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## HOW TO KEEP YOUR SKIN, HAIR, AND NAILS HEALTHY THIS FALL AS SEEN ON ABC **CHICAGO**



We all look forward to the beauty of autumn leaves that this season brings. What we don't look forward to are the brittle nails and rough skin that also come with dropping temps. Have no fear. I've got a few simple tips that will keep you glowing from the inside out all fall long.

I stopped by the ABC 7 Chicago studios to share some of my favorite tips and products for looking good and feeling good when the weather changes.



## See it. Believe it. Achieve it!

Here's something I tell all my private weight loss clients—it's all about mindset. So with the changing season, learn to let old habits and negative thought patterns "fall" away! My holistic mind and body workbook 30 Days to Love Your Body & Your Life is a great place to start if you're ready to improve body selfesteem and claim confidence for life.

## **What You Put in Your Body**

Four Amazing Foods that Improve Your Complexion, Hair, and Nails:

These foods are high in omega-3 essential fatty acids and work wonders on your hair, skin, and nails.

Flax: Sprinkle on your oatmeal or add it to a smoothie, flax seeds are an easy way to get your omega-3 fatty acids and a healthy dose of fiber!

Brazil Nuts: The benefit to eating brazil nuts is they also contain high amounts of selenium which promotes hair growth.

**Leafy Greens:** All leafy greens are good for you, but let's talk spinach. I love this superfood! It is chock full of goodies like vitamins B, C, and E, potassium, calcium, iron, magnesium and all of these promote healthy hair growth.

Fish: The omega-3s found in fish give your body an extra boost because they help keep skin-cell membranes strong and elastic!

(If buying and cooking fish scares you, or you just don't have the time, I found

the yummiest and easiest solution: Love the Wild frozen fish makes dinner super simple with filets ready to bake in a seriously awesome sauce. Plus, check out their blog for amazing recipes like their Barramundi Poke Bowl!). Find them at your local Whole Foods Market.)

## **What You Use on Your Body**

Two Great Body Products with Health Benefits:

Yes, I'm a weight loss coach, but it's always been about more than just shedding the pounds. It's about feeling great and living a healthy, beautiful life from the inside out. That's why I love beauty products that do double duty as health products! These products also provide instant gratification, which just makes you want to do more healthy and positive things for your body.

Spray Away: This amazing, first-ever, acetone aerosol nail polish remover just hit Wal-Mart shelves last month. Nail Aid's Spray Away removes polish fast and actually hydrates your nails at the same time. Tell me that isn't awesome.

Dry Brush: Use a dry brush once or twice a day to exfoliate your skin, giving it a healthy glow. On top of that, dry brushing stimulates your lymphatic system which helps release toxins. It's a beauty-body win!

Looking to lose the weight and feel great? Join me for a FREE (and FUN!) 21-day crash course on how to finally break through the mental roadblocks getting in the way of your goals, gain the confidence you've always wanted, and discover

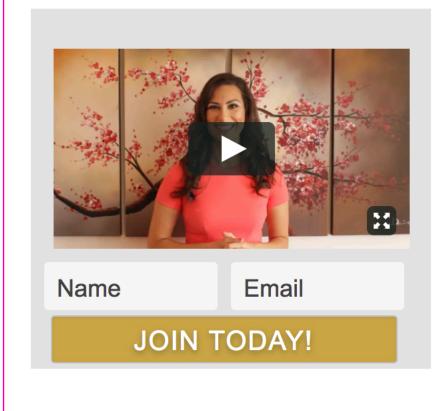
the secret to designing a healthy lifestyle you love. Sign up for the FREE 21-Day Challenge for a simple but powerful workout plan,

an easy-to-follow eating guide, and fun confidence-boosting exercises.

← Gym Bag Essentials that will help you Never Skip a Workout (as seen

on Today.com) How to Model Healthy Body Image and Eating Habits (as seen in

Chicago's Daily Herald) →



WHAT I SHARED ON THE TODAY SHOW ABOUT HOW TO TRICK YOURSELF INTO WORKING OUT AROUND THE HOUSE

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