



VENeffect “Inside-Out” Tips for Great Skin

In addition to the amazing results you will have with the VENeffect Anti-Aging Skin Care line, your diet and lifestyle can add to the glow of the Venus Effect.

SUPPLEMENT RECOMMENDATIONS:

Omega 3 oils, 1000 to 2000mg a day

Whether from fish or from vegetarian sources like flax seeds, these mighty molecules act as natural lubricants for the skin, joints and eyes. Not only do they help you have that youthful glow, they are great mood stabilizers and help improve your cholesterol profile.

Vitamin D, 1000 IU a day

Vitamin D is vital for healthy collagen and connective tissue. Vitamin D also positively affects mood and metabolism.

Vitamin C, 100mg a day

Vitamin C is absolutely vital for collagen health, and while very few of us are deficient, it is a good habit to make sure that you take it daily to maximize healthy skin.

Biotin, 600mcg a day

Biotin is important for cell growth and improves the health of epidermal extensions like hair and nails.

Folic acid, 400 to 800 mcg a day

While many experts question the value of a multivitamin, most agree that folic acid, a B vitamin, is vital for good metabolism, the key to hormone balance and good collagen health.

DIET AND LIFESTYLE RECOMMENDATIONS:

Start your day with phytoestrogen-packed foods

Nuts, nut butters, hummus, sunflower seeds all are sources of the magic molecules – phytoestrogens – that are not just good for skin and collagen, but also good for your metabolism, especially in the morning. No time for breakfast? Grab a spoonful of roasted almond butter as you head out the door - your skin, body and your brain will thank you for it.

De-stress

We all know that stress has negative effects on our appearance, but elevated cortisol due to stress also causes insulin surges, throwing off hormone balance and resulting in uneven skin tone, adult acne and enlarged pores. Meditation, yoga or simple deep breathing exercises will help you and your skin.

Stay hydrated

Mild dehydration results from too much caffeine, stress and many medications such as some blood pressure medications. Skin needs water to maintain elasticity, so drink up and avoid excess caffeine.

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