

9 WAYS TO ACHIEVE HEALTHIER SKIN & IMPROVED HEALTH

AVOID PROCESSED OILS (VEGETABLE & FISH)



Avoid anything that injures skin, such as processed vegetable oils (canola, soy, corn, and any generic vegetable oils or oils for deep frying); fish or krill oils that can potentially lead to damaged skin, age spots, and may make you more prone to skin cancer; and sunscreens with artificial ingredients such as titanium dioxide or petroleum-based products.

CONSUME HEALTHY FATS

Consume healthy fats with high amounts of organic omega-6 (like raw seeds or nuts), and take supplements with high-quality oils in them such as Pure Form Omega - an Organic, Plant-Based, Fish-Free, Essential Fatty Acid supplement!



DAILY SUPPLEMENTATION


Marine Collagen

Collagen is a protein that contains high amounts of the amino acid, glycine. Marine source is best, as it is less likely to be contaminated by the chemical, glyphosate (a glycine analogue), the most widely-used agricultural chemical in the world today.



15 to 30 MG
of
Zinc


50 UG
of
Selenium



AS AN AMINO ACID CHELATE

1000 MG
of
Vitamin C

150 UG
of
Biotin



12,500 IU
of
Vitamin A

500 MG
of
Methylsulfonylmethane
(MSM)