



THE NATURAL SKIN CARE GUIDE FOR SENSITIVE SKIN

How To Get Healthy Skin Naturally

Humble[™]
★
SIMPLE AND TRUE.

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CHAPTER 1:

INTRODUCTION

Did you know that your skin is the largest organ in the body? Okay, you probably knew that, but here's something you actually might not know: *your skin absorbs basically everything you put on it!*

“ Pores on your skin absorb an average of 64% of the chemicals it encounters. ”

Brown et al. The role of skin absorption as a route of exposure for volatile organic compounds (VOCs) in drinking water. Am J Public Health. 1984 May; 74(5): 479-484.

This is why it's so important to develop a healthy **skin philosophy**.

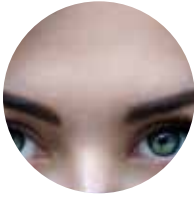
Making changes to improve the health of your skin takes time and effort. That means eating mineral rich foods, taking care of your gut, and using natural ingredients on your skin. This ebook will guide you through making these long-lasting changes to achieve healthier skin.



Rule #1 of any proper skin philosophy:

LISTEN to your skin when it's trying to tell you something.

Here are a few examples of your body talking to you:



When your forehead is breaking out it means you're probably having some digestive issues.



Acne around the jawline area means a little too much dairy, refined sugar, and processed foods.



Dark circles around your eyes? You're probably experiencing food intolerances, perhaps connected to dairy and wheat.



Psoriasis and eczema flair ups mean you're low in Vitamin D.



Are you one of the 90% of women that have cellulite? There are causes of cellulite that you may be out of your control like genetics and hormonal factors but there are some things you can do to improve the look and possibly even get rid of cellulite (more on that later). There are some things that you can control like your diet, lifestyle, exercise, and clothing.

CHAPTER 2:

THE SOLUTION

When your skin is expressing a problem like eczema, acne, or rosacea, it's important to address the triggers and root causes rather than apply a metaphorical band aid.

Here are some things to consider nixing or starting when trying to improve your skin health:

Nix These for Healthier Skin:

Unhealthy foods and toxic skin care products can wreak havoc on your body, damaging your health and skin. Get rid of these foods in your diet and chemicals in your skin care products to improve the condition of your skin.



Coffee

Coffee contains a high level of acidity and caffeine. High doses of acidic caffeine triggers stress responses in the body. Your stress hormones control your skin's oil production and can cause breakouts. Coffee can also act as a diuretic, dehydrating your skin.



Processed Foods

Processed foods like soda, candy, and bleached flours are considered high inflammatory foods. They cause a spike in blood sugar, increasing hormones that stimulate oil production and cause acne.



Parabens

These are synthetic preservatives that can potentially disrupt your endocrine system and affect your hormone levels.

Salicylic Acid

Although this ingredient can help some people with acne, it can also be drying and irritation for people with sensitive skin. As skin becomes dryer, it can react by producing more oil, which will create more acne and becomes a vicious cycle.

Sulfates

These harsh cleansing agents can potentially damage the lipid layer of your skin, causing irritation.

Benzoyl Peroxide

A buddy of salicylic acid (they're often-times found together), benzoyl peroxide also dries out your skin and diminishes your natural glow.

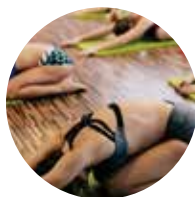
Do These for Healthier Skin:

The products you use and consume are just as important as what you don't use. If you follow these tips consistently, you'll start to see your skin improve.



Hydration

Try to drink at least 8 ounces per day. Lack of hydration turns your skin dry, tight, and flaky.



Sweat

Exercising regularly increases blood circulation and gets toxins out of your body.



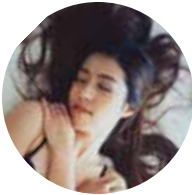
Vitamins

Zinc and Vitamin D deficiencies can contribute to eczema and acne!



Omega 3's

Eat an Omega 3 rich diet. We recommend wild-caught fish, flaxseeds, and chia seeds.



Sleep

Your body's skin barrier, or lipid barrier, minimizes water loss and is essential for strong, hydrated, healthy skin. Sleeping helps strengthen your skin barrier.



Probiotics

Eat probiotic rich foods like fermented cabbage, kimchi, and maybe even a little dark chocolate. Taking probiotic supplements also works just fine.



Healthy Fats

Eat healthy fats like avocado, coconut oil, and Ghee.

CHAPTER 3:

HOW TO USE THIS GUIDE

Before you get started it's important to know that changing your skincare routine can trigger your complexion to freak out. We're talking about reactions like acne, dryness, and redness.

These 3 tips will help you safely change your skin regimen without the freakout:

Go Slow. Using all of the recipes at once may not be in your best interest. Your skin needs time to adjust to the new products. Introduce new recipes one at a time with just a few applications a week. After a couple of weeks, you can move it up to every day.

Test. Apply the recipe on the inside of your wrist a few days before directly applying it to your face. That way you can test how your skin will react.

Talk to a Dr. If you are uncertain about how your skin will react with a certain recipe or ingredient in this book, please speak to a dermatologist who can help you cater your skin-care products and needs.

Download and print the Weekly Facial Skincare Routine schedule to help you stick to your regimen.

CHAPTER 3:

PREP WORK

Download and print the *Face and Food Shopping List* to help you gather all the ingredients needed for your sensitive skin care regimen.

Because it's not just about what you put on your body, it's also what you put in your body, we've included a bonus shopping list. *The Foods Shopping List* includes the best superfoods, healthy fats, minerals, and lycopene and high fiber foods that help promote the development of beautiful skin.

FACE SHOPPING LIST

Face Mist

- 1 Chamomile Tea Bag
- Lavender Oil
- Measuring Spoons
- Distilled Water
- Tea Kettle or Small Sauce Pan
- 4-ounce Spray Bottle
(with fine mist sprayer)

Face Moisturizer

- Jojoba Oil
- Rose Oil
- Lavender Oil
- Measuring Spoons
- Small Glass Bottle

FACE SHOPPING LIST

Face Wash

- Aloe Vera Gel*
- Rosewater*
- Almond Oil*
- Lavender Essential Oil*
- Measuring Spoons*
- Whisk*
- Mixing Bowl*
- Bottle with Pump*

Sunscreen

- Coconut Oil*
- Joboba Oil*
- Organic Shea Butter*
- Vitamin E Oil*
- Rose Oil*
- Measuring Spoons*
- Beeswax Pastilles*
- Non-nano Zinc Oxide*
- Mixing Bowl*
- Double Boiler*
- Whisk*
- Lidded Glass Jar*

Exfoliation

- Turmeric Powder*
- Chickpea Flour*
- Milk or Water*
- Whisk*
- 1 Glass Jar*
- Measuring Spoons*
- Mixing Bowl*
- Raw Organic Honey*

Face Mask

- Coconut Oil*
- Raw Organic Honey*
- Small Bowl*
- Lidded Glass Jar*
- Measuring Spoons*
- Mixing Bowl*
- Whisk*

FOODS SHOPPING LIST

Superfoods for Healthy Skin

- Lemons
- Sweet Potatoes
- Almonds
- Chia Seeds

Healthy Fats

- Salmon & Salmon Oil
- Chia Seeds
- Tuna
- Egg Yolks
- White Fish
- Walnuts
- Flaxseeds
- Hemp Seeds

Lycopene Foods

- Tomatoes
- Grapefruit
- Papaya
- Watermelon
- Guavas
- Asparagus

Circulation-Promoting Foods

- Spices
- Cayenne
- Turmeric
- Ginger

High Fiber Foods

- Split Peas
- Black Beans
- Artichokes
- Broccoli
- Brussels Sprouts
- Lentils
- Lima Beans
- Peas

FOODS SHOPPING LIST

Minerals for Healthy Skin

Zinc

- Rolled Oats*
- Pumpkin Seeds*
- Spinach*
- Nutritional Yeast*
- Sesame Seeds*
- Seafood*
- Chickpeas*
- Cashews*
- Mushrooms*
- Dark Chocolate*

Iron

- Spinach*
- Beans*
- Seafood*
- Kale*
- Peas*
- Dried Fruit*

Gut Health

- Digestive Enzymes*
- Probiotics*

Sulfur

- Garlic*
- Brussel Sprouts*
- Kale*
- Onions*
- Asparagus*
- Fermented Cabbage*
- Pastured Eggs*

Selenium

- Brazil Nuts*
- Fish*
- Organ Meats*
- Pastured Meats (Beef, Turkey, Lamb)*

WEEKLY FACIAL SKINCARE ROUTINE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Cucumber Mist Aloe Moisturizer Chamomile SPF</p>	<p>Oat Face Wash Nutmeg Scrub Green Tea Mask Cucumber Mist Aloe Moisturizer Chamomile SPF</p>
PM	<p>Oat Face Wash Aloe Moisturizer</p>	<p>Oat Face Wash Aloe Moisturizer</p>	<p>Oat Face Wash Aloe Moisturizer</p>	<p>Oat Face Wash Aloe Moisturizer</p>	<p>Oat Face Wash Aloe Moisturizer</p>	<p>Oat Face Wash Aloe Moisturizer</p>	<p>Oat Face Wash Aloe Moisturizer</p>	

CHAPTER 5:

THE FACE

Knowing what products work together and using them in the right order is critical when putting together an effective skincare routine, which is why we've done it for you!

Follow the steps and recipes and you'll see a difference in your skin.

CLEANSER

What. A cleanser is a facial care product that is used to remove oil, dirt, and other types of impurities from the skin.

How. Remove any makeup, wet your face, and then apply a small amount of cleanser. Gently massage your face in a circular motion. Rinse cleanser off and then pat your face dry!

Where. Where the action is – your face and neck.

Why. To keep your face clean, looking young, and vibrant/be a goddess.

When. Every morning before putting on makeup, and in the evening after you take your makeup off.

Aloe Vera Face Wash Cleanser

Ingredients

- ¼ cup** aloe vera gel
- 2 tbsp** almond oil
- 2 tbsp** rosewater
- 5-10 drops** of lavender essential oil
- 3 drops** of vitamin 3 oil

Supplies

- Bowl
- Wisk
- Bottle with pump
- Measuring spoons

Instructions

Put all ingredients into a bowl and whisk together. Pour bowl of ingredients into a pump bottle. Rinse face with water and use 1 pump of face wash to start. Rinse off cleanser. Follow next step in skin care routine.



EXFOLIATE

What. The removal of dead skin cells on the skin's surface. Sort of gross, super helpful.

How. Massage the product gently onto your skin in a circular motion to slough off the dead skin cells. The easiest way to exfoliate all at once is in the smother.

Where. All over your face, legs, arms, tummy. Basically everywhere.

Why. Glowing Skin: Removing dead skin cells shows the fresh and healthy skin cells underneath.

Smaller Pores: Dead skin cells gunk up your pores and will eventually make your pores larger.

Hydrated Skin: Removing dead cells reduces the risk of oil getting trapped and congesting your face.

When. If you're new at this, try once a week. Depending how your skin acts, you can increase the amount to no more than 2 times per week.





Konjac Sponge

What is it? The Konjac sponge is handmade from the vegetable fiber of a potato-like plant in Asia.

Why use it? This sponge is a gentle cleanser and exfoliator for both face and body.

How to use: Run the sponge under warm water until completely soaked through. Use the flat side in a circular motion around your face to exfoliate. Once you've finished with your sponge, squeeze it in your hands to get the water out. Remember to **NOT** wring out your sponge, this will deteriorate the fibers and the sponge won't last as long.

Tumeric Scrub

Ingredients

2 *tbsp* turmeric powder

4 *tbsp* chickpea flour

4-5 *tbsp* milk or water

Supplies

Small bowl

Whisk

Measuring spoons

Instructions

Wash face first to remove impurities and makeup. Use Aloe Vera cleanser to wash face. In a small bowl, mix turmeric powder with chickpea flour and mix until completely combined. Apply a small amount of scrub to wet skin. Use gentle circular motions to scrub the face. Rinse the scrub off and pat dry. Follow next step in skin care routine.





Honey Scrub

Ingredients

2 *tbsp* raw organic honey

Supplies

Mixing bowl

Whisk

Measuring spoons

Instructions

Wash face with Aloe Vera cleanser first to remove impurities and makeup. Massage raw honey onto wet skin in circular motions around your face and neck. Rinse the scrub off and pat dry. Follow next step in skin care routine.

FACE MIST

What. Spritzes of essential oils and antioxidants.

How. 1. Hold the spray about five inches away from your face and spritz.

2. Let it sit for a minute and then blot off excess with a tissue or massage into skin.

Where. On a cleansed face or on top of your makeup.

Why. Face mist is great for a couple of reasons. Facial mists prep skin before makeup, it sets your makeup in place for the day, and it helps keep your skin hydrated and refreshed. Facial mists also help with skin issues like: oily skin, inflamed skin, dry skin, and irritated skin.

When. Whether you want to apply your facial mist on your skin before, or after, you do your makeup depends on what you want to do. To hydrate and energize your skin, spritz your face with mist before applying your makeup. If you want that natural looking dewy skin, spray on your facial mist after putting on makeup.

Chamomile Tea Mist

Ingredients

¼ cup distilled water
1 chamomile tea bag
3 drops lavender oil

Supplies

Tea kettle or small sauce pan
4-ounce spray bottle with fine mist sprayer

Instructions

Boil water and steep the tea bag in water for 10 minutes, then let it cool. Fill half of the spray bottle with tea, add distilled water to fill the bottle. Drop in essential oil and shake. Hold bottle 5-6 inches away from your face and spritz. Let the mist sit for a minute and then blot off the excess with a tissue. Follow next step in skin care routine.

FACE MOISTURIZER

What. A moisturizer (you probably already know this) is a lotion, cream, oil, or ointment that is used to prevent dryness and aging.

How. Use a light, even pressure, massaging upward strokes from your neck up to your forehead. Be careful around your eyes.

Where. Your face, hands, and body.

Why. You may not literally become younger, but you'll look and feel younger (isn't that what matters after all?). Enjoy softer, hydrated, elastic skin and protect against aging and sun protection.

When. Immediately after you've bathed and patted dry your face in the morning.

Rose + Lavender Moisturizer

Ingredients

2 ounces jojoba oil
10 drops of rose oil
10 drops of lavender oil

Supplies

1 glass jar

Instructions

Pour jojoba oil, rose oil, and lavender oil in glass container. Roll glass container in hand until combined. Pour a small amount of mixture into hands and with a light, even pressure, massage in upward strokes from your neck up to your forehead. Rinse with warm water and pat dry. Store the leftovers in a lidded glass jar.

FACE MASK

What. The magic happens for facial mask after cleansing and exfoliating your skin. Facial mask ingredients generally contain ingredients like clays, essential oils, herbs, and vitamins.

How & When. Facial masks typically stay on your skin for 10-15 minutes (giving you plenty of time to hide and scare somebody if you're bored).

Why. Face mask treatments do a little bit of everything. Masks can hydrate, nourish, tighten, tone, calm, soothe, and rejuvenate the skin.

Coconut and Honey Face Mask

Ingredients

1 tsp coconut oil

1 tsp raw honey

Supplies

Mixing bowl

Whisk

Lidded glass jar

Measuring spoons

Instructions

Mix coconut oil and honey until combined. Apply to freshly cleansed skin in an even layer. Leave the mask on for 10-15 minutes. Rinse with warm water and pat dry. Store the leftovers in a lidded glass jar.

SUNSCREEN

What. Sunscreen prevents the sun's ultraviolet (UV) radiation from damaging and prematurely aging your skin.

How & When. Anyone over the age of six months should use sunscreen every day. Apply 1 oz 30 minutes before sun exposure, and apply the same amount every 2 hours.

Why. Sunscreen prevents skin damage from ultraviolet rays. The sun's UV rays are culprits of wrinkling, leathery, sagging, and other light-induced effects of aging on skin. They also exacerbate the carcinogenic effects of UVB rays, and have even been known to cause skin cancer! Sorry for sounding scary, but it's true!

Types of Sunscreen Out There

Mineral sunscreens include ingredients like zinc oxide or titanium dioxide to create a physical barrier to protect the skin from the sun.

Chemical sunscreens go deeper into your skin using chemicals like oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate to protect the skin from the sun.

Why Mineral?

A good rule of thumb with beauty products: if you can eat it (and not get sick), then you can put it on your skin.

Recent research from the Environmental Working Group (EWG) and Consumer Reports warn against using many types of conventional sunscreens, especially on children. The same study also discovered that chemicals commonly used in sunscreen are endocrine disruptors that may interfere with the thyroid and other hormone processes in the body.

Mineral sunscreen is a much safer option but more difficult to pinpoint the SPF levels. So, we've broken down a list of zinc oxide percentages and SPF levels.

Level of protection levels:

- **SPF 2-5:** Use 5% zinc oxide
- **SPF 6-11:** Use 10% zinc oxide
- **SPF 12-19:** Use 15% zinc oxide
- **SPF 20+:** Use 20% zinc oxide

Rose Sunscreen

Ingredients

About 20% zinc oxide (**SPF 20+**)

90 grams coconut oil

65 grams jojoba oil

27.5 grams organic shea butter

28.5 grams beeswax pastilles

30 grams non-nano zinc oxide

½ tsp Vitamin E

50 drops rose oil

Instructions

Add oils, butter, and wax into a double boiler and warm over low heat until everything has melted. Remove from heat and add powders into the melted oils. Whisk well until smooth. Add in Vitamin E and essential oils and stir. Let the mixture cool in your pan to thicken up. Move your mixture from the saucepan to a bowl and mix to incorporate the zinc powder that settled on the bottom. Pour into storage containers. Apply to freshly cleansed skin in an even layer.

Supplies

Measuring spoons

Double boiler

Whisk

Mixing bowl

Glass storage bottles
or containers

CHAPTER 6:

THE BODY

Circulation

The circulatory system is the Uber driver of the body. It carries nutrients, hormones, and other chemicals to different points in your body. It's where we need to focus for nourishment and detoxification.

Poor blood circulation can potentially lead to a whole mess of health problems. Whereas good circulation is definitely something you want for glowing skin. Good blood flow creates an even skin tone by delivering nutrients to skin cells.

Remember about how your body talks to you? Well, here are a few of the signs to watch out for when it comes to bad circulation:

Uneven Skin Tone: Dull and uneven looking skin. You're probably thinking, "Oh, well that's me all the time." First of all, no, your skin looks great, secondly, chronically uneven skin is more severe than the occasional dry spot.

Acne & Inflammation: Poor circulation doesn't directly cause acne and inflammation, but over time, poor circulation affects your major organs. If your organs don't get good blood flow, you get two issues: *poor digestion and poor detoxification.*

For example, your liver and kidneys can't eliminate toxins properly with poor blood flow. This can create chronic inflammation in your body, which leads to lymph node congestion. Eventually these toxins would attempt to secrete through your skin! That's when acne, dry skin, eczema, psoriasis, and general skin inflammation rears their ugly heads.

Slowed Healing: If you find that your skin takes longer to heal it might be related to poor circulation. When blood flow is poor, there is less efficient transportation of nutrients and repair hormones to skin cells.

Wrinkles & Aged Skin: One of the major causes of wrinkles is the combination of inflammation and toxicity. If toxins stick around in your body, inflammation and glycation occur. To prevent wrinkles, we need to make glycation not a thing in your body. This requires a diet rich in anti-oxidants, a low inflammatory lifestyle, and healthy blood flow.

Dark Circles: If circulation is poor, it can result in poor oxygenation, toxic buildup, and water retention which may cause the infamous dark circles below your eyes. Unless you like it when people say, “You always look tired,” it may be time to improve your circulation.

How to Improve Circulation

Exercise: You probably hear that exercise is the answer to everything, well, it sort of is. Daily movement is one of the simplest and natural ways to improve blood flow. We’re talking about movement here, not necessarily intense, vigorous activity. A walk, dancing, gardening, or playing with the kids or pets can get your blood pumping. Through movement, blood flow increases to the skin. Exercise and movement also helps move lymph nodes and internal organs. It increases the amount of microcirculation to organs, like the liver, helping eliminate toxins. It also helps the skin by decreasing stress hormones in the body.

Contrast Showering AKA Polar Bearing: Alternating between hot and cold water can improve circulation and your health. Research suggests that regularly exposing yourself to cold water can also improve hormone balance, alleviate depression, and increase functionality. It’s also great for thyroid health. Cold water helps restore hormone imbalances by stimulating the lymphatic and endocrine system. When the thyroid is stimulated by cold water, it tells the body to flush blood from extremities to our organs, while releasing endorphins. Ever wonder why jumping in the jacuzzi and then jumping in the pool is such a thrill? It’s sort of fun, improves circulation, gives you a healthier thyroid, and a better hormone balance.

How to: Expose your body to hot water for two minutes then immediately switch to cold water for one minute. Repeat this cycle up to four times for dramatically improved circulation and skin health.

Stay Hydrated: Plasma is 93% water and makes up more than half of your blood volume. When you're dehydrated, your blood becomes thicker and concentrated, making it more difficult to circulate.

Circulation-Promoting Foods: Some foods have shown to improve circulation, try to incorporate more of these into your diet:

- **Spices:** Cayenne, Ginger, and Turmeric
- **Healthy Fats:** Omega -3s and Omega-6s
- **High Fiber Foods:** Fruits and Vegetables and Vitamin C
- **Lycopene Foods:** Oranges, Grapefruit, Watermelon

Legs up the wall: This yoga pose is relaxing and increases circulation. To do this pose:

- 1 Sit on the floor, knees bent, with one shoulder and hip touching the wall.
- 2 Lower your back to the floor, with your legs still bent, keeping your body close to the wall.
- 3 Use your forearms and elbows to help you swing around and bring your legs up the wall. Make sure the backs of your legs are resting against the wall, your bottom is touching the wall and your legs are at about a 90-degree angle with your torso.



DRY BRUSHING

What. Gently scrubbing your dry skin with a natural bristle brush.

How. Start brushing at your feet and moving in long sweeping motions toward your heart. Always brush toward your heart. There's some poetic about that last sentence.

Why. Unclog pores, improve circulation, and exfoliate the skin.

When. Continue to dry brush your entire body every day. Aim for twice a day for best results. Remember to clean your brush with soap and water once a week to get all that dry skin out of there. Let your brush dry in a sunny spot to avoid any mildew nastiness on your brush.



CHAPTER 7:

GUT HEALTH AND YOUR SKIN

Enzymes

In order for your body to absorb these minerals and achieve the desired effect, you need enzymes! To make a long story short, enzymes help your body absorb food nutrients. They enable all those minerals and nutrients that prevent wrinkles, speed up weight loss, and improve skin tone. Everyone is born with a ticking time clock of enzymes that decreases over time, which causes aging. Wherever the Fountain of Youth is, it's probably just a pond of super amazing enzymes.

Pretend you're back in biology class, and let's talk about different types of enzymes. Also, feel free to use these words at parties, as they will surely impress everyone around you.

<i>Enzyme</i>	<i>Breaks Down</i>
Amylase	Starch
Protease	Protein
Lipase	Fat

Now you'll know what to expect from different enzymes come across.

Probiotics

Gut health has been a big deal lately, but it's for good reason. Probiotics improve your immune system, liver function, and food sensitivities by improving your digestive functions. Basically, if everything is going well in your gut, usually things go well everywhere else. Probiotics help things run smoothly down there.

Only problem is that it can be difficult to find probiotics in the wild. Unless sauerkraut is one of your favorite foods, chances are you'll need to make a concentrated effort to include probiotics naturally into your diet.

Here are a few foods with **naturally occurring probiotics**:

- **Dark Chocolate** (yay!)
- **Yogurt**
- **Kefir**
- **Microalgae**
- **Pickles**
- **Miso Soup**
- **Tempeh**
- **Kimchi**

If none of those foods are to your liking, there's a great alternative! Probiotics supplements are easy to come by, and by taking them, you can enjoy all the benefits that come with a healthy gut.

However you decide to get your probiotics, you can make things even better by drinking lots of water and implementing intermittent fasting. With all those things in action, your gut will never be healthier, your body will absorb every last bit of nutrients, and of course, your skin will look amazing.

Superfoods For Your Skin

Superfoods

- *Lemons*
(detoxes the body by helping the digestive system)
- *Sweet potatoes*
- *Almonds*
- *Chia seeds*

Minerals

Minerals specialize in:

- *Building strong skin cells*
- *Preventing blemishes*
- *Repairing damaged skin*

Zinc

Zinc helps:

- *Rebuild collagen*
- *Prevent wrinkles and stretch marks*
- *Reduces signs of aging*

Sources of Zinc:

- *Nuts and Seeds*
- *Beans and Legumes*
- *Oats*
- *Nutritional Yeast*
- *Roast Beef*

Superfoods For Your Skin

Sulfur

The third most important mineral in your body, Sulfur:

- *Fights bacteria*
- *Clarifies skin*
- *Minimizes pores and acne*
- *Prevents wrinkles*
- *Heals damaged skin.*

Sources of Sulfur:

- *Garlic*
- *Onions*
- *Brussel sprouts*
- *Asparagus*
- *Kale*
- *Fermented cruciferous vegetables*
- *Pastured Eggs*

Selenium

A powerful antioxidant that helps:

- *Boost glutathione production, which decreases acne*

Sources of Selenium

- *Brazil nuts*
- *Organ meats*
- *Fish*
- *Pastured meats (beef, turkey, lamb)*

Iron

Iron is all about:

- *Carrying oxygen throughout the body*
- *Stimulating circulation (which results in luminous skin)*

Sources of Iron:

- *Dark green leafy vegetables like spinach and kale*
- *Beans*
- *Peas*
- *Seafood*
- *Dried fruit*

These can lead to deficiencies in Iron:

- *Blood loss*
- *Inability to absorb iron*
- *Not enough iron in your diet*
- *Pregnancy*



ABOUT HUMBLE BRANDS

Humble Brands is dedicated to simple natural ingredients that work.

Humble's creator believed the personal care and skin care industry was in need of more all-natural alternatives to the potential risks of major health products in the market. Humble is not only a safer, healthier alternative but has some of the most effective all-natural products in the market.



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