The Natural Beauty Bible

Your essential guide to radiant health & beauty from the inside out.
Next time you think about beautiful things, don’t forget to count yourself in.
Everything you need to know to look
Quick & Easy
Recipes, Health
Guides & More!

“HERE AT FOOD MATTERS WE ARE COMMITTED TO HELPING YOU HELP YOURSELF. WE BELIEVE THAT YOUR BODY IS WORTHY OF GOOD CARE AND THAT NO ONE IS MORE SUITABLY QUALIFIED TO CARE FOR IT THAN YOU ARE.”

James & Laurentine
and feel like a natural goddess.
Hello gorgeous,

Have you been searching for a proven way to look and feel naturally radiant every day? Maybe you’ve been told by the beauty industry the secret to true beauty lies in some new pill or cream?

Well the truth is, our skin, hair, and bodies crave something completely different.
The Beauty Bible is your ultimate guide to looking and feeling like a natural goddess every day!

A little known-truth of natural beauty is that the health of your gut has a direct and immensely powerful effect on the way you look and feel. With 70% of our immune system residing in our gut, we need to understand that our skin, hair, and body are a mirror of what's going on inside us.

Through DIY recipes, delicious smoothies, health guides, and little-known beauty secrets, The Beauty Bible will take you by the hand into a world of more self love, radiance, and natural good looks.

As experts and renegade researchers in the world of health and wellness, we know that beauty happens from the inside out. This book is about helping you to help yourself, using a holistic and natural approach. With ancient, natural, and organic ingredients, you have the power to completely transform the way you look and feel!

In good health,

James & Laurentine

James & Laurentine
Filmmakers ‘Food Matters’ & ‘Hungry For Change’
What is Beauty?

This may seem like a funny question, but often times we feel that the concept of “beauty” is misconstrued. The Oxford Dictionary defines “beauty” as: “a combination of qualities, such as shape, color, or form, that pleases our aesthetic senses, especially our sight.” The depiction of beauty has varied across different cultures and throughout the ages. The media has depicted images and concepts of what beauty should be defined as...

We believe that beauty goes far deeper than being in the eye of the beholder. We believe that “true” beauty is simple - it’s health. When our body is thriving we exude a vibrancy that is contagious and infectious. It creates a distinct and remarkable attractiveness to our souls. Beauty is the moments when we feel free from any health concerns. It’s the moments we feel energized and alive. It’s the moments when our mind is calm and happy. It’s the moments when we feel a complete balance of our mind, body and spirit.
We reflected on the times that we have been at our healthiest and happiest and whether or not those align with the “common” beauty standards. Is it the times when our makeup is flawless, our clothing is perfect or our hair is meticulously styled? No. Our moments of feeling truly beautiful are when our skin is glowing from our thriving health and we are feeling confident and empowered knowing that our body is at peace.

We love how beauty courses through our body when we are getting sweaty from exercise. We love how beauty emanates out of us as we sit mindfully in a meditation. We love how beauty feels after nourishing our body with a nutrient-rich meal. We love the beauty of our skin glowing from self-care and internal healing. This is our kind of beautiful.

Beauty lies within each and every one of us. It’s not dependant on what shape, color or size we are. Our bodies are merely a vessel waiting to radiate beauty. When we treat ourselves with kindness and love and feel at our optimal health, that’s when we ignite our beauty and it radiates through us.
The Beauty Industry Today

Your skin is your largest organ and deserves extra TLC!
One of the things we’ve learned along the way in our years of being in the natural health profession is that what you put in your body matters, but so does what you put on your body. Your skin is your largest organ and absorbs 60% of what you put on it.

Think about this for a second... According to the Environmental Working Group, the average woman uses 12 “beauty” products per day, containing about 168 ingredients.

That’s a lot of ingredients you’re putting into your body, and if we’re not careful many of those could be toxic! The beauty industry promotes all types of lotions and potions that promise to make you look 10 years younger, hide imperfections and soften your skin, but at what cost?

You walk into the beauty section of a department store, and are bombarded with sales assistants trying to tackle you into their chair to try on all types of miracle beauty products.

You’re surrounded by advertisements everywhere telling you that they’ve just uncovered a “new” formula that miraculously turns you into Benjamin Button. Your skin will be as smooth as a baby’s! But what’s really happening in the industry that loves to conceal and gloss over things?
It’s sold in stores, it must be safe?

Wrong.

The US Food and Drug Administration does not have mandatory safety standards in place for cosmetics. That’s scary stuff. This means any cosmetic product can make it onto the shelves and could be loaded with toxic formulas that endanger your health.

They’ve just released a new anti-aging formula.

Hold on.

Before you start dousing yourself in the latest skin care product that promises to wipe 10 years off your face and remove all those unwanted skin spots, take a look at the label. Can you even decipher what’s in it? Many of those ingredients could contribute to long-term health effects such as eczema, cancer, infertility and more.

The label looks safe.

Let’s look a little deeper.

You’re armed with a list of all the ingredients to look out for on the label. It doesn’t say it contains formaldehyde or parabens, so they must not be in there. Unfortunately a lot of chemical cocktails hide under the term “fragrance” which allows the company to not actually list what is in it. There are all sorts of loopholes in the beauty industry.

“Pink” products help cure breast-cancer.

Sadly, no.

One of the most important things to do when selecting your skin care is to read the label for ingredients! Forget the terms on the front “organic”, “natural” or “fragrance-free” and jump straight to the small print.
I will always remove makeup before bed.
In his 1613 famous poem, “A Wife,” Sir Thomas Overbury wrote the immortal words, “All the carnal beauty of my wife is but skin-deep.” Hence, the famous maxim that we use today, “Beauty is skin deep.”
Not Just Cosmetics
What people forget is that aging is not just how you look – there’s an entire process occurring in your body. As skin ages, the layers of tissue and cells that form that firm, clear, youthful skin begin to thin.

This contributes to the sagging, wrinkled, more translucent skin of old age. It can also affect healing and display other kinds of damage, like age spots.

While this process is going to occur to some extent in every person, there are factors that will speed it up, including: sun damage, toxic products and dry skin.

You may also find that heavy stress levels make you age prematurely, as well. By changing the way we take care of our skin, we can actually affect the aging process itself and redefine beauty.

7 Essential Oils to Reverse Time
There are several essential oils that top the beauty list, but these 7 stand out as being traditional anti-aging solutions: Frankincense, Geranium, Helichrysum, Lavender, Rosemary, Sandalwood and Ylang Ylang.

Experiment with your favorite blends and fragrances to create a one-of-a-kind essential oil application with an anti-aging, pampering result. You can add skin-healing essential oils to any DIY skincare product to maximize the antioxidant and rejuvenating effects, but for a simple blend to moisturize the skin, start with a healing carrier oil.

Jojoba and evening primrose oils are two of the most renowned oils for anti-aging, restorative effects. When you enjoy a 3% ratio with your favorite essential oils, anti-aging sparks start to fly!
Fountain of Youth
One the most powerful oils to enhance natural beauty, helichrysum, stands out as its nickname implies. Also known as immortelle for its long-lasting blooms, helichrysum bodes well for its ability to combat aging and turn back time. True to expectations, it is widely used in skincare preparations, usually to help people find the all-elusive Fountain of Youth.

The benefits of helichrysum essential oil are said to occur at a cellular level, restoring the cell structures that spread and thin with age. It’s a precious and usually pricey oil, but worth it to find and enjoy genuine helichrysum.

Application: Because of the price, helichrysum is best added as an ingredient within a cream or formula, usually for small applications like the face or a small scar.

Conversions for 3% dilution:

18 drops of EO per oz of carrier oil

If working with tablespoons is more comfortable for you, 1 oz. = 2 tablespoons.

or

9 drops of EO per tablespoon of carrier oil

EO = Essential Oil
I will nourish from the inside out.
I work for the Environmental Working Group, an organization that helps people live healthier lives in a healthier environment. EWG gives consumers critical information about the products they purchase to help them make better choices.

EWG has been the leader in the personal care aisle, educating shoppers about the possible dangers in these products. Yet, even for me, navigating those store aisles remains a challenge.
Cosmetics and personal care products are often made with potentially harmful chemicals like endocrine disruptors and carcinogens. U.S. law doesn’t require manufacturers to prove their products are safe before they hit store shelves.

So when I shop for personal care products such as cosmetics, facial cleanser, shampoo and deodorant, I keep these tips in mind:

Be skeptical of marketing claims on packages, like “gentle,” “hypoallergenic” and “natural”. These terms tend to be meaningless and may just be advertising hype; read product labels; choose products with fewer ingredients – or use fewer products altogether; select a sunscreen with SPF 15 to 50. Use a lot and reapply at least every two hours.

Due to widespread use of potentially harmful ingredients, avoid the following products when possible: hair straighteners, skin lighteners, dark permanent hair dyes and loose powders.
I also always keep an eye out for worrisome ingredients, such as:

**Triclosan and triclocarban**
Commonly found in antibacterial soap and toothpaste. The U.S. Food and Drug Administration recently banned the use of the chemicals triclosan and triclocarban in antibacterial soaps. These endocrine disrupting chemicals are also toxic to aquatic systems. The American Medical Association and the American Academy of Microbiology say that soap and water adequately prevent the spread of infections and reduce bacteria on the skin. Overuse of these ingredients may promote the development of bacterial resistance.

**Vitamin A compounds**
*(retinyl palmitate, retinyl acetate, retinol)*
Commonly found in moisturizers, lip products, makeup and sunscreens. Vitamin A is an essential nutrient but is not necessarily safe for use on skin. Studies show that when applied to sun-exposed skin these compounds can increase skin sensitivity. Furthermore, sunlight breaks down vitamin A to produce toxic free radicals that can damage DNA and hasten skin lesions and tumors in lab animals. EWG urges consumers to avoid leave-on skin and lip products with Vitamin A.
Formaldehyde and formaldehyde releasers (bronopol, DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea and quaternium-15)

Commonly found in nail polish, some hair gels, eyelash glues. Preservatives and the formaldehyde they generate can trigger allergic skin reactions. Formaldehyde releasers are widely used in U.S. products. Not surprisingly, more Americans develop contact allergies to these ingredients than people in Europe, where regulations are much stricter and the use of formaldehyde is restricted.

Fragrance

It is in everything from shampoo to deodorant to lotion. Federal law doesn’t require companies to list any of the chemicals in their fragrance mixtures on product labels. Fragrances can contain hormone disruptors and are among the top five allergens in the world.
Parabens (specifically propyl-, isopropyl-, butyl-, and isobutyl-parabens)

Parabens are estrogen-mimicking preservatives used widely in cosmetics. The Centers for Disease Control and Prevention have detected parabens in virtually all Americans’ bodies. According to the European Commission’s Scientific Committee on Consumer Products, longer chain parabens, like propyl- and butyl-paraben, and their branched counterparts, isopropyl and isobutylparabens, may disrupt the endocrine system and cause reproductive and developmental disorders.

Phthalate

Phthalate are commonly found in nail polish, body wash, hair care products and “fragrance.” A growing number of studies indicate that chemicals in this family damage the male reproductive system. Pregnant women should avoid nail polish with dibutyl phthalate
I will do one thing for myself every day.
Finally, I often refer to EWG’s consumer guides and databases for more detailed information.

I keep the Healthy Living app close at hand as I browse for personal care products. When I find a product I like, I just scan the bar code to learn how my colleagues rated the products. *(When all else fails, I just give one of our researchers a call. But I'm lucky, I have that advantage!)*

The EWG Skin Deep® database, one of our most well-known resources, provides hazard ratings for more than 60,000 products – some that I routinely slather on my skin.

We also recently launched the EWG VERIFIED™ program, so shoppers can see our mark at point of sale and know the product meets EWG’s highest standards. EWG VERIFIED™ products are free from worrisome chemicals, fully disclose all ingredients and follow good manufacturing practices.

With EWG resources in hand and a little planning, I no longer find it too hard to avoid harmful ingredients and choose healthy alternatives.
I will always treat my skin with respect.
We’re divulging some of our skin tips that might just help you achieve your best skin ever. It’s not so much a to-do list, but more of a “what not to do” list.

You’re probably already doing some awesome things for your skin, like using natural skin care or eating an organic diet. Keep on keepin’ on! But you might also be committing skin sabotage in some ways you didn’t realize.

We made a list of 9 things you might be doing to make your skin less than radiant. Most of us have been guilty of some of this things at least once in our lives!

If you want this to be the year that the appearance of your skin tone evens before your eyes, your wrinkles look softer, or your clogged pores subside, we recommend you kick these habits!
Eating Excess Sugar (When you know you shouldn’t!)

A 2013 study looked at the connection between blood sugar and aging. Participants who tested with higher blood sugar levels were also rated as looking older. Crazy, right?

Looking older shouldn’t be the only reason you avoid eating sugar, but it is one effect that this addictive substance seems to have. Constantly spiking our blood sugar levels and then later crashing down is an unhealthy cycle that many of us subject our bodies to, and our skin shows it.

We recommend making informed choices about which kind of sweetener you use and paying attention to how much sugar is in the prepared foods that you buy. For those of us who maybe haven’t perfected the art of making “meals” (ahem, guilty), simply eliminating Justin’s Organic Chocolate Peanut Butter Cups from your breakfast menu might be an easy place to start.
2. Not Hydrating

We’ve all heard that statistic that says we’re pretty much just a bunch of water that look like humans walking around the planet. Yet we still find reasons not to hydrate: “Water is boring…” “Having to pee all the time is inconvenient…” “I hate washing cups…”

We know that we need water to do all the things our body needs to do. One is transporting nutrients to the places they need to go. Another is flushing out the toxic chemicals we don’t want hanging around. So do yourself a favor and drink up!

Personally, the constant motion of drinking from a cup kind of annoys me. Not like a pet peeve, I’d-tell-you-this-during-a-get-to-know-you-game kind of thing. I’d just rather drink out of a straw. So I use one of those obnoxiously huge cups with a built in straw, add a squeeze of lemon and ice and take sips throughout the day. Maybe having an awesome water receptacle would work for you, too.
Skin Addictions

Skin gets used to what you put on it. If you’re feeding it well, awesome! If you’re not, then there can be problems. A common ingredient that skin gets addicted to is benzoyl peroxide. Usually prescribed for acne, it clears up the skin by killing bacteria and reducing oil production. In the long term, it is extremely drying for most skin types, essentially working like a bleach. Ouch!

Alkaline benzoyl peroxide disturbs your skin’s acid mantle, which should be at a pH of between 4.5-5.5. Once you stop using it, your skin starts to re-balance itself to its natural pH. During what is essentially a detox process, many people find that they break out.

Have patience! These skin detox-induced breakouts should subside after a few weeks. And there are lots of natural remedies for acne or occasional breakouts and other skin conditions.
4.

Using Skin Care Products That Contain Alcohol

Why is there alcohol in your skin care products? They’re used to help ingredients mix together to form a finished product, act as preservatives, and temporarily shrink your pores.

Why don’t you want them there? Some alcohols used in skin care are drying, irritating, and damaging to your skin, and many contain petroleum-derived additives that you definitely don’t want on your face.

Even the types of alcohols that are pretty much harmless aren’t doing anything good for your skin, but if you replaced the alcohol with aloe juice, your skin would be singing joyful noises (or dancing or painting or doing whatever your skin does when it wants to express itself).

All we’re saying is, be choosy when it comes to the ingredients in your skin care. There are so many plant-based ingredients out there that your skin loves, so there’s no need to settle for skin-drying alcohols.
I will always protect my skin from the sun.
Sleeping on Pillow Cases Washed with Toxic Laundry Detergent

Last November (sounds so long ago already!) we talked about chemicals found in laundry detergents that you might be using, some of which are linked to cancer, lung damage, and hormone disruption. Given that your clothes are on your body all day and you sleep on your pillows all night, you might want to think twice about what you use to launder them.

Is using chemical detergents to wash your pillowcases causing your acne (occasional breakouts) or wrinkles? Probably not. But it’s definitely not helping, and some people are more sensitive to chemical irritation than others. Either way, having those substances near your face (for ⅓ of your life!) does not a happy complexion (or body) make. You might try making your own detergent if DIY is your style.
Leaving Your Makeup on Overnight

You’re tired. Your eyelids are closing against your will. You’re almost considering sleeping in your jeans. Stop! Wait! It’s time to wash off your makeup.

Naked skin is happy skin. Especially if you’re wearing chemical makeup brands, you want to give your skin a break overnight.

In the same vein, make sure to wash your makeup off before working out. When you break a sweat and your pores open up, dirt, oil and, yep, makeup will get in there.

Also, unless you want to wash your pillowcases every day (Ouch! Said Mother Earth) you should do your best to keep them clean in between washes. Another reason that washing your face before bed is a must!
7. Using Unnatural Makeup

So we talked about your skin at night (resting on a pillow case), but what about during the day? Many of us wear makeup, either occasionally or for everyday coverage. There's nothing wrong with wanting to look your best, but putting on foundation, blush, concealer, etc. every day could be making your skin less healthy.

Many makeup brands, I'm going to say most, use ingredients that can cause you harm. Last September we talked about 10 toxic ingredients found commonly in makeup. We wrote that article because the thought of putting those chemicals on our skin freaks us out, and we're kind of confused about why these toxic chemicals are being put in makeup products to begin with.

Unnatural makeup products can clog your pores, irritate your skin, and create a barrier that keeps your skin from breathing. So, your skin gets worse over time as you use them.

We favor natural mineral makeups without added preservatives and fragrances. They're a healthy way to even out your skin tone and cover imperfections. You can also use our Sun Love lotion for a hint of color (not to mention luxurious avocado oil and beautifying hyaluronic acid).
I will eat one beauty-boosting food every day.
You can’t talk about good skin without talking about health. Your skin is an indicator of what’s happening inside. We can’t tell you to be gluten-free, vegan, raw, vegetarian or specifically what will work for you. There are a lot of theories and diet plans out there, and we don’t have the bandwidth to sift through them all.

However, eating whole foods is something pretty un-debatably healthy. It can be challenging to prepare foods from scratch and avoid the urge to succumb to a prepackaged frozen entrée, but preparing fresh foods is a great way to stay healthy. At the very least, you’ll know what’s on your plate.

Try to have a salad or smoothie every day to up your intake of raw fruits, vegetables, and nuts. Try to eat the rainbow! Different colored produce provides different benefits, so make things fun and multicolored on your plate in order to cover your nutritional bases.
Not Exfoliating

We’ll end with a simple one: exfoliation. As you get older, your need for regular exfoliation increases. Giving your skin a good scrub sloughs off dead skin cells. Plus, when you’re using potent anti-aging products, you want to make sure they are being well absorbed (not just sitting on top of dead skin cells). Of course, there is such a thing as too much exfoliation, so you need to find a balance. For most people, a couple times a week does the trick. As you age, this may be closer to 3 or 4 times a week.

We have an amazing Dead Sea Scrub that exfoliates while providing nutritive minerals. It’s the perfect thing to use before putting on a moisturizing mask. If you have oily skin or otherwise sensitive skin, be careful not to exfoliate too vigorously. A gentle scrub like our Ayurvedic Facial Scrub may be better suited for you.

You can achieve the skin you want now! By ditching some of your bad habits and adopting some good ones, you could find yourself waking up to younger, more radiant looking skin!
Supplements to Help Combat Signs of Aging

Shopping for anti-aging supplements can be really daunting...
Varicose Veins
Try Hesperidin. Do you suffer from varicose veins and find yourself trying to constantly hide them? Varicose veins happen when the natural “pipe-like” structure loses its strength and becomes distorted and bent.

Hesperidin is a natural bioflavonoid that is found in citrus fruits like lemons and oranges, and is more concentrated within the peel. Hesperidin can help reduce inflammation in the veins, as well as increase the tightness of our “life pipes” and reduce the poor blood circulation within our veins.

Weak and Thinning Hair
Try black currant. Is your hair thinning over time and you find it breaking without any effort? Then you might want to add black currant to your diet. Black currant is rich in a flavonoid called anthocyanoside and contains the essential omega-6 fatty acid gamma linolenic acid, otherwise known as GLA.

GLA assists in balancing hormones which helps strengthen hair and stop breakages from happening. It also can be extremely helpful for people suffering from eczema and brittle nails.
Wrinkles
Try GTF Chromium. If you are one of nearly every human in the world that shows their life through the creases on their face, then GTF Chromium could be your new best friend! GTF is short for glucose tolerance factor, and is a complex molecule that includes the mineral chromium. GTF Chromium is naturally found within the body and assists in making insulin more efficient. Insulin is a hormone that helps to transport sugar from the bloodstream. This is important because blood sugar in the body can be damaging for skin and increase wrinkles.

Dull Skin
Try vitamin E. Is your skin looking a little lackluster and missing some life? Vitamin E could help. Vitamin E is a fat-soluble vitamin that helps to prevent free radical damage and is extremely useful in slowing down aging signs. It has antioxidant and anti-inflammatory properties, both of which are important for skin regeneration.

By speeding up skin regeneration, your skin can start to feel and look younger again. It can also help protect the skin from wrinkle-forming UV damage from the sun. Bonus! Another wrinkle buster!
I will always read the labels of beauty products.
11 DAILY HABITS for natural glow

It’s the small things that add up to make big changes to how we feel! Try out these 11 simple steps to build a happier and healthier skin!

Move It, Move It!
Our skin receives all the healing nutrients it needs through our blood supply. Every time you exercise, you are increasing this beautiful, nourishing blood supply to your skin. You’ve heard it before and you’ll probably hear it again, but it’s absolutely vital that we move our body on a daily basis. Your complexion will thank you for it!

Eat Plenty Of Healthy Fats
Our skin requires healthy fats to reduce inflammation and build healthy cells. Include plenty of nuts, seeds, avocado, tahini, chia and cold-pressed oils into your daily diet. And if you aren’t vegetarian, a couple of servings of fish each week will be helpful, too.

Give Gratitude During Your Beauty Rituals
It can be tempting to find fault and search for flaws in the reflection that gazes back at us. Instead of criticizing your face during daily beauty routines, try to use this time to give thanks for your own unique beauty.
**Get Plenty Of Zinc**

Zinc works 24/7 to heal and repair any damage to your skin. It heals wounds, tidies up tissue injury and may even help to clear up acne. Consume foods such as pumpkin seeds/pepitas, seafood (wild caught, sustainable) and raw cacao to get a regular hit of zinc!

**Vitamin E**

Vitamin E is a fat soluble vitamin that also functions as an antioxidant in the body. It can help to protect your skin against free radical and sun damage. If your skin is dry or damaged, Vitamin E can help to restore nourishment.

**Get Plenty Of Sleep**

There’s a reason why it’s called “Beauty Sleep”. Your body performs all kinds of healing, detoxifying and replenishing work while you’re getting your zzz’s. Research is showing we need more sleep than most people actually get. Try for a minimum of 8 hours each night!

**Anti-aging Antioxidants**

Free radicals are a big contributing factor towards aging. You can help to combat their aging action by eating a diet that is rich in antioxidants; therefore, include plenty of brightly colored fruits and vegetables on your plate each day!
Don’t Pick On Yourself
While this advice rings true at any time, it is particularly helpful if you experience acne or breakouts. Squeezing zits increases the spread of bacteria that exacerbate acne (hence, more acne!) and can also cause scarring. Tempting though it may be, keep your fingers off your face and your breakout is bound to heal faster.

Count On Copper For Vital Glow
Copper plays an important role in collagen synthesis and is also an integral part of the pigment which dyes our eyes, skin and hair. Eat plenty of copper-rich foods such as seaweed, nuts, legumes, organ meats (organic only) and raw cacao to prevent premature aging.

Snooze Makeup-Free
This habit might be tricky to keep - especially after a late night - but sleeping in your makeup is bad news for your skin. Makeup clogs your pores and if you’re using non-organic brands, this also allows extra time for toxic substances to seep into your bloodstream. Cleanse your face before hitting the hay - those extra 5 minutes are worth it!

A Vitamin That Makes You ‘C’ Real Beauty Benefits!
Vitamin C is essential for collagen production (the ‘cement’ that keeps our skin supple, firm and free from wrinkles). Eat plenty of fruit, vegetables and fresh vegetable juices to get a good daily dose.
I will feed my gut healthy probiotic rich foods.
Your Secret for Amazing SKIN

by Aubrey Wallace at Annmarie Skin Care
The skin’s main function is to be a living, breathing barrier between our internal and external environments.

Aside from being the largest organ in the body, it is the last organ to receive nutrients from the bloodstream and our first line of defense against external pathogens. What that means is that it’s important to nourish ourselves so our skin gets the nutrients that it needs to fight the internal and external battles that life throws at us.

At Annmarie Skin Care, we do our best to make skin care that helps with the external stressors, but that still leaves the other half of the equation up to you.

I always recommend that my clients, friends, and family drink herbal teas because it is the best and safest medicine for maintaining health over time. Consistent tea drinking (along with a healthy diet) gives your body the extra nutrients it needs in doses that it can handle. Teas are a really wonderful way to boost your body’s hydration, and because we’re made of 65-80 percent water, the constituents that hot (and cold) water pull out of the herbs are very absorbable for our bodies.
Youthful Tea Blends
The loveliest thing about herbs is how versatile they are. Most herbs have a myriad of actions associated with them, so it isn't hard to come up with a tasty blend that does a lot of good in your body. We're always interested in keeping our skin glowing and youthful, and a good tea blend can offer us some really beautiful results!

When you're creating a herbal tea blend (or any kind of herbal formula) you always want to look at what your goal is and what issues might be standing in the way of that goal. It might be obvious, but when the goal is "youthful skin" you want to work to counteract the signs of aging.

Age Fighting
There's no way to slow down time, so let's think about aging in a different way. As we age, our DNA is changed and damaged by natural wear and tear. We breathe oxygen to live, so we're literally oxidizing our bodies every time we take a breath in.

Our body breaks down all of our nutrients into sugars because our cells are fed by glucose, so even though we can work to improve our sugar intake, glycation is a natural part of our lives.

Stress is also a natural part of our lives – without any stress we would have a hard time accomplishing our goals – but stress hormones, especially in excess, are considered to have a negative effect on us over time. It's a complicated breakdown, but in a nutshell, an increase of the hormones
that we make under duress decreases our body’s ability to create other hormones that are useful for glowing skin.

The idea behind a youthful skin tea blend is to equip your body with the tools to nourish the skin, even though these aging processes are going on. Since we know the actions of herbs through knowledge that has been passed down through the ages and now (very recently) through scientifically breaking down plants into their constituents, we’re able to directly combat the effect that aging has on the skin.

We know that free radicals and oxidation can cause DNA changes through wear and tear, and that antioxidants bind with those free radicals in the bloodstream to stop them from causing damage. So we want to include an ample supply of antioxidants in our daily diets and in our youthful skin tea recipe.

We know our liver and kidneys help to balance blood sugar, break down our nutrients, and process toxins out of our body, so we want to gently support their functioning and offer them minerals to help keep them strong. We can work with stress on two different levels with our tea adaptogens for long term support and nervines for short term relaxation.

That’s a great start for anyone, right? Since we’re all aging all the time, we all need antioxidants, liver and kidney support, minerals, adaptogens, and nervines. So ingredients that have these attributes alone would make a great anti-aging tea.
Some Extra Tea Tips:
I’m a purist when it comes to my teas, but with these blends, feel free to add your favorite sweetener. I think a bit of raw honey would be delicious here. Molasses, while darker and richer, is full of nutrients that can make your skin glow, too.

All of these are caffeine free- but you can always add a nice green tea or matcha powder to your cup for extra pep in your step, if you’d like. It would taste great and they’re packed full of antioxidants and nutrients. My biggest personal concerns as a consistent tea drinker is the quality of the tea/herbs I’m drinking and the temperature they’re steeped at.

You always want to make sure that you’re buying the purest tea possible - there are a lot of brands out there that farm with pesticides and then you’re putting those in water and then directly into your body. The temperature you steep at also affects the nutritional value of the tea that you’re drinking. Never use boiling water for a leafy tea. It will release all of its constituents very quickly and kill some of the active ingredients. I like to tell people to use the water when the little bubbles first start to rise to the top. That’s about 2 minutes before your tea kettle starts to really whistle.

If you want some tasty, youthful skin teas to help with specific skin types, check out page 88 in the recipe section!
I will not compare myself to others.
Beauty is more than skin deep, especially when it comes to the beauty of our skin! In my opinion, the most significant changes we can make for healthier skin is to decrease inflammation within the body and work at balancing our hormones naturally through diet and lifestyle. For many women, their skin changes during ovulation and/or menstruation along with stressful periods in their life. If you want to have healthy, glowing skin, the saying ‘you are what you eat’ has never been truer. But let’s face it, many of us lead busy lifestyles and we need quick, simple and effective skincare methods that give us better results. The following tips will help you nourish your skin from the inside out.
Clear Skin – Diet Comes First

Green Tea
I'm sure many of us have heard about the amazing health benefits of drinking green tea, but it also has many beauty benefits too. Green tea is very rich in antioxidants which help fight against free radical damage. It aids in improving skin complexion, reduces inflammation as well as helping to heal blemishes and scars. Green tea contains catechins which are anti-bacterial agents that aid in suppressing acne-causing bacteria and also aid in hormonal balance. I not only recommend drinking a cup of organic green tea daily, but you can also try a green tea face steam, it's a great way to help flush out toxins from the skin, open up the pores and keep the skin hydrated.

Gelatin
Gelatin has skin healing properties because it’s such a rich source of collagen. Collagen is considered one of the building blocks of the skin. It helps with reducing wrinkles, stretch marks, skin roughness, cellulite, improves skin elasticity and also prevents free radical damage. So by adding more gelatin to our diets, it acts as a smart and natural skin care approach. I recommend adding it into hot meals such as soups, stews, curries or pureed veggies as it dissolves when heated, additionally you can make delicious, nourishing jelly, gummies and panna cottas.

Get your Omega-3’s
Did you know that these essential fatty acids play an important role in the health of our skin? At a cellular level, Omega-3’s can help manage levels of inflammation. If our body is chronically inflamed this will impair hormonal balance, detoxification pathways and cell regeneration – which are all key processes for clear and healthy skin. I recommend increasing your consumption of Omega-3’s through naturally rich foods including ghee, inca inchi oil, walnuts, fresh seafood, chia seeds and pastured egg yolks.

Macadamia Oil
Everyone is an individual and may react differently to varying skincare products and
oils, however macadamia oil seems to be well tolerated by most people. Macadamia oil helps to moisturize the skin while balancing out oil production. It absorbs very quickly so doesn’t leave an oily finish to the skin. I personally find that it doesn’t give me breakouts, in fact it actually speeds up the healing of breakouts and post acne marks. As a bonus it also makes a fantastic gentle makeup remover, especially for stubborn mascara.

**Eat More Green Veggies & Herbs**

Green vegetables such as avocados are rich in Vitamin E and antioxidants and can aid in reducing inflammation of a blemish faster as well as making your skin softer. You could try creating a green tea and avocado face mask. Green leafy vegetables and herbs are incredibly rich in antioxidants, vitamins and minerals, aid the body to naturally chelate heavy metals and toxins from the body. They are also required for proper skin cell growth because they contain high levels of iron, which is important for healthy hair, skin, and nails.

Try increasing the amount of green veggies and herbs in your daily diet by making gorgeous pesto’s, green smoothies, salads, veggie purees, soups or supplementing with a quality green powder.

**Reduce Your Sugar Intake & Balance Blood Sugar Levels Naturally**

Do you experience sugar cravings, get your sugar hit then experience a crash only hours later? When it comes to bad skin, the insulin spikes generated by the sugar highs are bad news as it causes inflammation and can lead to estrogen dominance. I recommend eliminating refined carbohydrates, sugary food and drinks to avoid the sugar highs and lows which also aids to eliminate that irritable, lethargic or shaky feeling. Stick to seasonal, fresh whole foods from nature with quality, healthy fats and proteins with every meal to keep you satisfied and make your blood sugars steady throughout the day. Since stable blood sugar levels reduce inflammation within the body, aids hormonal balance and curbs sugar cravings you will also have better, healthier and glowing skin.
Once you have made positive changes to your diet you may not see an overnight miracle. We need to remember that it takes one month for the skin cells to renew themselves, so you may need to give yourself this time to see an improvement. However you will be amazed at how much of a positive influence these foods have on your skin when they play a recurring role in your daily diet. If you eat these foods regularly you’ll be nourishing and feeding your skin from the inside out with the vital nutrients it needs to help it stay soft, supple, glowing and blemish-free.

References
Morrison. K. Whelligan. F. 2009. 'Like Chocolate for Women. Self-care is not selfish – it’s essential'.
Sellman. S. 2011. 'Hormone Heresy. What Women Must Know About Their Hormones. From the menstruating years to menopause and beyond...'.
I will always keep myself hydrated.
Note: Please check with your health practitioner before making any changes to your diet or taking supplements or herbs, especially if you are pregnant or have an underlying health condition. Dietary supplements and herbs may have contraindications.
ARE YOU READY?
Triple Green Beauty Bowl

**Ingredients**

- 1 frozen banana
- 1 small zucchini
- ½ medium avocado, no skin
- 1 tsp FM Superfood Greens
- 1 probiotic capsule, emptied
- 1 lime, zest and juice
- 1 cup coconut milk
- 1 tbsp protein powder
- ½ cup of ice, to thicken
- 3 tbsp coconut yogurt

**Method**

1. In a blender, add all ingredients except coconut yogurt.
2. Blend until a smooth, but thick consistency is formed. You may need to blend in some extra ice to thicken.
3. Pour into your favorite breakfast bowl.
4. Swirl in coconut yogurt and top with seeds, nuts, coconut and your favorite fruit.

**Toppings:**

- Pepitas, sunflower seeds, shredded coconut, blueberries, flaked almonds or any of your favorite beauty foods.
Did you know?

Greens are the perfect ingredient to detoxify and purify your body on the inside, leaving you with smoother, clearer skin on the outside.
The Tree of Life Salad

**Ingredients:**
- ½ bunch kale, thinly sliced
- ¼ small red cabbage, thinly sliced
- 1 apple, sliced into matchsticks
- 1 small pomegranate, deseeded
- ¼ cup pecans
- 1 avocado, diced

**Method:**
1. For the dressing, add all ingredients to a small jar, screw on the lid and shake to mix well.
2. For the salad, prepare all ingredients and toss together in a large salad bowl.
3. Dress with the dressing and toss to coat well.

**Dressing:**
- 3 tbsp olive oil
- 4 tbsp ACV
- 1 lemon, juiced
- 1 tbsp mustard
- 1 tbsp honey
Did you know?
Leafy greens are essential for glowing skin. They are high in antioxidants which are essential for slowing down the aging process and protecting the skin’s elasticity. Pomegranates are known as the ‘tree of life’, packed with antioxidants and phytochemicals for winding back the clock.
DINNER

Nourishing Skin Radiance Salad

PREPARATION: 5m  INGREDIENTS: 8

Ingredients

1 cup leafy greens
½ avocado, sliced
1 handful microgreens
1 fillet salmon, cooked
2 tbsp pepitas
1 small handful torn basil
2 tsp olive oil
1 wedge of lemon

Method

1. Attractively assemble the greens, avocado, microgreens and salmon in a bowl.

2. Sprinkle over the pepitas and torn basil. Finish with a generous drizzle of olive oil and squeeze of fresh lemon juice.

Your skin matters
Just like every other organ in your body, the skin requires a full suite of nutrients to grow, heal, replenish and repair.
Did you know?

This salad offers a bounty of healthy fats, vitamins and trace naturals to nourish your skin - and bring out your natural diva!
Choc Pomegranate & Ginger Bark

Ingredients

- ½ cup FM Superfood Chocolate or raw cacao
- ¼ cup 100% pure maple syrup
- ½ cup coconut oil, melted
- 1 tbsp ginger, freshly grated
- ½ tsp fine sea salt
- 1 pomegranate, deseeded

Method

1. Line a small slice tray
2. In a medium bowl, add raw cacao, maple syrup, melted coconut oil, ginger and sea salt. Whisk together until combined well.
3. Pour chocolate mixture into lined slice tray and top with pomegranate seeds.
4. Place in the freezer to set for 20-30 minutes.
5. Cut or break into pieces and enjoy.
Did you know?

A super simple treat bringing together sweet, tart and a little spice. Pomegranate seeds are packed with polyphenols, a powerful antioxidant to rejuvenate the skin. Raw cacao powder is well-known for its powerful antioxidant levels.
Watermelon Chia Fresca

**Ingredients**
1 cup cold coconut water  
2 tbsp chia seeds  
1 cup watermelon, blended to puree  
1 tsp coconut sugar  
Optional: Ribbons of fresh Lebanese cucumber

**Method**
In a tall glass, swirl together the coconut water, chia, watermelon and coconut sugar. Leave the chia to set and gel for at least 10-20 minutes. Stir through ribbons of fresh cucumber before serving if desired.

**Preparation:** 10 min  
**Ingredients:** 4  
**Serves:** 1
Hey!
This light, tropical drink is super refreshing! Packed with anti-inflammatory seeds and a splash of Vitamin C, it’s got a nice boost of skin-beautifying nutrients.
Flaxseed Muesli Slice

Ingredients

- ½ cup flaxseeds/linseeds
- ½ cup LSA
- ½ cup goji berries
- ½ cup walnuts, roughly chopped
- ¼ cup chia seeds
- ¼ cup macadamia oil
- ½ cup pure maple syrup

Method

1. Preheat your oven to 320°F (160°C). Combine all ingredients in a large bowl. Line or grease a shallow baking dish before transferring mixture across into dish.

2. Bake for 20 minutes, or until top of the slice is golden but not burning.

3. Allow to cool slightly before cutting slice into bars while the mixture is still warm.

4. Store in an airtight container.
Did you know?
This slice is brimming with flaxseed, walnuts and chia, which are a great vegan alternative for getting an omega-3 hit.
Chili, Lime & Tamari Trail Mix

**Ingredients**

- ½ cup flaked almonds
- 1 cup mixed seeds (*pepitas, sunflower*)
- 1 tsp dried chili flakes
- 2 tsp tamari
- 1 lime (*juice & zest*)

**Method**

1. Mix all ingredients together in a medium bowl and toss to coat well.
2. Spread on baking tray lined with parchment paper.
3. Bake at 350°F (180°C) for 20-30 minutes, until golden brown.
4. Allow to cool, and store in jars in the pantry.
Did you know?
So simple to create, this trail mix is perfect to have on hand as a snack or salad topper. Pepita seeds are packed with zinc, making them an amazing beauty food!
Beauty Boosting Banana Smoothie Bowl

**Ingredients**

- 2 frozen bananas
- 1 cup chopped/frozen zucchini
- 1 kiwi (keep the peel)
- 2 cups of spinach
- ½ teaspoon vanilla extract
- A dash of cinnamon
- 1 scoop of vanilla protein powder
  
  *(plant-based or use grass fed whey)*

**Method**

1. In a high-speed blender, combine all ingredients and blend until creamy and smooth. Add ice if desired. Garnish with fresh fruit, coconut, fresh mint, or any other topping you like. Enjoy immediately.
A thick, creamy smoothie bowl made with frozen banana and zucchini for a healthy frozen treat with less sugar and added fiber.
Did you know?

Mint contains compounds that are naturally anti-spasmodic and can relieve stomach cramping. Plus it’s light and simply delightful in this refreshing drink.
Peaches and yum!

This juice is both herbal and fruity, a light and unusual combination. You’ll be delighted at the taste (and dusty rose color) that strawberries and peaches lend to the elixir. You can also feel good about the fact that this juice is like a liquid prescription for beautiful skin! It’s incredibly high in Vitamin C, which helps us to form collagen (an important structural component of strong skin) and fight off free radicals. Peaches are also high in beta-carotene, which is associated with cell repair.
Blushing Beauty

**Ingredients**

- 1 large cucumber
- 2 large peaches, pitted
- 1 cups strawberries
- 2 tbsp basil leaves

**Method**

1. Prepare all ingredients by chopping.
2. Juice all ingredients.
3. Drink immediately and enjoy!

**Pro Tip:**
You can substitute other summer berries, like blackberries or raspberries, for the strawberries in this recipe.
Did you know?
Promoting good digestion, hydration and alkalizing! This juice combo will help to calm inflammation from the inside, which will have you glowing on the outside!

**Ingredients**

1. Lebanese cucumber
2. Apple
3. 1/4 cup pineapple
4. 1 cup leafy greens (eg. spinach, kale)

**Method**

1. Prepare all ingredients by chopping and juicing all ingredients.
2. Drink immediately and enjoy!
kick
The Cravings

**Ingredients**

- 2 carrots
- ½ apple
- ½ lemon
- 1 inch piece of ginger

**Did you know?**

This juice blend is full of beta-carotene rich carrots and skin-clearing apple and lemon! This naturally sweet combo will help you kick the sugar cravings, making it the perfect mid-afternoon pick-me-up!

**Method**

1. Prepare all ingredients by chopping and juicing all ingredients.
2. Drink immediately and enjoy!
skin
Beauty Smoothie

PREP: 10 m  INGR: 6  SERVES: 1

Ingredients
1 banana
½ avocado
¾ cup almond milk
2 dates
1 tbsp chia seeds
2 tsp cacao nibs

Method
1. Place all ingredients except for the cacao nibs into a blender and blend until smooth. Add the cacao nibs and blitz for another couple of seconds to add a ‘chocolate chip’ flavor sensation. Otherwise, blend for longer if you’d prefer a smoother, well-combined consistency.
The Blaster

PREP: 10 m  INGR: 6  SERVES: 1

Ingredients

½ cup soaked cashews
1 cup filtered water
½ cup strawberries or berries
1 tbsp collagen or gelatin
1 date
1 tsp vanilla

Method

1. Place all ingredients into a blender and blend until smooth and creamy.

Did you know?
Collagen is amazing for assisting to strengthen and structure your skin and it is vital for elasticity!
When you're making a tea for daily use, you want to work with gentle tonic herbs that will help bring your skin into balance rather than a blend that will push your skin in the opposite direction.

Additionally, I ascribe to the traditional way to drink tea—I use about 3-4 tablespoons of herbs to a quart of water and steep it 2-3 times. If you use a regular sized French press, two steeps of your tea will be about a half gallon of liquid that is jam packed with nutrients for your body! It will keep you hydrated and it ensures that you're pulling all of the goodness out of your herbal blend (some herbs take longer to release their nutrients).

**Dry Skin**

**Revival Tea**

If you have dry skin externally, I always add juicy (demulcent) herbs to help heal that internal mucosa and offer support to the skin. I also want to add a blood building herb because dry skin is indicative of a deficiency and since the skin is fed by the blood, you want to build the blood so that all the nutrients you're giving it can make its way to the skin.

**Ingredients**
Marshmallow root, Alfalfa, Vervain, Rosehips and Ashwagandha
If you’re experiencing oily skin, you want to add herbs that will help balance out your extra sebum production. Astringent and cooling herbs are helpful in quelling excess oil and blood movers stimulate circulation, which is great for creating balance in the whole system.

**Ingredients**
Lemon balm, Yarrow, Burdock root, Hibiscus and Tulsi

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Combination skin is the most difficult to work with externally, but internal skin work is all about balance! Like with oily skin, we want to add a blood mover and like dry skin we want a demulcent herb.

**Ingredients**
Dandelion root, Nettle leaf, Burdock root, Lavender & Schizandra
Lotions & Scrubs
Ocean Body Scrub

**Ingredients**
- ½ cup sea salt
- ½ cup coconut oil, melted
- ¼ cup avocado oil

**Method**
1. Mix all ingredients together in a bowl.
2. Store in an airtight container
3. To use, jump in the shower to wet your body, then use about 1 tbsp of the mixture scrubbing into all areas of the body (avoiding sensitive areas).
4. Jump back under the water and rinse well.
Did you know?
Sea salt is rich in minerals and great for getting rid of dead skin cells. Coconut oil is conditioning for skin and avocado oil is nutritious for skin being hydrating and conditioning.
Wake-me-up Coffee Scrub

**PREPARATION: 10 m**  **INGREDIENTS: 4**  **SERVES: 10**

**Ingredients**

1 cup coffee grounds

⅓ cup ground salt

(Sea salt or Himalayan)

1 cup coconut oil

⅓ cup sugar

(castor is fine, or else use coarse brown or rapadura)

**Method**

1. Make sure your coconut oil is melted, then mix all ingredients together in a bowl. Transfer your mixture to a waterproof, sealed jar or container. Simply scrub over your body (avoiding sensitive skin regions and face) before rinsing with warm water. Rinse off any excess oil with some mild, organic castile soap if desired.
Did you know?
This is the ideal scrub to start your day feeling fresh, invigorated and energized! Simply save your leftover coffee grounds and with a few other pantry staples, you have a body scrub that smells so good you could drink it.

Important
Don’t dip wet hands into the container - it will make the mixture spoil prematurely. Instead, try to pour the mixture onto your hands, or use a dry spoon to scoop out.
Sweet Body Butter

**Ingredients**

- ½ banana
- ½ cup ground oatmeal
- ½ cup cacao butter
- ¼ cup almond oil
- 3 tbsp sandalwood oil
- 10 drops of pure essential oils (vanilla, lemon, etc.)

**Method**

1. Mix all ingredients together in a bowl.
2. Store in an airtight container (jars are perfect).
3. To use, jump in the shower to wet your body, then use about 1 tbsp of the mixture scrubbing into all areas of the body (avoiding sensitive areas).
4. Jump back under the water and rinse well.

**Did you know?**

**Banana**
Rich in vitamins & mineral, incredibly moisturizing for the skin.

**Ground oatmeal**
Soothing for skin, anti-inflammatory, cooling.

**Cocoa butter**
Great for relieving dry, itchy skin, natural emulsifier makes it great for body butters.

**Almond oil**
Moisturizing and packed with Vitamin E, healing and protecting properties, soothes skin.

**Sandalwood oil**
Anti-inflammatory, cooling, great for dry skin.

**Vanilla / Lemon Oil**
Natural perfume.
**Coconut Cooling Lotion**

**Preparation:** 10 m  
**Ingredients:** 4

**Ingredients**

- 2 tbsp aloe vera gel  
- 12 drops of essential oil  
  *(we used peppermint, lavender and orange)*  
- ½ cup coconut oil  
- 1 container with lid

**Method**

1. Mix ingredients together in a glass jar and use on skin after a little too much sun or whenever for a cooling, rejuvenating massage.
Peppermint Lip Scrub

**Ingredients**

1 tbsp brown sugar or coconut sugar

2-3 drops of essential oils
*(we used peppermint)*

1 tsp jojoba oil

¼ tsp vanilla

**Method**

1. Combine in a small jar all ingredients and mix well.

**Did you know?**

A gentle lip scrub with a hint of mint to invigorate anyone’s chapped lips! As soon as you use this scrub you’ll feel the instant tingle from peppermint oil while the sugar helps to buff away any unwanted flakey skin.
The Natural Beauty Bible
Bath Blends
3 mini recipes
Energizing Bath

**Preparation:** 10 m  
**Ingredients:** 4

**Ingredients**
- Sea salt - *cleanse and hydrates*
- Seaweed - *rich in vitamins and minerals, softens and detoxifies*
- Lemon oil - *clears the mind and also antiseptic*
- Grapefruit oil - *uplifts & refreshes*

**Method**
1. Run a bath to your preferred temperature.
2. Add all ingredients straight to the tub, add one stressed human and soak for as long as you need.
Stress Busting Foot Soak

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup epsom salts</td>
<td>¼ cup sea salt</td>
</tr>
</tbody>
</table>

**Method**

1. Place a towel on the ground where you will be using the foot soak. Combine ingredients in a bucket of warm water and stir until dissolved.
2. Submerge your feet and enjoy the bliss!
3. Remove your feet and gently pat dry on the towel once your feet start to wrinkle or you’re simply ready!
Stress Relief Bath

**PREP:** 10 m  
**INGREDIENTS:** 4

**Ingredients**
- ¼ cup dried lavender
- 10 drops lavender essential oil
- 1 cup epsom salts
- ¼ cup ground oatmeal

**Method**
1. Mix all ingredients together and store in glass jars.
2. Run a bath to your preferred temperature.
3. Add ¼ cup of the mixture straight to the tub, one stressed human and soak for as long as you need.

Have you been having trouble getting to sleep? Try this bath blend to calm the mind aid restful sleep while reducing muscular pain and skin complaints.
Face & Hair Masks
Oatmeal Face Mask

PREP: 10 m  INGREDIENTS: 4

Ingredients

| 2 cups oatmeal           | 2 tsp honey |
| ¼ cup warmed oat milk   | 2 tsp ACV   |

Method

1. Mix all ingredients to form a warm paste. Apply to a clean face and massage gently.
2. Leave to 5 - 10 minutes before rinsing with fresh, warm water.

Did you know?
Oats have long been hailed for their rich nutritional qualities but it turns out they’re pretty beneficial for your skin as well! Reputed to soothe inflammation, these oats (plus the other therapeutic goodies!) will leave your skin fresh, smooth and feeling hydrated.
THE Avo Fix

**PREP: 10 m**  **INGREDIENTS: 4**

**Ingredients**
- ¼ cup natural yogurt
- ½ avocado
- 3 tbsp olive oil
- 1 tbsp honey

**Method**
1. Mix all ingredients to form a warm paste. Apply to a clean face and massage gently.
2. Leave to 5 - 10 minutes before rinsing with fresh, warm water.

**Did you know?**
Soothe dry and flakey skin with this quick and easy mask. Avocado is an amazing ingredient to help you get that supple, glowing skin!
Gelatin Hair Mask

**Ingredients**

- 1 tbsp Changing Habits Gelatin
- 1/2 cup filtered water
- 1-2 tsp raw, Apple Cider Vinegar
- 5-10 drops of an essential oil
  (rosemary, lemon and lavender are great for promoting healthy hair)
- 1 tsp raw honey

**Method**

1. Mix all ingredients together in a bowl or glass jar.
2. Set aside to thicken for a few hours.
3. When ready wet hair and wash with shampoo.
4. Wring out as much water from your hair as you can.
5. Use half the mixture (if you have long hair) or less (if you have short hair) and rub thoroughly through the tips and through the scalp.
6. Pull hair up in a bun and put a shower cap on, or a towel. Leave the gelatin to soak into the hair for 20-30 minutes.
7. When ready, wash hair again with shampoo and conditioner.
8. Dry as normal and enjoy super soft hair.
Did you know?
Gelatin is most effective used internally, but even externally it can have great benefits and this includes on your hair. If you’re looking to give your hair a bit of love and attention, then try this beautiful gelatin mask for super soft and nourished hair.
Amazing Cleansing Mask

**Ingredients**
1 tsp FM Superfood Greens
2 tsp natural yogurt
1 tsp of white clay

**Method**
1. Mix all ingredients together well in a small bowl to form a paste. Apply on a clean, damp face, neck and décolletage.
2. When almost dry, remove with a damp cloth.
Hair Mask for Deep Conditioning

**Preparation:** 10m  |  **Ingredients:** 4

**Ingredients**
- 1 ripe avocado
- 1 tbsp coconut oil
- 1 tbsp olive oil
- 1 egg

**Method**
1. Mash up the avocado, then mix in the oils, and egg.
2. Massage the mask on your scalp and hair.
3. Cover with a shower cap and let it sit for two hours before rinsing *(you may have to massage in a bit of shampoo to remove all the oil).*
Essentials
Lavender Cuticle Balm

**Ingredients**

1. tbsp fractionated coconut oil
2. drops jojoba oil
3. drops lavender essential oil

**Method**

1. Combine all ingredients and store in a small, sealed jar. Keep in your handbag to reapply to your cuticles regularly throughout the day.

Why fractionated coconut oil?

This is less oily than normal coconut oil and penetrates more deeply into the skin. You can use normal cooking oil if unavailable though.
Refreshed Toothpaste

**PREP:** 15 m  **INGREDIENTS:** 4

**Ingredients**

2 tbsp baking soda  
1 tbsp coconut oil  
2 drops peppermint essential oil  
A pinch of salt or Himalayan salt  
Water - if needed to thin

**Method**

1. Combine all ingredients and store in a small, sealed jar. Use a clean spoon to apply onto your toothbrush!
DIY Rose + Witch Hazel Face Wipes

**PREPARATION: 15 m**

**INGREDIENTS: 5**

**Ingredients**

1 jar with lid  
1 cup witch hazel  
½ cup aloe vera gel  
½ cup dried roses or rose water  
2 cotton face pads  
*(Preferably organic ones)*

**Method**

1. Combine witch hazel with dried roses in a jar with a lid. Let it sit for 1 week in a cool, dry place.
2. When you’re ready to make the face pads, strain out the rose pieces.
3. Add aloe vera to witch hazel and stir together until combined.
4. Stack your face pads in a jar and pour the mixture over them. Give it about an hour for the pads to soak up all of the liquid.
5. The pads can get stuck together a bit so just use your fingers to pry them apart when ready to use.
Oil Pulling

**Preparation:** 15m  **Ingredients:** 2

**Ingredients**
- Coconut Oil
- Peppermint Essential Oil

**Method**
1. Place a tablespoon of extra virgin organic cold pressed oil (*our preference is coconut oil*) into your mouth
2. Swish it around for up to 20 minutes, minimum 5 minutes (*pulling it between your teeth*), before spitting it out.
3. Brush your teeth with a fluoride free toothpaste, and rinse your mouth out.
4. And you’re done! It really is that easy.

**Why?**

Oil pulling can really transform your health. Your mouth is the home to millions of bacteria, fungi, viruses and other toxins. The oil acts like a cleanser, pulling out the nasties before they get a chance to spread throughout the body. This frees up the immune system, reduces stress, curtails internal inflammation and aids well-being. You can even do it while preparing breakfast!
Thanks to You...

Gut Matters would not have been possible without your amazing support! Food Matters exists to support you on your journey to become the best version of yourself; to thrive and inspire your family and your community.

Thanks to all the experts and contributors who have provided us with amazing information and inspiration.... *We love you all!*

This book has also been contributed to with tireless love and dedication from the following Food Matters team members from articles, to recipe ideas, photos, copy, and design: Kali Gray, Rachel Morrow, Matias Rodriguez, Tess Lewis, Ashleigh Jensen, Luke Crocker, and Rikki Lancaster.

To all of you... *thank you!*
Disclaimer

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The Natural Beauty Bible

Your essential guide to radiant health & beauty from the inside out.

Natural beauty doesn’t have to take 2 hours in front of a mirror... Whether you’re looking to heal skin issues, look and feel years younger, or simply to love yourself more deeply; the “common knowledge” in modern society could be leading you astray. Are you ready to discover the true path to looking and feeling naturally radiant every day?

The modern beauty industry is a profit-machine that is unfortunately not regulated as well as it should be. This often results in products that are potentially harmful being sold to us as a “remedy”. When in reality they could be causing more harm than good. It’s time to discover the truth of natural beauty and exactly how we can start to live a life of more energy and radiant vitality. With ancient, natural, and organic ingredients, you have the power to completely transform the way you look and feel!

Through DIY recipes, delicious smoothies, health guides, and little-known beauty secrets, The Natural Beauty Bible will take you by the hand into a world of more self love, radiance, and natural good looks!