



5 Things your skin is DYING for

(And you don't even know it)



By Victoria Winnard

5 Things Your Skin Is Dying For (And You Don't Even Know It)

Lost in the ocean of beauty products and clever advertising, we tend to forget that our skin was not designed to be a fashion accessory. It is first and foremost a major organ.

If you stop focusing on beauty and concentrate on maintaining healthy skin, you will be rewarded with the best skin YOU can achieve. Healthy skin is beautiful skin.

Your skin is an outward reflection of what is going on inside of your body. Don't ignore your skin's problems, or even worse, camouflage them with excessive products and makeup.

The ONLY way to get truly beautiful skin is to find a way to fix the problems from the inside-out. Other methods will only make your skin appear to be beautiful while masking the underlying problems.

Here are some simple steps that can start you on the way to realizing your healthiest skin yet:



1. Detox. Your skin is naturally gifted at cleansing itself and is sometimes referred to as the “third kidney” in Natural Therapy circles.

Sadly, most people interfere with this vital function by piling product on their skin, thereby blocking pores and coating the surface with harmful chemicals that are absorbed into the body.

Your skin is already exposed to the harsh elements of modern living — waste,

pollution, weather — so how is it supposed to work at its optimal capacity when it is assaulted by toxins on a daily basis?

Diet is an important aspect of maintaining the health of your skin. Eating right will not only give you beautiful skin, but amazing health. Most people's diet is unclean and consists of food that has been altered, enhanced, and modified. Real food should be natural, — not genetically modified in any way — free of pesticides, and contain no artificial flavours, colours, preservatives, or unnatural chemical substances. Chemicals belong in a laboratory, not on our plates.

Currently, there is a huge movement sweeping the planet called raw veganism. Raw vegans are living without obesity, PMT, and most illnesses. They're blessed with bountiful energy and live to an old age. They believe real food should be organic, freshly harvested, and preferably raw. If your diet consists of 70-80% fresh, raw fruit and vegetables, then you are on the right track.

This pure diet gives your body two distinct advantages:

- It hydrates your body and provides the vitamins and minerals it needs to survive.
- It performs an ongoing detox of the body by ridding it of waste and toxins that are stored in fat cells and skin tissues.

Good eating habits will reflect positively on skin and affect your mood and energy levels. That means you will never have to worry about weight problems and mood swings. You will no longer be plagued by embarrassing cellulite, your hair will resist turning grey and your immune system will thrive without yearly vaccinations. All of this comes just from eating real, clean, and raw food.

It should come as no surprise that the skin responds to the same stimulus as your body.

Eating lots of natural, raw fiber will detox your digestive system, but if you really want to boost your cleansing process, incorporate an exfoliation regimen into your regular skincare routine. If you don't, the toxins cannot flow out through the blocked pores and remain trapped in the skin causing multiple problems such as acne, rosacea, dermatitis, and other skin conditions.



Most people think that exfoliating with a loofah or a cream with micro beads is sufficient, but they could not be more wrong. Detoxing and polishing the skin are completely different.

All ancient cultures had means of extreme exfoliation: sweat lodges, saunas, and steam baths were usually followed by vigorous scrubbing with abrasive materials such as thin tree branches, grasses, and specially designed aids. All of these methods were designed to allow the pores to open and sweat out harmful toxins.

While most of us cannot visit a sauna regularly, Baiden Mitten is the closest alternative to a heavy-duty skin detox. Simply scrub with the Mitten after a bath or hot shower to remove the layer of dead skin. This will allow your pores to breathe and release stored toxins.

Does it actually work? Absolutely! Almost everyone who has used the Baiden Mitten has reported a significant improvement in their skin, and since detoxed skin heals at a faster rate than normal, your damaged skin will be revived in no time.

2. Sun. We tend to be overly-cautious about sun exposure, but the sun's rays do more good than harm. If you do not allow your skin to receive sufficient direct exposure to the sun (without using sun block or sunscreens), you are probably Vitamin D deficient. To look your best, you

need at least 20 minutes of direct sunlight on 40% or more of your bare skin.

- Our skin must get plenty of Vitamin D in order to produce new skin cells — it is a rejuvenating vitamin!



- Did you ever notice that you get fewer breakouts and other skin problems in summer? That is because Vitamin D helps kill bacteria.

Many people find that taking Vitamin D regularly helps to

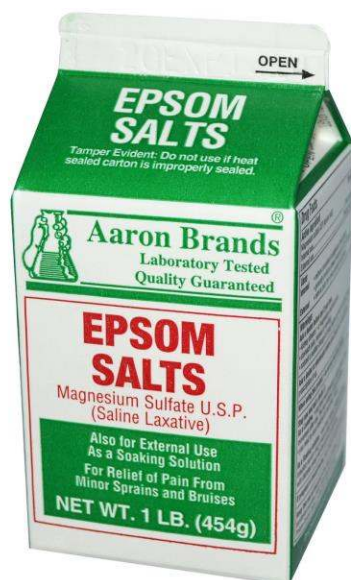
combat acne, dermatitis, and other skin problems.

If you are not prepared to spend more time in the sun, make sure you take a daily Vitamin D supplement.

3. Sleep. Lack of sleep disrupts the skin cell turnover process and makes you age faster. If you are so busy that you are incapable of sleeping a full 8-10 hours a night, try going to sleep earlier. Grandma was right: the hours before midnight count double when it



comes to quality of sleep. You will get double the bang for your buck.



4. Magnesium. This is so incredibly important! You have no idea how much your quality of life can improve if you are magnesium deficient and suddenly start taking it. It feels as if your body has finally started working the way it was supposed to.

Magnesium helps to detox cells, combat wrinkles, and prevent breakouts.

You can take it internally in a pill or powder form, but my favourite way to get my dose of magnesium is to soak in a bath full of Epsom salts and then scrub with the Baiden Mitten. After soaking, the toxins have been drawn to the surface of the skin, and the Baiden Mitten opens the pores so that they can flow out. If you adopt this bedtime ritual, you will have the very best sleep you have ever had!

5. Vitamin C.

Also known as ascorbic acid, it is a key element in the production of collagen, a protein that aids in the growth of cells and blood vessels and gives skin its elasticity. Vitamin C also helps create scar tissue and ligaments and aids in the skin repair process.



Almost everybody is deficient in Vitamin C. How do I know? Simply due to the sheer amount of people who suffer from the common cold in winter months. If you have enough vitamin C in your body, you will always be protected against colds and influenza.

My family and I have been cold and flu free for as long as I can remember! How do we do it? The trick is to take 0.5-1g of Vitamin C every hour the moment we get even the smallest snuffle. Your body uses vitamin C to neutralize all the bacteria; however, it can generally use no more than 1000mg per hour. Your body cannot store excess Vitamin C for later use, so if you put too much of it all at once, it will purge the excess in the form of diarrhoea.

Using this method, even the most severe flu will be gone after one day of treatment. That is our means of first aid for most illnesses. 😊

When it comes to the skin – the same treatment will work for most skin problems, including dermatitis and acne, although you may have to take

hourly doses of Vitamin C for a week before you see any significant results. Keep in mind that you cannot overdose on Vitamin C. If you happen to take too much or too often, the body will just get rid of it via loose poo. 😊

It's also possible to apply Vitamin C externally. There are many Vitamin C serums on the market, though most of them are terribly expensive. Luckily, you can make your own easily and at low cost.

Vitamin C in a liquid or gel form is terribly unstable. It takes cosmetic companies an insurmountable effort to create a stabilized product for home use. It is possible to make small doses of Vitamin C serum, but it must be used immediately.

All you have to do is — wait for it — dissolve Vitamin C powder into water at a ratio of 1 part Vitamin C to 4 parts water. Thoroughly stir the mixture and apply to your face. I mix it in the palm of my hand and then apply it to my clean skin. If your skin is sensitive, try diluting the mixture a little more. Even if it stings a little bit in the beginning, it will last for only a few moments. You will find that Vitamin C whitens and brightens the skin (refrain from using self-tanners during treatment), and also tightens it considerably.

The beauty industry would like you to believe that your skin is totally separate from your body. They would like you to think that spreading expensive lotions, creams, and serums on your skin will make it beautiful, even though you have toxins in your body. This is untrue. You simply cannot heal parts of your body selectively.

When you look at your body as a whole and concentrate on fixing the causes of what makes it less than perfect, EVERYTHING will improve: health, energy, and most definitely, beauty.



If you successfully implement the steps outlined in this report, you will find that not only will your skin improve, but so will your mood and joy of life.

That is my wish for you.

With love,

Victoria