

Finding Your Natural Beauty

Q: Are there any natural treatments to help me age more gracefully?

A: Aging is a natural process that is inevitable, but you can work with it to reveal the most beautiful you. At any age, change in your health and body must be from the inside out. Whether it is dark circles under your eyes, premature wrinkles, acne, dry skin, brittle hair and nails, or weight gain, by working on your overall health these unwanted characteristics will diminish and your natural beauty will shine through. Patients have commented that during treatment their friends have noticed how great they look. My reaction is, “how do you expect to look good if you don’t feel good?” Did you know that the right foods, vitamins, and minerals can help you look better and feel great?

Getting your digestion working like a finely tuned machine will lead to perks in your physical appearance as well. Your skin, hair and nails all require the proper blends of minerals, fats and protein in order to be radiant. If your digestive system is not working properly, then you will not be receiving these nutrients. Further, food sensitivities can lead to “allergic shiners” (bags under the eyes), unwanted weight gain, and poor skin. Addressing these food sensitivities is imperative.

We have all heard of “free radicals,” as these are buzz words in the sale of most skin care products. Antioxidants found in many skin care products, such as Vitamin E, Coenzyme Q10, and Retinol, help prevent dry skin and wrinkles—caused by free radical damage. However, this damage is more than just skin deep. Skin damage is actually your body’s way of telling you that there is free radical damage going on internally as well.

Don’t just cover up the signs of poor health. Make a change! Whatever your goals for beauty and health, come into a New Leaf, and together we’ll design a wellness plan that works for you. Let your natural beauty shine through!