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Nutrition for Glowing Skin

Breanne Nalder Harward, MS, RDN

A nourished body is the foundation to healthy skin, so what you eat can truly impact that glow. There is a lot of research out there on treatment for acne, eczema, psoriasis and other skin conditions, and the amount of products on the market can be overwhelming. Let's look and a holistic approach to how we treat our skin, from the inside out. A healthy diet is high in fruits and vegetables, whole grains, and low in added sugars and saturated fats and is associated with many health benefits beyond the skin.

Foundational Dietary Patterns for Healthy Skin

- Identify & address/avoid allergens & sensitivities
- Balanced blood sugar
- Anti-inflammatory foods
    - Saturated Fats and processed foods
    - Refined sugars/limit intake of higher GI foods
    - Gluten Free focus
    - Low to non-fat dairy, replace with plant based (unsweetened)
    - Mediterranean style meals
- Diets supporting healthy gut diversity and microbiome
    - Prebiotics: vegetables, sunfiber, potato starch, psyllium husk
    - Probiotics: Prevent growth of opportunistic bacteria, regulate acne stimulating hormones, moderate inflammation, minimize antibiotic effects
- Topical products (and facials!)
    - CBD
    - Alastin
- Lifestyle modifications to reduce stress
- Hormone balance
- Hydration
- Optimize minerals & vitamins

Nutraceuticals

- Curcumin
- Vitamin D
- Omega 3's – Ortho Omega 820
- Probiotics – Ortho Biotic
- Reacted Zinc
- Hormones – Estrodim and Cosmedix
- Collagen
- Nutrofol

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White Bean & Kale Salad

Prep time: 10 min - Cook time: 10 min
Makes 4 Servings (~1 cup each)

Ingredients

- 6 oz dino kale or lacinato kale, remove stems
- 2 cups (1 can) cooked cannellini beans
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon fine grain sea salt
- 1/3 cup walnuts, lightly toasted
- 1 clove garlic, minced
- 1/8 teaspoon freshly grated nutmeg
- 1 tablespoon fresh lemon juice
- zest of 1 lemon
- 1/3 cup freshly grated Parmesan cheese (plant based recommended of course!)

Directions

- Finely chop the kale, wash it, and shake off as much water as you can. Set aside.
- Heat the olive oil over medium-high heat in the widest skillet you own. Add the beans in a single layer. Stir to coat the beans, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside
- Add the kale and salt to the pan and cook for less than a minute, just long enough for the kale to lose a bit of its structure.
- Stir in the walnuts and garlic, wait 10 seconds, then stir in the nutmeg. Wait ten seconds and stir in the lemon juice and zest.
- Remove from heat and serve dusted with Parmesan cheese

Nutrition Facts
per serving: Kcals: 278 · Carb: 21g · Fat: 17.2g · Protein: 12.2g
*Increase the Omega and protein content of this dish by adding a filet of Salmon!