practice that can help regulate your body within mere seconds of starting. So, go on, take a minute now... relax... take a deep breath...

## **Adopt a regular skin care routine**

Your home skin care routine should include cleansing, toning and hydrating on a daily basis plus exfoliating and using a mask on a weekly basis. Serums are a must in your daily routine! They will quickly become your best-kept secret. Select high-quality skin care products, full of natural skin nutrients and void of toxic chemicals. In addition, incorporate **professional skin care treatments** on a monthly basis. I highly recommend **micro-current** and **LED** technologies to lift your skin and keep your glow going. A long-term commitment to home and professional care will seal the deed!

Hopefully you've enjoyed reading these 5 tips and can start implementing them into your life today! If you're feeling overwhelmed, don't worry you can start with one tip at a time...

**Just know, the secret to healthy skin starts from the inside out and is definitely within your reach.**

Ronit Mor is a Naturopath, a National Board Certified Health & Wellness Coach, and a Certified Clinical Aromatherapist. Her vision is to change the world one life at a time. This vision inspired her 20 years ago to leave a thriving corporate career to become a functional health practitioner. Since that time she has amassed extensive clinical experience in naturopathy, nutritional/lifestyle counseling and coaching, as well as plant medicine. Through her clinical practice, writing and lecturing, and her network she has helped thousands of people achieve their wellness goals. You may learn more about her on her website at [www.ronitmornd.com](http://www.ronitmornd.com)