

7 Essential Tools For Radiant & Clear Skin



Simple Tools You Can Use Straight Away

Frustrated with spots that won't go no matter what you try?
Do you want to know how to stop the clock on wrinkles and fine lines?
Is your problem skin affecting your confidence?

Hi, I'm Sue Hardman and like so many of you I've had my own journey dealing with skin issues from embarrassing acne as a teenager that made me horribly self-conscious and affecting my confidence. After I thought I'd gotten rid of my spots and blemishes they came back again in my 20's which was totally devastating at the time. I also ended up with very visible butterfly pigmentation on cheeks and forehead (chloasma) that became even more obvious during my pregnancy.

I managed to clear my acne spots and chloasma with healthy living and using alternative therapies. At the time I didn't know as much as I know now and probably wouldn't have had to be quite so self-conscious and embarrassed about my skin. Looking to the future I know that wrinkles and ageing are inevitable but I'm managing these effects with the knowledge I've accumulated in natural health along with the other tools in my kitbag.



I've been in your shoes and I know how it feels to have spots and blemishes so this handy toolkit will help you to get started on your journey to better health, working from the inside to beautiful skin on the outside.

I work with women who have problem skin (spots or blemishes) all the time and it's my passion to help them have clear skin, so they can feel confident about themselves and how they look.

The **benefits** you will start to see:

- ✓ **Confidence in your appearance**
- ✓ **Fewer blemishes**
- ✓ **More control over hormonal spots**
- ✓ **Ability to manage your adult acne**
- ✓ **Firmer, plumper skin**
- ✓ **Clear, bright skin**
- ✓ **Less dry skin**
- ✓ **Less puffiness**
- ✓ **Smoothed fine lines**
- ✓ **Increased radiance**
- ✓ **Start now so you slow down the appearance fine lines**



There is a connection between your inner health and outer beauty, your inner vitality is reflected on the outside. Your skin needs feeding from the inside out with essential ingredients for good looking skin. A natural approach to supporting the skin will ultimately lead to long-lasting health and the rejuvenation of your skin.

A few simple tools that can be included in your diet and lifestyle will set you up for lifelong better skin and inner health.



The 7 Essential Tools To Clear, Beautiful Skin.

1 Squeaky Clean – clean your body from the inside out so your skin can glow

Start your day with a cup of hot water and add a slice of lemon or lime. This simple technique cleanses your entire system ready for the day. Don't stop there, drinking warm water throughout the day helps your digestive system immensely - you can add lemon, lime or ginger for greater variety.



TOP TIP: Do a green vegetable juice detox one day a week (preferably on a weekend) – use spinach, ginger, kale, beetroot, carrots, cucumber and apples. Add a green superfood powder and get glowing skin faster.

2 Activate your skin's health by giving it the right ingredients

Feed your skin and ensure the production of healthy collagen and plump elastic tissues with foods that contain minerals and are also protein rich – try spinach, almonds, whole grains, beans, cherries and avocados. You also need clean proteins like fish, chicken, turkey, lentils and eggs.



TOP TIP – Try to avoid plastic bottles water as chemicals leach into the water so your liver doesn't have to work so hard to detox – use aluminium or BPA free plastic containers.

3 Keep your skin luscious with essential lubricating oils

Yes, even if you have spots or problem skin you need good oils. Not fats! There is a difference. Oils keep your skin soft and supple and it's essential for women's hormones. The essential fatty acids are found in olive oil, oily fish, flax seeds, walnuts and almonds.

TOP TIP: Water, Water, drink loads at least 2 litres. It helps to flush out toxins and it keeps your skin hydrated so it looks more radiant and plumper. Your eyes will tend to look brighter too.



4 Your skin needs regular feeding every 3 hours



If you eat every 3 hours you will keep your blood sugar constant and prevent any blood sugar spikes. If you don't eat for hours, when you do eat your blood sugar spikes and damages your essential collagen and elastin. Try eating a protein, a healthy fat and low GI carb – try the following for snacks:- oatcakes or carrot sticks with houmous or an apple with nuts like almonds.

TOP TIP: Spice up your life. Spices are concentrated forms of antioxidants and loaded with health benefits. Add cinnamon to your porridge or cereal. Add Turmeric to your cooking. Drink ginger tea and use it in your cooking – a power house of benefits from nature's pharmacy.

5 Manage your stress and rejuvenate your skin.

Stress not only upsets the balance of hormones in your body it also impairs your body's immunity. The knock on effect of stress can lead to unwanted hormonal spots and it can also slow down your skins natural ability to renew cells, it can cause the breakdown of healthy collagen and elastin.



TOP TIP: Exercise increases your feel good hormones; it also helps your body to detox and increases the flow of blood with oxygen and nutrients to the skin.

6 Broccoli and beans to balance your hormones

Support your liver as it's got a big job to do clearing the unwanted hormones, everyday try eat some of these vegetables - broccoli, beetroot & kale. Beans and pulses help your body to excrete excess hormones. The Japanese know what there're doing try miso and tempeh.

TOP TIP: Eat one cup of broccoli or cabbage a day to provide your liver with what it needs to eliminate excess hormones.

7 Let food be your healer, the only way to beautiful skin

Eat foods with all the colours of the rainbow – red, green, orange, purple, blue. These wonderful vegetables and fruits will give your skin all the antioxidant nutrients it needs to repair or stop the damage caused by free radicals from UV rays and can help heal blemishes or scars.



Concentrate on fruit & vegetables plus tomatoes, orange coloured foods, eggs, green tea, 80% dark chocolate, organic red wine.

You may be **feeling overwhelmed and frustrated** by your **on-going skin problems**. Perhaps you've **tried various options** including medication or expensive creams, with little change. Sometimes the problem clears up, only to return when you stop the treatment.

Get support with your journey to clearer, problem free skin, I use a combination of **diet, lifestyle and natural medicine to help women look and feel better about themselves**

If you **want to know more about how to improve the health of your skin** or understand how I can help you clear up your skin problems, contact me today for a **FREE 20 minute, no obligation telephone conversation** to see how we can work together.

Try 0845 136 5283 or sue@suehardman.com

Regards & Best Wishes,

Sue
Your good health guide

