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Healthy Magic

Have You Got Your Beauty Food Today?

Yes, it is possible to eat yourself beautiful – beauty comes indeed from within.

Here are 6 raw materials that make miracles for your skin, hair and nails.

It is really possible to eat yourself to a gorgeous skin and a healthy, shiny hair? Yes, say several experts, if you go goal-oriented after the food, which contains the nutrients, that strengthens, build-up and protect your skin and hair. Nutrients work much better than cosmetics because it is limited how many nutritious substances your skin and hair really can absorb from moistures and shampoos. It is far more effective to transport the nutrients from within via the blood stream out in the skin- and hair cells. Beauty does come from within!

Below is a list of what is particular good to eat for your hair, skin and nails, how the different food and drink works and especially what you should avoid.

1. Almonds

Primary function: Protect the skin.

Active substance: Vitamin E.
Almonds consist of 24 mg Vitamin E pr. 100 g. It is three times more than the recommended daily intake of Vitamin E for grown women.

You should do this: Eat 10 almonds per day. Almonds are the perfect snack or as a part of a salad or muesli.

Alternatives: Almonds may be substituted within the category from oily nuts and seeds, such as hazelnuts, walnuts, pine nuts, peanuts or sun seeds. It is not recommended to take Vitamin E as a supplement (as pills), it is a bad alternative because you are at risk of getting too much Vitamin E, which might cause side effects. If you take the supplement you also miss the other nutrients in the food.

You cannot get too much Vitamin E through the food.



2. Carrots

Primary function: Give your skin a nice tone (depending on your naturally tone)

Active substance: Carotenes. Carrots contain 9070 micrograms carotene per 100 grams equal to 756 micrograms active Vitamin A (beta-carotene transform into active Vitamin A after absorption in your body). It is 8% more than the recommended daily intake of Vitamin A for a grown woman.



You should do this: Eat at least 2 ounces /50 grams per day. If you eat an excessive amount of carrots do give you a yellowish skin tone. Eat a little fat (from nuts, oil or fat fish) together with the carrots; carrots need fat to be able to get absorbed from the intestines.

Alternatives: Carotenes are also found in other richly colored vegetables. Avoid large amounts for Vitamin A as a food supplement because among other things you might get dry skin and hair loss. Stick to the natural sources from the food.

3. Salmon

Primary function: Gives you a clear skin and strengthen the production of healthy hair.

Active substance:

Polyunsaturated omega-3 fat acid, selenium and Vitamin D.

You should do this: Eat salmon with rye-bread (or other wholegrain bread) a few times a week, so you get approx. 1 ounce/25 grams of salmon per day. It gives you the fat acids and Vitamin D you need.

Alternatives: You should eat 11 ounces/ 300 grams of fish and shellfish per week. Even salmon is the fish with the highest concentration of Vitamin D and omega-3 fat acid; your whole "ration" should not consist of salmon. Add other fish and shellfish like herrings and mackerel to your diet.



4. Eggs

Primary function: Strengthens your skin, hair and nails.

Active substance: Biotin, a water-soluble vitamin, which belongs to the Vitamin B family. Daily recommended intake: 25 micrograms per day. The egg white does not contain biotin only the egg yolk. Whole eggs are best because they contain Vitamin E, Vitamins B12 and other Vitamin Bs, selenium and protein. Which are all good for your skin and hair.



You should do this: Eat an egg every day or every other day. If your diet is healthy then there should be no risk of getting a too high cholesterol level in your blood.

Alternatives: Whole-wheat products and low-fat dairy products.

5. Water

Primary function: Moisten the skin.

Active substance: Water

You should do this: Drink when you are thirsty, there is no reason to drink gallons of water every day. You need 2 pints per day plus what you perspire during exercise.

Alternatives: Depending on where in the world you are tap water is the best and cheapest. The taste of spring water might be better though.

Everything you drink except alcohol during the day count. Remember there is also water in vegetables and fresh fruit. It gives extra bonus if you drink vegetable and fruit juice. Again don't over do it, 1 glass of fruit juice is enough.



6. Oranges

Primary function: Counteracts wrinkles and the elasticity of the skin.

Active substance: Vitamin C.
100 g orange contains 61 mg
Vitamin C equal to 81% of the
daily recommended intake.

You should do this: Eat an orange a day. Oranges are good for breakfast or as a snack. A glass of fresh pressed orange juice is also good; even if you miss the good ingredients in the fruit pulp. Orange juice is a good short cut to get extra Vitamin C.

Alternatives: All kind of fresh fruit and vegetables contains Vitamin C. Eat a good variety and at least 600 grams/21 ounces of fruits and vegetables every day. Blend some of the Vitamin C high score in your daily diet; parsley, red pepper, broccoli, kiwi, Brussels' sprouts and other cabbages.



The Worst Enemies of Your Skin and Hair

Too much coffee:

Excessive coffee drinking and other caffeine drinks give your body unnecessary stress. Caffeine increases the liberation of the stress hormone adrenaline, so if you drink too much coffee, your body is in a constant stress condition. The stress hormones increase acne. You don't need to avoid coffee but drink it from a conscious state of mind in periods when you need the stimulation and avoid it in more relaxed periods.

Refined Carbohydrate:

Refined carbohydrates such as white bread should be avoided.

Too much sun:

Excessive sun exposure might lead to wrinkles and even worse skin cancer. Protect yourself from the direct midday sun or follow the regulations set by your national health institute.

Too much alcohol:

Alcohol on your skin will dry it out as well as if you drink too much alcohol.

Source:

National Institutes of Health, Office of Dietary Supplements

<http://dietary-supplements.info.nih.gov/>

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