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The New Potato



Get Glowing Skin With Food

This Is Beauty From The Inside Out.

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From Carla Oates, The Beauty Chef

When I was a beauty editor around 15 years ago I became concerned with the amount of toxic chemicals in skincare and cosmetic products, so I tried to only use organic products, or make my own, which is how The Beauty Chef came about. The 100% natural, certified-organic ingredients in our products are supercharged through our unique Flora Culture bio-fermentation process, which unlocks nutrients and magnifies their benefits.

I know it doesn't sound very glamorous, but beautiful, glowing skin does begin in your gut. When it comes to having a gorgeous complexion, don't forget that what you eat affects your skin just as much (if not more!) than the creams and serums you use. So before you think about buying the latest miracle cream or speed dialing your facialist, why not invest your time and money into improving your digestive health? This will help you achieve a smooth and balanced complexion, reducing the amount of skin products you need to get your skin looking flawless and glowing!

The skin is no different to any other living organ in the body that requires a diet rich in nutrients; in vitamins, minerals, essential fatty acids, anti-oxidants and amino acids to thrive. The skin, hair and nails are the last places to get nutrients that go to more important organs first; therefore the skin is the first place where gut imbalances or signs of under nutrition will manifest.

Here are a few ways you can go about achieving a healthy gut and a radiant, glowy complexion, just in time for summer!

1. Consume high levels of antioxidants. A diet rich in antioxidants is nature's internal skincare regime, helping to fight rogue free radicals and repair cell damage. Some of my favorite antioxidant-rich beauty foods include **anti-inflammatory wonders** like dark green leafy veggies, berries and pomegranate, which are also packed with vitamin C to support collagen production.

2. Eat fermented foods. Fermented foods improve digestion and the absorption of minerals and nutrients. Fermented foods are rich in bio-available nutrients to feed the skin from within (fermentation predigests the food, so the nutrients are more available for the skin and body to use) and are great for improving digestion as they contain both prebiotics and probiotics. Fermented food is 'living food' that has been cultured so that it naturally produces probiotic bacteria. **Think sauerkraut, kefir, kimchi and miso.** My **GLOW Inner Beauty Powder** contains 24 curated skin-loving fermented superfoods that nourish and enhance the skin from the inside, giving your skin a healthy glow on the outside.

3. Cleanse your skin. Cleanse your skin properly with a gentle cleanser or oil. A good oil to cleanse with is jojoba as it helps balance sebum production.

4. Stay hydrated. **Drink clean, filtered water, 2 liters a day.** It goes without saying that drinking lots of clean water is key to keeping the skin hydrated and cleansed.

5. Eat unprocessed foods, low HI foods (low human intervention foods). Processed, sugary foods are inflammatory and inflammation is the skin's number one enemy! By eating a fresh, unprocessed diet rich in anti-oxidants we also help boost our own natural SPF.

6. Treat your skin to a face mask. Decongest the skin and help bring back your **natural radiance with a DIY face mask.** I love this lemon, green tea and papaya enzyme **face mask**, as it's rich in skin-refining enzymes, alpha-hydroxy acids, vitamins and anti-oxidants – guaranteed to bring the rosiness back to your cheeks.