

Smoothie for Skin Health

Ingredients

½ avocado

1 cup mixed organic berries (frozen or fresh)

½ cup sunflower seeds (or sunflower seed butter)

1 Tbsp olive oil

¼ tsp turmeric powder

¼ tsp cinnamon powder

(Optional: maple syrup/agave syrup/stevia, if needed, to sweeten)

Water

1. Combine ingredients in blender, add water to desired consistency.
2. Blend and enjoy!

Avocado and olive oil contain omega-3s to support the cell structure of your epidermis and maintain skin hydration as well as support decreasing inflammation in the skin. Avocado also contains glutathione and sunflower seeds contain selenium which work together to support natural metabolic detoxification that can damage cellular membranes.

Berries contain concentrated antioxidants and bioflavonoids to support free radical damage as well as vitamin C, an essential co-factor to assist with collagen (skin tissue) regeneration.

Sunflower seeds contain protein, which provides amino acids which are building blocks for collagen production.

Turmeric is a potent natural antioxidant to support skin health, prevent cellular damage and decrease inflammatory processes.

Cinnamon powder regulates blood glucose and acts as a natural antibacterial compound.

Please talk to your doctor before making any changes to your health program