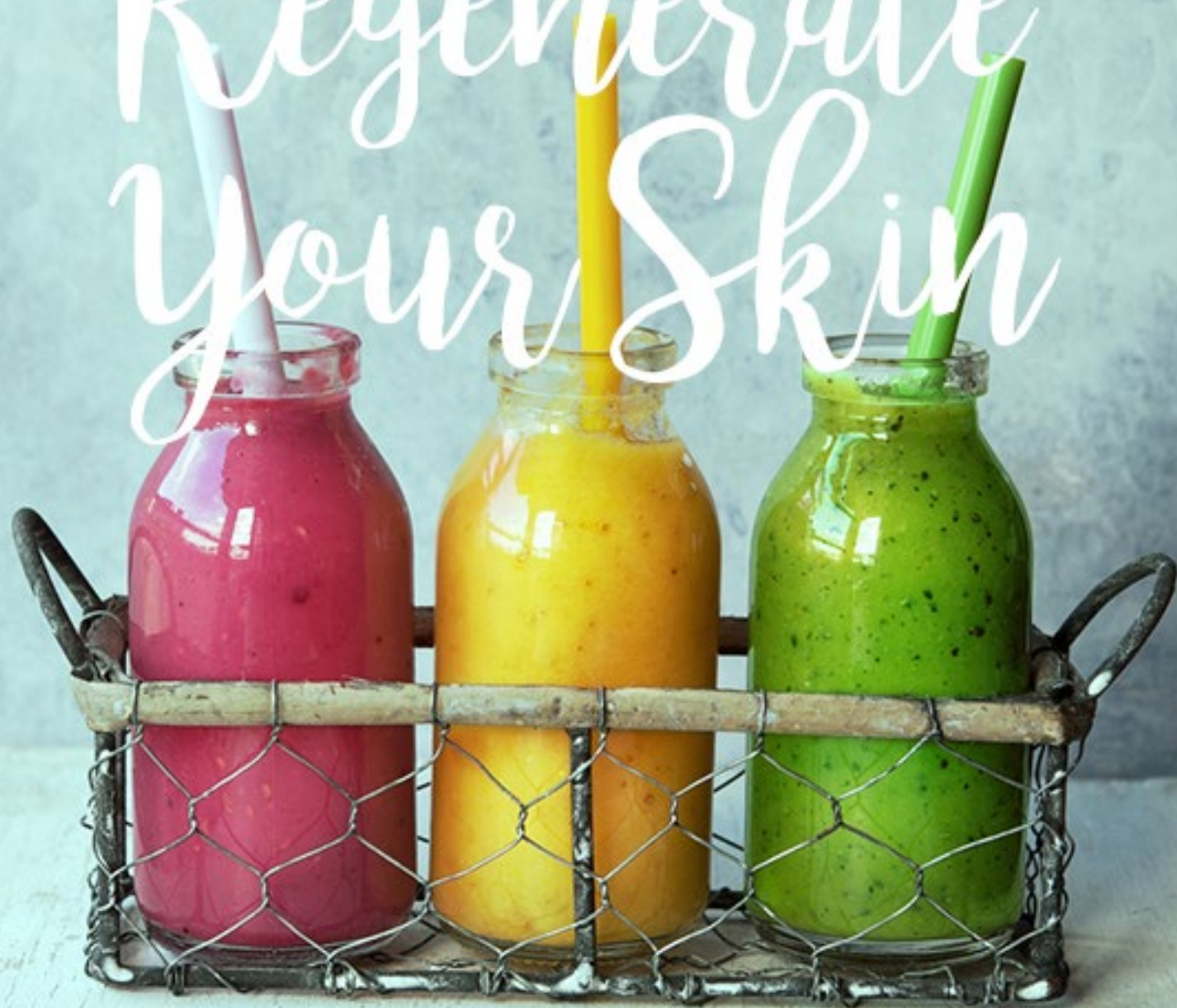


# 5 Super-Enriched Smoothies to Regenerate Your Skin





Hi there!

My name is Melissa Weatherall, and I am a Registered Holistic Nutrition Practitioner and Health Coach through NutraPhoria School of Holistic Nutrition.

I struggled with my weight and my health for many years before I finally had enough and decided it was time to make some changes. It was through all the trial and errors, that I gained the knowledge that I developed a system of Balance.

I help busy women lose weight, gain energy and vitality by teaching that it's ok to enjoy pizza on Saturday nights without counting points or calories and still lead a life full of joy and fulfillment without guilt.

It's my passion to teach my clients that feeling good and living their best life doesn't have to be complicated.

Ready to dive in? I am!

Much Love,

Mel xo

Looking beautiful is the ultimate dream of every woman, but to attain it you must work on yourself, as beauty is not only skin deep—it comes from within.

We will discuss in depth how inner health helps regenerate healthy skin.

You can have smoothies the whole year with a slight variation in the recipes to suit seasonal foods.

As a bonus, you can have a slimmer waistline by replacing one meal with smoothies consistently. In short, smoothies are the ultimate answer to all your beauty-related questions.

## How Smoothies Benefit the Skin

I am going to share with you the secret to a healthy glowing skin. To your surprise, the secret doesn't consist of any super-expensive beauty products; rather, it includes fruits and vegetables that are rich in carotenoid.

Research has shown that people who ingest carotenoid on a daily basis have younger-looking, healthy, and glowing skin, which everyone craves.

Before you start eating vegetables and fruits to get that youthful glow, let me add that the secret also involves mixing them with healthy fats such as avocado. The human body needs these healthy fats.

The combination of fruits and vegetables with proteins and healthy fats provide you with nutrition. Since they are loaded with essential fatty acids and antioxidants, they benefit the skin by minimizing puffiness and redness, keeping it wrinkle-free and smooth.

So if you are sick of people telling you that you can never have perfect skin, you can show them it is possible just by adding some delicious and healthy smoothies to your diet.

Besides giving you a glow, these smoothies also help to trim down your waistline. So, read on to learn about some great smoothie recipes.

# Top Ingredients to Add to Your Smoothie for Great Skin

I can't wait to help you make a smoothie that benefits your skin to the max.

**Here is a recipe for the healthiest smoothie with optimal nutrition. This recipe contains the following key elements:**

- **Protein:** The choice of protein depends on the goals and lifestyle of every individual. If you want to have the smoothie as a substitute for meal, adding protein is a must. You can go for a vegetarian protein or grass-fed whey. You should add one serving per smoothie and each serving size depends on the protein you select.
- **Fiber:** The best choices to add fiber to your smoothie are flax seeds, avocado, or chia seeds.
- **Fruit:** You can add any fruit of your choice, such as bananas, peaches, pears, mango, lime, or berries. To give it more thickness, you can freeze your choice of fruit instead of using ice cubes. But use them in a limited quantity to obtain best results.
- **Greens:** Greens make your smoothie healthier. You have various choices for greens, such as spinach, kale, basil, cilantro, parsley, and cucumber, and the list goes on.
- **Healthy Fats:** You can add according to your taste but the best options are avocado, coconut oil, walnuts, almond butter and cocoa butter.
- **Liquids:** You should add some liquid for the blender to start, so you can add a cup of liquid of your choice. The liquid could be anything from water to almond milk, flax milk, or coconut water. It just depends on the consistency you like.
- **Superfoods:** Superfoods are the supplements that add an extra punch to your smoothie and provide excellent nutritional value. Some great examples are Maca, cacao, goji berries, bee pollen, aloe vera, coconut oil, hemp seeds/protein, spirulina, and acai.



# Causes of Blemishes and Wrinkles

As the famous saying goes “*You are what you eat*”, the food we eat has a direct effect on the health of our skin as well.

Our environment and lifestyle also play a major role in the appearance of our skin.

## **Some of the causes of blemishes and wrinkles are:**

- Direct exposure to the sunlight without using any sunscreen is one of the main causes of blemishes and premature ageing. UV rays are very dangerous for the skin.
- Unhealthy habits like smoking and drinking also pose a threat to healthy and younger looking skin.
- Excessive use of beauty products and treatment creams can also cause more harm because they contain chemicals and toxins that are not good for the health of skin.
- An unbalanced diet plan that contains junk food and a lot of carbohydrates. Also, not doing any kind of exercise can make you lax and the skin droopy.
- If you don't follow a regular routine to cleanse, exfoliate, tone, and moisturize your skin, it can also cause the skin to get dull due to environmental issues.

## The Gut and the Skin

Dermatologists have always emphasized the importance of gut balance to achieve healthy skin. The gut provides 70% to 80% of the immunity of our body, so keeping it healthy can improve most of our health issues.

There are two types of bacteria living in our gut: the good bacteria (probiotics) and the bad bacteria. If the good bacteria are at high levels, they help you with immunity, keep your body in balance by digesting food and manufacturing different nutrients.

The problem starts when the bad bacteria takes over as result of stress, excessive intake of antibiotics, and bad eating habits. This bad bacteria interferes with the digestive system and release toxins in it. Therefore, acne outbursts take place to release these toxins.

The health of the gut is very important to achieve healthy glowing skin. For keeping the probiotics in the gut on the winning side, you should avoid foods that cause digestive problems such as junk food. You should also steer clear of any type of stress that triggers the bad bacteria and stay healthy in order to avoid the intake of antibiotics.

## How to Make a Smoothie

To make a delicious and healthy smoothie that is high in nutritious value, you can take the following steps:

- Take out the blender because it gives the best consistency. If you don't own one, a food processor can be used as a substitute.
- Add the liquid of your choice as it decides the final consistency of the smoothie and also helps start the blender. You can choose a liquid from the list already discussed.
- Add the fruit of your choice to make the base of your smoothie. You can use fresh or frozen fruit according to your taste. You can add more than one type of fruit if you like. The list of the fruits that can be used has already been discussed.
- The next step is to add protein, if needed. You can use protein powder but if you want a natural source you could use Hemp seeds, cottage cheese, Greek yogurt or even tofu.
- The next step is to add the greens you selected to make your smoothie healthier. Also take note that the amount of vegetable must not exceed that of the fruit. General idea is to use 1 to 2 cups of each.
- Other options are to add superfoods, fats, and fibers.
- Add ice cubes if you like and blend the smoothie until it has an even consistency. Pour it and garnish it with berries or lime as you like.

# Smoothie Superfoods for Great Skin

Superfoods are an easy and great source of healthy nutrients that our body needs. They are natural and contain the nutrients that our body needs but doesn't get enough of.

**Here is a list of the superfoods that you can add to your smoothie for amazing, fresh, glowing skin:**

- **Chia Seeds:** These are super seeds that contain a wide range of nutrients such as vitamins, minerals, protein, fiber, iron, calcium, and antioxidants, which are all good for keeping the skin fresh.
- **Flax Seeds:** These super seeds provide omega fatty acids and fiber. They help to achieve soft and smooth skin. They also eliminate all the toxins from the body so you can have a clear complexion.
- **Goji Berries:** These are the tastiest example of superfood, containing vitamins, minerals, amino acids, and antioxidants. They promote great skin because they help with hormonal balance.
- **Avocado:** This is one gem to add to your smoothie to get glowing skin as it contains up to 20 minerals and vitamins and has healthy fats.
- **Camu Powder:** This powder is loaded with vitamin C which helps to keep your immune system strong and gives you vibrant, fresh skin.

## 5 Foods that Support Skin

It has been proven through research that what we eat has a direct effect on our complexion and the health of our skin because our eating habits impact hormonal balance, which affects the skin in a positive or negative manner.

In short, what you eat is far more important than the beauty products you use to keep your skin healthy and glowing.

**Here is a list of 5 foods that I can swear by to get you on track for glowing skin:**

- **Spinach:** Besides providing you with great strength, spinach also plays a role in slowing down the aging process of your skin. It contains beta-carotene which is a precursor for vitamin A and vitamin A is well known for its anti-

aging abilities. It helps to properly moisturize the epidermis and as a result prevents wrinkles and helps the removal of dead cells.

- **Avocado:** Avocado contains vitamins A, D and E, and omega-9 fatty acids. These fatty acids are the building blocks of skin. These nutrients help to keep the tone of the skin even and smooth. So, adding avocado to the daily diet is a great idea.
- **Tomatoes:** Tomatoes happen to be the heroes for our skincare regime, as they provide protection against one of the major enemies of our skin. They have a very high content of antioxidants that protect the skin against UV damage and leave it fresh.
- **Pumpkin Seeds:** These little seeds can bring about great wonders as they are rich in vitamin C and fatty acids which produce the natural oil of the skin called sebum. This natural oil helps to protect and repair the skin if damaged. So, ingesting pumpkin seeds can help to get glowing, evenly toned skin.
- **Pineapple:** This fruit is a great treat for your skin as it is rich in vitamin C, amino acid, and collagen containing an enzyme called bromelain. This enzyme is famous for its softening effect. Collagen helps to support the skin structure and the vitamin C and amino acids help to repair damaged skin. So, adding pineapple to your smoothie can help you to achieve younger looking and glowing skin.

## Top Beauty Foods for Skin

Some of the top beauty foods that help you to have younger looking, glowing skin are:

- Avocado
- Flaxseed meal
- Kale
- Quinoa
- Berries

Using these beauty foods in your smoothies can help you regenerate fresh, younger-looking skin. Some of the successful recipes are given below for your convenience.



# Recipes

Here are the five super-enriched smoothie recipes that promote hormonal balance in different ways, regenerating your skin and leaving you with a healthy glow.

## Hormone Happiness Smoothie

- 1 ½ cups dairy free milk
- ½ avocado
- Handful of parsley
- 1 cup kale
- 1 teaspoon maca powder
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- Dash of cinnamon

## Hormonal Reset Smoothie

- 1 ½ cups coconut water
- ½ avocado
- 1 cup of frozen strawberries
- 1 tablespoon coconut oil
- 1 cup spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 tablespoon raw cacao

## Hormonal Freedom Smoothie

- 1 ½ cups dairy free milk
- 1 cup frozen blueberries
- ½ banana
- ½ avocado
- 1 cup spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- Dash of cayenne pepper

## Hormonal Bliss Smoothie

- 1 ½ cups coconut water
- 1 cup kale
- Handful of parsley
- ½ avocado
- 1 tablespoon sesame seeds
- 1 tablespoon chia seeds
- Dash of cardamom
- 1 teaspoon royal jelly (optional)

## Hormonal Health Smoothie

- 1 ½ cups almond milk, hemp or coconut milk
- 3-4 fresh figs, washed, stems removed, and halved
- 1 frozen banana
- 1 cup spinach
- 1 teaspoon cinnamon
- 1 tablespoon chia seeds
- Dash of cayenne pepper

# Why Smoothies Are Great for Any Meal

Smoothies are very high in nutrition but the idea of replacing the meal with them seems a bit too far. However, if you are looking for weight loss and want to make your skin healthier, you can follow the below steps to make a smoothie that can be used to replace the meal.

- **They should be filling enough:** You should make a filling smoothie if you're using it as a meal replacement because you do not want to rush to food in a few hours. Thicker smoothies happen to do the job for you.
- **Add essential nutrients:** You should add essential nutrients such as healthy fats, vitamins, minerals, protein, and fiber to your smoothie to use it as a meal replacement.
- **Consistency:** Be consistent in skipping the meal and consuming the smoothie once every day if you really want to support your healthy skin and lose some weight.
- **Experiment with flavors:** Experiment with the flavor by adding different fruits and supplements so that you do not get sick of the same routine.
- **Reduce the bad ingredients:** Try to cut back the bad ingredients such as sugar which is your biggest enemy and find healthy alternatives for it such as fruits and honey.

# Smoothies Any Time of the Year

Smoothies are the best nutritional food that can be made with convenience at any time of the year; simply vary the ingredients according to the weather and your requirements.

The best part is that they need no cooking, are easy to make, don't consume much of your time, and can be used as meal replacements. So, there is no specific time of the year to drink them: you can enjoy them all year long. You can play with the ingredients to make them more exciting and delicious and to increase their nutritional value.

Now you know about foods, seeds, and superfoods that you can add to your smoothies to add nutritional value to them. With the list of the best foods provided here, you can rejuvenate your skin within a short period of time without any expensive beauty products.

So, go ahead and enjoy these magical drinks.

# Ready to Take Your Glow to the Next Level?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean-eating program that to take your health, life, and energy to the next level?

Join me for my [Detox 365 Program](#) You'll receive an in-depth guide; over 30 mouthwatering, allergy-friendly, easy-to-make recipes; and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.



# Here's What Others Are Saying About Working with Me

*I went to see Melissa for advice on an anti-inflammatory diet. I had been overwhelmed by the contradictory information and supplements available. Melissa made it simple to understand and easier to make changes to my diet and lifestyle.*

*One month in and I am feeling better and have lost 7 pounds! Her guidance on meal planning and where to source products locally have been invaluable. It really wasn't as hard as I thought it would be.*

*You can tell she has a passion for helping people live their best life.*

*Val*

Thank you for a great month! The timing couldn't have been better! Mindset and meal planning/prepping have been the biggest takeaways for me. ... oh, and also 'just don't live there' if I've indulged a little. I didn't have hard set goals for the month except to lose 'some' weight and to really just start me off on the right path of better choices moving forward. Happy to say I lost 12 lbs and 3 inches off my waist during the month 😊. Feeling pretty good and still moving forward.

Christa

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