

10 THINGS YOU CAN DO TO HEAL YOUR SKIN TODAY

You don't have to invest in expensive treatments or wait for weeks to see improvement. By making a few simple changes to your daily routine, you can start to heal and rejuvenate your skin today. In this booklet, we'll explore ten effective and accessible strategies to boost your skin's health, leaving it looking and feeling better than it was yesterday.



Redbud Integrative Health

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Eat real food



To determine whether what you're eating qualifies as real food, consider this question: **Does it swim, fly, walk, grow, and reproduce?** This means focusing on foods that come from nature and have a life cycle. *Examples may include but are not limited to:*

- **Fish & other seafood**
- **Poultry, such as chicken and turkey**
- **Beef, lamb, & other animals that walk**
- **Fruits, veggies, nuts, eggs, etc**

Every time you choose a food to eat, ask yourself, "Will this help me heal?"

Food can be incredibly powerful in promoting health and healing for your skin. By focusing on real food, you nourish your body with the fuel it needs to function optimally. This approach also minimizes the toxins your skin is exposed to on a regular basis. Remember, the closer your food is to its natural state, the better it is for you. So, choose wisely and let nature's bounty help your skin heal and thrive.

When it comes to making healthy dietary choices for the sake of your skin, one simple rule stands out: eat real food. But what exactly does that mean? Real food refers to foods that are as close to their natural state as possible. These are foods that are minimally processed, free of artificial additives, and packed with nutrients your body needs to thrive.

2

Use natural products



When it comes to skincare, opting for natural products that don't use **emulsifiers** can make a significant difference in maintaining healthy, radiant skin. Emulsifiers are stabilizers and preservatives used to blend oil and water in many skincare products, which can potentially irritate the skin and disrupt its natural barrier.



Why avoid emulsifiers?

Mixing oil and water in skincare products necessitates the use of stabilizers and preservatives to maintain consistency and prevent spoilage. These additives can sometimes cause adverse reactions, especially in sensitive or allergy-prone skin. Emulsifiers can also strip away the skin's natural oils, leading to dryness and imbalance. By choosing products without emulsifiers, you can reduce the risk of irritation and support your skin's natural healing processes.

Natural oils for skincare.

Natural oils are a wonderful alternative to conventional skincare products that contain emulsifiers. Here are some of the best options because they are naturally occlusive and help seal in moisture:

- [Jojoba](#)
- [Shea butter](#)
- [Tallow](#)
- [Black seed](#)

*I've linked some of my recommended brands.

Bonus: Aloe vera straight from the plant

For an extra boost in your natural skincare routine, consider using aloe vera gel straight from the plant. Aloe vera is renowned for its soothing and healing properties.

Help your digestion



Healthy digestion plays an important role in healing skin issues and maintaining skin health thereafter. You may not think about it at first but the connection between your gut and skin health is profound, often referred to as the gut-skin axis. When your digestive system functions well, it effectively absorbs nutrients and eliminates toxins, which directly impacts the health and appearance of your skin. Poor digestion can lead to nutrient deficiencies, inflammation, and toxin buildup, all of which can manifest as various skin problems. By prioritizing your digestive health you'll be prioritizing your skin health.

How can you do this?

Use Digestive Enzymes



Be sure to use a high quality supplement for this: equi-life has a great Daily Digestive Enzyme that I'd highly recommend.

Use Probiotics



While probiotics are generally beneficial, it's important to be cautious if you experience bloating. Depending on the underlying cause of your bloating, probiotics could potentially make the issue worse.

Use Fermented Foods



Make the choice to add sauerkraut, kombucha, or other fermented foods that are naturally rich in probiotics to your diet.



A bonus tip: *Chew your food!*

Take the time to savor your meals. Instead of rushing, set aside enough time to relax and properly chew your food without feeling hurried.

4

Balance your Omega 3/6 ratio

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Maintaining a proper balance between Omega-3 and Omega-6 fatty acids is essential for reducing inflammation in the body, which can contribute to your skin problems.

How can you do this?

Increase fats from foods like...

- Salmon
- Flax
- Sardines
- & Chia

Use fats like...

- ✓ Lard
- ✓ Coconut Oil
- ✓ Olive Oil
- ✓ Butter



Cut back or eliminate vegetable oils.



Consider taking a high quality Omega 3 supplement like this.

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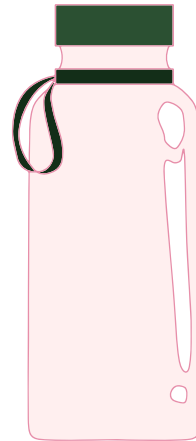
Drink clean water

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What does water have to do with it?

When considering your skin health, consider the type of water you're drinking. Tap water and even some bottled water are full of toxins (fluoride, aluminum, chlorine, etc.) that harm your thyroid and create a toxic burden on the body and therefore your skin.



ProTip:
Always carry your own water with you



Always ensure the source and quality of your water...



Opt for spring water rather than purified water, especially when you're out and don't have your own water with you or get a good water filter for your house like this one.



6

Get a shower filter



A good investment.

Investing in a shower filter, or even better, a whole-house filtration system, can significantly benefit your skin and overall health.



Chlorine is probably in your houses water supply... and its not good for your skin.

Skin irritation can be significantly worsened by exposure to chlorinated water, a common element in most municipal water supplies.

By taking steps to minimize exposure to chlorinated water, you can help maintain a **healthy skin microbiome, reduce inflammation, and alleviate irritation**, leading to healthier, more resilient skin.

7

Eat lots of greens



With their high content of vitamins, minerals, and antioxidants, green smoothies can do wonders for your skin. These nutrient packed drinks not only help your body detox and stay hydrated but also provide essential nutrients that:

protect your skin from free radicals

Free radicals are unstable molecules that contain an unpaired electron, making them highly reactive. They can damage cells, proteins, and DNA by stealing electrons from other molecules, a process known as oxidation.

promote collagen production and elasticity

Collagen is essential for maintaining the skin's firmness and smoothness and skin elasticity refers to the skin's ability to stretch and then return to its original shape. This property is crucial for preventing sagging and wrinkling.

combat and reduce inflammation and redness

By understanding and addressing the causes of skin inflammation and redness, you can take steps to soothe and protect your skin, promoting a healthier, clearer complexion.

You should be eating a green smoothie everyday in order to get all your body needs. When you're traveling or are too busy to make a smoothie you can use DFVB in order to not miss a serving.

Here's a great recipe to get you started...

- 2 cups Kale leaves, smash to the bottom of blender
- 1 cup frozen cherries, tart or sweet
- 1 very ripe banana
- 2 tbsp flax or chia seeds
- Water enough to cover the greens
- 2 scoops DNS (optional. but I use it in all my smoothies)

This recipe tastes like chocolate (weird but it does)
Makes about 5 cups



Be wary of fragrance



Ask yourself. Is the fragrance worth the cost?

Though air fresheners, cleaners, laundry detergent or softeners can all be tempting to use with their inviting aroma, keep in mind they are full of chemicals that can irritate your skin, cause headaches, and even disrupt your endocrine system with long term effects.

Endocrine disruptors are chemicals that can interfere with the endocrine system, which regulates hormones in your body.

*Synthetic fabrics can also be irritating to your skin.



Find natural alternatives:

Nature has an abundance of fragrances to offer...

- Essential Oils
- Herbs & Spices
- Dried Flowers & Plants
- Natural Lotions & Skin Products



Be kind to your liver

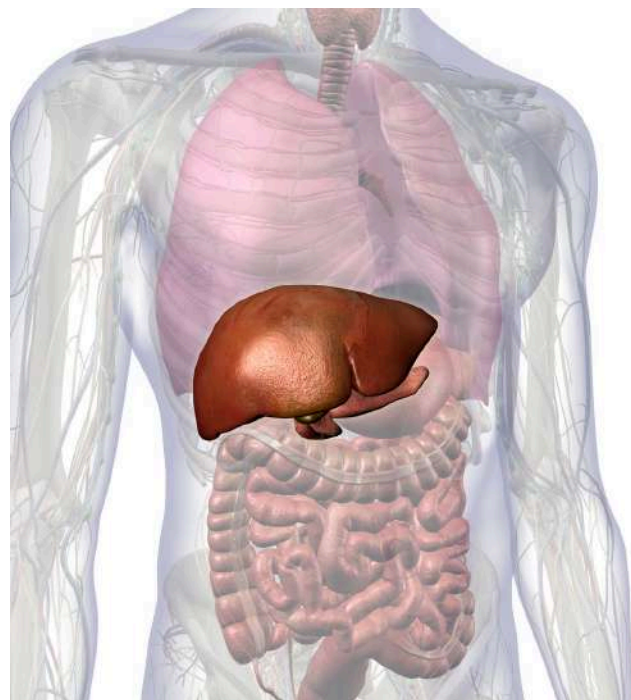


Taking care of your liver is an important step in your skin's healing process.

By taking steps to support your liver health, you will see significant improvements in your skin. A well-functioning liver effectively removes toxins from the body, reducing the likelihood of skin issues. You can take care of your liver by minimizing exposure to alcohol, glyphosate in food, toxins, pesticides, and medications like topical steroids, all of which can overwhelm the liver and contribute to skin issues. As we've talked about, incorporating cruciferous vegetables, omega-3 fatty acids, and reducing toxin exposure will significantly support liver health as well, ultimately benefiting your skin.

*HELP
YOUR
LIVER
OUT...*

Follow steps 1-8

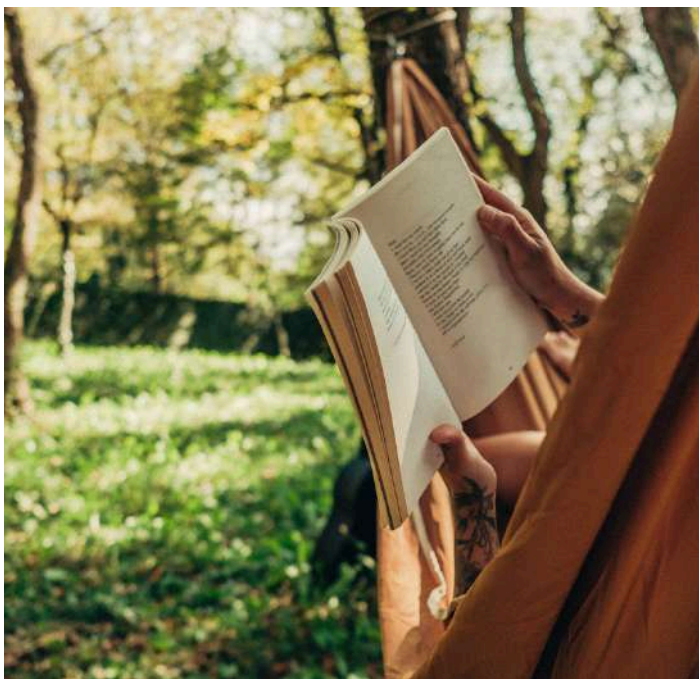


10

Manage stress & get sleep



Learning to manage stress and get sleep is essential to achieving healthy skin.



Stress particularly when combined with underlying gut issues, can contribute to skin flare-ups by disturbing gut health, promoting inflammation, and disrupting immune responses. This is why it's important to learn how to manage the normal stresses that life throws at you.

Getting sleep allows your body to repair and renew. Most of this is done while in the parasympathetic state...aka at night while you're asleep.

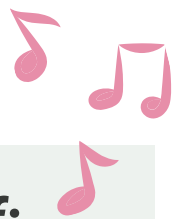
Quick Tips

For your sleep:

Aim for a bedtime before 10 pm and get around 8 hours of rest to support your body for its daily demands.

For stress relief:

Cultivate daily activities that bring joy and relaxation, such as spending time outdoors, stretching, and singing.



Contact Ariann



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Schedule a FREE
15 Min Gut Check

