



# Top Ten Tips to Get The Glow





## 10) Get Back to Nature

Where do you find the most beauty, perfection and peace? In nature, of course! The answers to glowing wellness, a radiant complexion and feeling beautiful are in our lifestyles and in nature. Get back to the garden, and eat from the earth's bounty. Feel the sun on your skin and breathe.

*"Food is a Love Note from God, its letters are written by the rays of the sun. It says I love you and I shall take care of you with the offerings of my earth."*

~ Dr. Gabriel Cousens

### Get back to the Garden

To create beauty in our lives, we must fill ourselves with beauty. The more we fill ourselves with foods fresh from the garden, the faster we can return to a state of health and balance. Our body receives these unadulterated and uncompromised nutrients exactly as nature intended and we are filled with their perfect energy — and that is reflected in our own vitality and radiance.

### Feel the Sun on Your Skin

Sunlight is a nutrient that our bodies desperately need to stay healthy. The skin is the largest organ of the body, and our overall health and well being is reflected on it. Getting back to nature allows our skin to soak up precious Vitamin D. Allow the sun to warm your skin to just the slightest pink for maximum Vitamin D exposure. More than that will not increase your Vitamin D level, but it will increase your chances of prematurely aging your skin.

### Breathe

Breath is life. Breathing fresh air allows the cells of our body to draw in oxygen to be nourished. It sounds absurd, but most of us don't take the time to breathe daily! Proper breathing bathes our cells in oxygen and readies toxins to be released. Do it right now — take 3 deep, full, slow breaths. Increase your oxygen levels and you'll increase your energy levels, your inner peace and harmony.

Putting ourselves back in touch with nature gives us the opportunity for our souls to get grounded again, to reduce stress and bring healing energy to the entire body. Take a moment today to get back to nature, eat from the earth, feel the sun warm your face and breathe. You'll feel and look more radiant in seconds!

## 9) Respect Your Need for ZZZ's

It's called "Beauty Sleep" for a reason! And like all good things provided to us in nature – it's absolutely free. It is the cheapest beauty treatment we can give ourselves. No beauty cream, facial, Botox, amount of makeup or morning coffee can give us the lustrous, fresh and relaxed look that a sound sleep provides.



Did you know that being continually deprived of sleep actually accelerates the aging process? It's true. Getting only a few hours of sleep a night on a regular basis can hinder our metabolism and alter our body's normal production of hormones in ways that are similar to the effects of aging, making it more likely for us to develop conditions such as diabetes, high blood pressure, weight gain and memory loss at a younger age.

When we sleep, we're getting more than rest. Our body is healing and repairing itself. Our skin renews itself as we sleep as well, which is why too little sleep can make our skin look tired and dull.

To avoid puffy, bloodshot eyes, dark under-eye circles and a pale washed-out complexion -- and for peak alertness and energy -- experts say we need seven to nine hours of sleep a night.

To ensure restful, restorative sleep, establish a soothing bedtime routine. This could include gentle stretching and meditation, deep breathing, using aromatherapy and essential oils or a warm bath. The key is to find something that makes you feel relaxed, then repeat it each night to help you release the day's tensions. Make your sleep area a peaceful retreat for rest and sleep only. Try to keep all other distractions like TV, computer and other work out of your bedroom or sleep area and put your work away at least one hour (but preferably two or more) before bed. This will give your mind a chance to unwind so you can go to sleep feeling calm, and your sleep will be more restorative. For more tips on getting restful sleep, see [\*Wellness for Women ~ A Guide to Natural Health, Beauty and Well Being.\*](#)

*"If you can cultivate wholesome mental states prior to sleep and allow them to continue right into sleep without getting distracted, then sleep itself becomes wholesome." ~ Dalai Lama*



## 8) Sweat and Shake Your Booty

*I like to exercise, but it is not always possible with my hectic sleep schedule.*

You've gotta move, Baby!! When it comes to getting your glow on, one of the most important things to consider is not what we put *on* our bodies, but what we do with them! Regular physical exercise provides more benefit toward the health of our skin than any cream or mask could ever deliver. Exercise allows the skin, our largest organ, to function at its most optimal level. With each increase in the depth of our oxygen intake, the body breathes life into each cell and makes them more equipped to fight off free radicals, which age our skin. Our bodies crave activity! Our body knows that movement kicks up the functioning of our circulatory system, allows our cells to regenerate at a faster pace and even allows for nutrients to be absorbed more easily.

And guess what? The body heals eight times faster with exercise!! Moving, stretching, and shaking our *thang'* fills our body with oxygen and helps it rid itself of toxins through our lymphatic system, which relies only on movement. Waste can be flushed from our system through sweat and nutrition is then allowed to flood our body instead.

So, get out and move! If you are not currently exercising, start slow and be consistent. Do something fun that you enjoy. You'll feel so good! Exercise releases endorphins, which are those "feel good" molecules that help to reduce pain and stress, and give you a feeling of radiant well being.

Walk in nature, run, dance for no reason, hike, use a trampoline, salsa, ride an exercise bike or elliptical machine, join a water aerobics class or a mall walking group, Zumba, do yoga, qi gong or tai chi, take a kick-boxing class, use a hula hoop, rollerblade, swim, row, jump rope, play basketball, tennis, volleyball, climb stairs on your lunch hour -- whatever you like!! And if no form of exercise interests you, start doing something anyway, like just walking, and you will find that eventually you will begin to look forward to it because you feel so darn good! If you are too ill or injured to exercise, do the most that you can; even visualizing your body going through the motions is good for you. Just do it!!

You'll love that natural rosy glow your skin gets after vigorous exercise — your body will love it, too.

## 7) Avoid Food Sensitivities

### Eat Right for Your Body

If you are sensitive or intolerant to certain foods, it may show up as bags or dark circles under the eyes, puffiness, weight gain, bloating, fluid retention, acne, red and irritated eyes, a dull complexion and fuzzy thinking, not to mention more serious health concerns.



Food sensitivities almost always occur from foods that we eat on a daily basis...maybe even things that we crave. Take a look at what you eat every day:

- Wheat or any food product made from flour often causes fatigue, puffiness, fluid retention, red and irritated eyes...as well as headaches, digestive problems and joint pain.
- Cow's milk is linked with acne and poor skin quality. It can manifest as puffy eyes, sinus congestion, gas, bloating, fibrocystic breasts, cysts and weight gain. Got mucus?
- Sugar is one of the most aging and weakening toxins. (*Notice, I didn't say "foods"?*) Sugar is more like a drug than a food. It contains no nutrients to nourish us and it actually depletes us. It has an inflammatory, irritating effect on our skin and all of our tissues, plus it contributes to fungus and Candida and fertilizes cancer cells — NOT pretty. Fluctuating blood sugars are highly aging. Quit eating your weight in sugar and not only will you look better, but life will be sweeter — I promise.
- Excess alcohol (a sugar) and other toxins, like chemicals in processed foods, make our liver work over-time and can make our skin look overworked, too.

Take a week off from foods like these that you regularly consume and see how your body and your skin respond. Eat heartily from other foods, emphasizing fresh, raw fruits and veggies, until you find what works best for you. [Learn more in my e-book \*Cleanse Your Way to Health, Beauty & Longevity\*](#)

Filling yourself with foods that truly feed and nurture your unique body is a key to that radiant glow!



## **6) Avoid Free-Radicals & Load Up on Antioxidants**

Free radicals are natural molecules within each of us that arise normally during metabolism. Sometimes the body's immune system purposefully creates them to neutralize viruses and bacteria. However, environmental factors such as pollution, household chemicals, cigarette smoke and pesticides can also create free radicals.

And guess what? Chemicals in our make-up, lotions, shaving cream and anti-aging skincare are no different! The irony is that all of these expensive creams and potions (Botox and other injected toxins included) that promise to turn back the clock, cause free radical damage that will eventually appear on the skin, no matter how much they seem to work in the short term!

Normally, the body can handle free radicals, but if antioxidants are unavailable, or if the free-radical production becomes excessive, damage can occur. Aging causes oxidation, which literally means rusting. Of particular importance is that free radical damage, or rusting, accumulates as we age.

Despite our efforts to avoid toxins, we are still going to come into contact with free radicals. Even excessive exercise causes free radicals. Think of antioxidants as "anti-rust" nutrients that neutralize and remove the free radicals that cause oxidative damage. Consuming as many antioxidants as possible is the natural remedy to protecting our cells and filling them with nourishment in order to thrive, so that we can experience glowing health and wellness.

Kale, cabbage, spinach, broccoli, chili peppers, parsley, artichokes and Brussels sprouts are some of the most powerful vegetables to fight free-radicals. Berries, apples, pineapple, pomegranate, prunes and kiwis are some of the fruits with the highest antioxidant activity. Green tea, turmeric, and cinnamon are also known to dramatically reduce aging, as well as many other health issues.

Foods with darker, richer colors like orange, yellow, blue, and red tend to be higher in antioxidants, so eat up and enjoy the benefits of these life-giving foods for glowing wellness and radiant beauty!

## 5) Use Skincare That's Good Enough to Eat

Anything we put on our skin gets absorbed into our bloodstream. We should be just as careful about what we put on our skin as what we put in our mouths, since the skin absorbs so much of what we use on it. The majority of the skin creams on the market contain harmful dyes, fragrances, stabilizers and toxic preservatives that end up in our bloodstream. Over time, our kidneys can become overburdened trying to filter these chemical cocktails out, and our detoxification pathways become blocked or damaged. This is what leads to unhealthy skin, disease and dysfunction.



Have you ever stopped to think about all the chemicals your skin is eating just through your skincare products and make-up?? The average woman applies over 175 chemicals to her face and body every day! Over the course of 60 years, we absorb over 30 pounds of moisturizing ingredients into our bloodstream! (and that excludes any other cosmetics.) Many of us wear cosmetics for 16 hours a day, 365 days a year over a lifetime.

Retin-A, glycolic acid, and harsh chemical peels that dermatologists prescribe can decrease lines and result in a smooth skin finish, but they also strip the skin's protective layer, thinning the skin and increasing your chance of sun damage, skin aging, and skin cancer!

Instead of toxic, man-made, chemical-laden skin care, why not moisturize with something that's good enough to eat? Nature's most perfect oil just may be the oil of the coconut.

Coconut oil keeps the skin strong and supple, preventing sagging, wrinkled skin. It protects from free radicals and is a natural sunscreen. It prevents dry skin, blemishes and liver spots. It even has the ability to restore and rejuvenate damaged skin. It heals and repairs, leaving the skin radiant and youthful. Coconut oil has been used for centuries by people all over the world. It is nature's oldest and most popular moisturizer and youth restorer. It just can't be matched by complicated, man-made chemical moisturizers. Who needs Botox and toxic skin creams when there is nature??

**Want to find out more and learn recipes for beautiful skin?? See my book: [\*Wellness for Women!\*](#)**



#### 4) Eat Essential Fats

Avoiding fat makes us age really fast, making us look old and wrinkly beyond our years. Fat helps the body absorb essential micronutrients which keep our skin plump and glowing, our metabolism boosted and our muscles pumped. Omega-3 fatty acids are a key ingredient for beautiful skin.

A heated, rancid, cooked oil is perhaps the largest cause of free radical damage in the body. And free radical damage has come to be regarded as the primary cause of aging. Because oils are so susceptible to oxidation – exposure to light, oxygen and heat can turn normal fats into trans-fatty acids. So, cooking can take a natural plant oil and make it unhealthy – especially polyunsaturated oils like flax, canola, corn and safflower oils, which are extremely fragile. We eat these oils through fried foods, hydrogenated oil in processed foods, restaurant foods, and when we fry or sauté foods at high heat.

Some of the most beautifying foods are fats. Surprised? Maybe you need fat rehab. Check out my website for archives of my radio program [\*\*Health Talk with Gina Renee\*\*](#) and check into fat rehab....

Plant fats contain oils that are favorable to our appearance. ***Avocados, olives, raw nuts, raw seeds and young coconuts have very impressive beautifying qualities.*** Raw and cold-pressed fats and oils that provide omega 3 fatty acids are one of the best foods to include in our diet because they beautify the skin, prevent dehydration in the cells so that the skin cells are strong and full of moisture. They also restore elasticity and fat-soluble nutrients to the tissues. Just remember:

***A good fat is a raw fat!***

Most people are seriously lacking in these fats that are vital for vibrant, healthy looking skin. Eczema, dry skin, cracked heels and premature aging are all signs of omega 3 deficiency. More wonderful fats to include in your diet are: walnuts, raw pumpkin seeds (warts, acne, and skin conditions are improved significantly when we consume zinc rich foods, like pumpkin seeds); also seeds from sesame, sunflower, flax, chia and especially hemp. Wild caught fatty fish, krill oil and cod liver oil are also good sources. So, don't be fat-free! Eat healthful essential fats to get the glow.

### 3) Drink from the Fountain of Youth

In our quest for younger, healthier skin, why do we look to those little jars of face creams, the latest age-defying lotions and spa facials to give us that dewy soft skin we crave? Few of us ever turn to the most natural solution of all: **WATER!**

This natural beauty potion is a pure solution that's essential for every skin type—oily, dry, and sensitive complexions.



Our cells are composed of between 70 and 90 percent water. Unlike camels, we cannot store excess water for future times of need, so we need to replenish water that we lose every day through the normal body processes of respiration, perspiration, urination and elimination. We lose and need to replace approximately 2 to 3 quarts of water on a daily basis. Yet most of us drink less than half of our daily need for water. In fact, 80% of us are chronically dehydrated!

If our cells become dehydrated, our organs suffer, and that includes our skin organ. Dull, lifeless skin loves a long drink of water to give it more vitality. Oily, sensitive and problem complexions need water to flush out impurities. Dry skin needs hydration from the inside, not just moisturizing on the outside.

If we drink caffeinated drinks like coffee, sodas and energy drinks, the likelihood that our skin is suffering from dehydration is even greater, since caffeine, along with prescription and over-the-counter drugs, cause our bodies to lose more water, and thus contribute to lackluster complexions. Even minor dehydration can cause lack of concentration, headaches, muscle cramps, constipation, fatigue and irritability. Replenishing water lost each day also helps to prevent kidney stones and our chances of getting bladder, kidney and urinary tract infections.

Try to drink half of your weight in ounces of water each day. Contrary to what you may hear, other drinks (like coffee, tea, bottled juice, milk, soda, etc.) cannot take the place of pure water. Freshly made veggie juices help to hydrate us, too. Celery, cucumber and apple is one of the most beautifying beverages.

Drink with gusto from the Fountain of Youth daily to enjoy greater wellness and that enviable glow!



## **2) Lose the Stress and Set Free Your Qi ! Get Ready to Glow with Acupuncture**

Our life experiences shape the look of our face as we age. If you've ever watched someone go through an emotionally trying time, they can seem to age 10 years in a matter of months. Even if we've faced just a few stressful days in a row, we'll often be able to see it written all over our face. These are prime examples of the toll stress can take on us physically.

So, the fact that we may have a genetic "predisposition" for facial wrinkles, for example, does not mean that we are doomed to develop a face full of wrinkles during middle-age! In other words, whether we are mentally stressed or able to maintain a more positive, balanced outlook can influence the expression of our genes, and thus directly impact how we age.

Stress lessens our skin's ability to function properly, heal wounds and fight disease, and could put us at an increased risk of skin diseases like psoriasis or dermatitis. Meanwhile, scientific data has revealed that extended exposure to stress could speed up the aging process of our cells and cause them to die at a faster rate than normal.

The key is not getting rid of stress completely, as we all face stressful situations from time to time (even exercise is a form of stress), but rather adjusting the body's ability to tolerate the stress.

Acupuncture has been used for thousands of years to release stress and enhance the energy flow within the body for whole body rejuvenation. Setting free our Qi (energy) and restoring vitality within the body represents a radically different approach to achieving beauty than a surgical facelift! Acupuncture heals every aspect of our being. It can be used to correct the internal imbalances that cause us to hold on to stress, create the wrinkles, sagging, discoloration, dark circles, or "bags" under the eyes. Acupuncture keeps our energy harmoniously balanced in mind, body and spirit — so we can live in beauty and flow through life gracefully and joyfully.

Our true beauty comes from within. When we feel healthy, happy and harmonious on the inside, our exquisite beauty is revealed. Our eyes shine, our complexion glows, and we feel more beautiful.

**Set free your Qi and get the glow with Acupuncture!!**

**Try this do-it-yourself "facelift":**

Using your fingers, you can tone your facial muscles and stimulate the natural production of collagen in the skin. Press firmly with your fingers, working your way methodically along the following points:

Point 1: To relax the forehead



GB-14

Point 2: To ease furrow between the brows



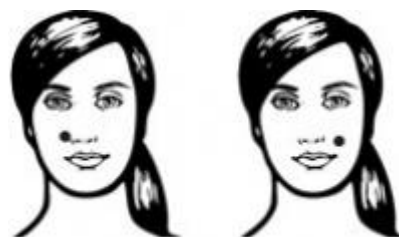
Yintang

Point 3: To get rid of crows feet around the eyes



Taiyung

Point 4 and 5: LI 20 and ST 3 for minimizing smile lines



LI-20

ST-3

Stimulate these points in the morning and at night to draw energy to your face for a more beautiful complexion. It's very nurturing and relaxing, too.

For more natural beauty and wellness tips and recipes for holistic skin care, check out my book [\*Wellness for Women: A Guide to Natural Health, Beauty and Well Being.\*](#)

## **And the #1 Way to Get the Glow...??**

### **Eat More Raw Foods!!!**

If you want your health to improve, if you want to glow with wellness and beauty, and if you really want your life to change for the better -- you have to do something different than what you are doing now. The foods we choose to fill us make all the difference because everything we eat becomes a part of us.



What we eat radically affects the way we think, feel and behave. It is nutrient-rich, real, authentic, alive foods that put a sparkle in our eye, a glow to our skin and hair and a feeling of pure energy, beauty and joy from the inside out.

If you insist on eating processed, dead foods that are devoid of nutrients, you will feel devoid of energy, radiance and vitality. Your body cannot live on dead food energy. If you want to feel alive, glowing and beautiful, doesn't it make sense to fill yourself with foods that are alive with energy and vibrantly beautiful, instead of foods that are devoid of life and even vibrant color??

Even mice fed live foods have three times more energy and endurance than when they are fed cooked foods! And when we have more energy, we glow. Our food, as all of life, has electrical energy and the potential to enhance our own glowing life-force. "You are what you eat" — it's true!

Raw food is complete with everything that allowed it to sprout and grow in the first place -- enzymes, water, oxygen, vitamins and minerals and so much more. It was divinely designed to be perfect by nature. Untouched, untainted, raw food is honest food -- what you see is what you get. No hidden ingredients, nothing messed around with, just pure delicious fresh live food that we are designed to eat - living food for living bodies. Natural foods, alive with energy, creates new life, new cells and glowing wellness. These are the foods that nourish and give us vibrant health, glowing wellness, exquisite beauty, an exceptional quality of life and longevity.

### **Foods that Rob You of Beauty**

**Sugar & Artificial Sweeteners / Refined Flour / Heated & Processed Oils**

## **A Few Foods that Enhance Your Beauty:**

**Greens** — The sexiest of all food groups. Chlorophyll is one of nature's greatest healers. If you want to glow, choose greens — arugula, collards, parsley, kale, chard, watercress, nettles, dandelion, spinach, sprouts — any green, any time!

Try to include at least one good green salad into your diet every day— two if you can. Add greens to your smoothies! Juice greens! Fuel your glow with greens!



**Olives** — Olives are perhaps the most beautifying food of all. They are one of the highest natural sources of vitamin E, known to erase fine lines on the face, repair connective tissue, heal the circulatory system and soothe digestion. They are high in antioxidants and squalene to keep the skin smooth. (Canned olives are pasteurized and don't contain these beneficial properties.)

**Coconut** — In Sanskrit, the coconut palm is known as “the tree that supplies all that is needed to live.” It contains one of the most healing fats of all foods and the remarkable ability to rejuvenate tissue damage. So, repairing and nourishing the skin with coconut should be approached by both eating the coconut and massaging it's oil into the skin. It also heals and prevents stretch marks.

**Cucumber** — cucumbers have the reputation as the most excellent kidney cleanser known — they prevent puffiness and bloating due to water retention — and they are very hydrating.

**Radish** — Very high in both sulfur and silica, and one of the highest vegetable sources of vitamin C! Sulfur and silicon work together with vitamin C to create glowing, radiant skin.

**Pineapple** — Rich in bromelain, manganese and collagen-healing vitamin C, pineapple contains enzymes that make skin elastic, improve skin hydration, reduce inflammation and remove damaged and dead cells for a clear and glowing complexion. The enzymes in pineapples also fight free-radical damage and can reduce age spots and fine lines. It can even help curb sugar cravings!

**Fig** — One of the most nutritious fruits in the world, with one of the highest concentrations of calcium than any other food. Sweet and sexy, figs increase fertility and are a symbol of abundance.

**Get the glow and bring color and vibrancy back into your life with the power of fresh, whole raw foods!!**



Gina Renee is a licensed acupuncturist and a nationally certified Diplomate in Acupuncture through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She is a holistic nutritionist, holding an undergraduate degree in Nutrition and Foods, and she holds a Master's Degree in Acupuncture and

Oriental Medicine.

Gina is the published author of *Wellness for Women ~ A Guide to Natural Health, Beauty and Well Being* and the host of *Health Talk with Gina Renee*, a weekly radio program that can be heard every Thursday at 4:05 PM on AM 1240 KNRY or [www.KNRY.com](http://www.KNRY.com). She can also be seen each month as a host of the *Your Health Radio and Television Program*. As a Natural Health Trainer, her goal is to teach practical skills for every day wellness.

Gina's mission is to awaken the power within us to heal and she is passionate about teaching the truth about how to get healthy and stay healthy, so that we can make informed choices about our health, our well being and the quality of our lives.

*Gina Renee is currently in private practice in Monterey, California. For more information or to schedule an appointment, you can contact her at <http://www.GinaReneeLac.com> or call 831.886.5750*