



# Healthy Glowing Skin

## TIPS TO HELP YOU ACHIEVE THIS

### Intake of Plant-Based Fibre & Water

Have an adequate intake of plant-based fibre and water. This includes a daily intake of:

- 3 cups of fresh vegetables
- 1 cup of fresh fruit
- Drink 8 glasses of pure water



### Be Active

Regular exercise helps:

- Promote peristalsis (efficient elimination of toxins)
- Increases blood flow
- Encourages the removal of toxins through sweat

### Brush Your Skin

It stimulates lymphatic circulation, helping your body to clear the buildup of waste products that can aggravate skin conditions.



### Natural Skin Products

Avoid commercial soaps and body washes which contain a cocktail of chemicals. Choose natural soaps, shower products, moisturisers and make up.

### Breathe & De-stress Whilst Outdoors

Breathing relaxes the body and allows you to de-stress. Meditating or doing things you love to do outdoors, helps to improve our immune and hormonal balance.



**For a tailor-made immune supporting program contact Terrie**

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