The Aging Solution
A Practical Guide. Take Years off Your Face with Simple Natural Ingredients

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Table of Contents

Introduction 6
Skin Facts 7
Why We Age 10
Skin is a Reflection of Internal Beauty 12
Nutrition for Skin 13
The Power of Antioxidants 26
Cinnamon Beauty Recipes 29
Coffee Beauty Recipes 38
Papaya Beauty Recipes 43
Avocado Beauty Recipes 44
Turmeric Beauty Recipes 55
You have probably heard the saying “you are what you eat.” Well, it goes even further to “you are what you put on your skin.” As you know, our skin is the largest organ of our body and there can be more danger in putting chemicals on your skin than in actually consuming them! Why? Because our skin breathes, thus absorbing what we put onto it. If we just use conventional body care, our skin will be absorbing nothing but dangerous ingredients.

Our skin absorbs 60% of what is put on it. It goes from the skin to the bloodstream and is delivered to all body parts, even penetrating our organs. Remember, our skin is very gentle and sensitive, so treating it right is essential to the process of preventing premature aging.
Skin Facts

To take the best care of your skin, it’s crucial to understand its structure. Our skin is a living system of nerves, cells, and capillaries. It is made up of three layers: the epidermis, the dermis, and the hypodermis. The epidermis is the outermost and thinnest layer. It creates a barrier between our inner and outer worlds. It is thin like paper but also tough. The epidermis has three sub-layers: the stratum corneum, the squamous cell layer, and the basal cell layer. It takes approximately a month for skin cells to move from the basal cell layer to the top of the stratum corneum and slough off. The epidermis is made up of cells called keratinocytes, which are piled on top of each other, forming various sub-layers. The keratinocytes form at the bottom and rise to the top where they fall off the surface as dead cells. This means that the epidermis is constantly renewing itself.
The overall condition of the epidermis determines how good your skin looks and how well it absorbs and retains moisture.

The dermis is the second and thickest of the skin’s layers, containing collagen and elastin fibers that create the skin’s flexibility and firmness. The dermis contains elastin, a flexible connective tissue that creates the strength and smoothness of our skin. The dermis is also composed of collagen, which provides support for the skin. Fibroblast cells are responsible for manufacturing collagen.

The dermis nourishes and supplies blood to the epidermis. The dermis also contains hair roots, sebaceous glands, sweat glands, receptors, nails, blood vessels, and mechanoreceptors. Wrinkles appear and develop in the dermis. This means that anti-wrinkle creams have to penetrate deep into the dermis in order to be effective. Unfortunately, most collagen- and elastin-based creams are ineffective because they never reach the dermis. The reason for that is that collagen and elastin molecules are too large to penetrate the epidermis.

The subcutaneous layer, the deepest layer of skin, is mostly made up of fatty tissue. It contains blood vessels and nerves. It protects internal organs and helps to insulate the body by monitoring heat gain and loss. The hypodermis is made of a connective tissue called adipose tissue (which stores excess energy as fat). Blood vessels, lymph vessels,
nerves, and hair follicles also run through this layer of skin. It too plays a very important role on the way the skin looks. As we age, we lose subcutaneous tissue, which leads to sagging and wrinkles. A standard procedure performed by dermatologists to prevent this process is to inject fat (taken from other areas of your body) under the wrinkles on the face.

Skin is not only the largest organ of our body; it is also the most vulnerable. The primary function of the skin is to defend our bodies from external toxins and bacteria. So if you put nothing but toxins onto your skin, it will slowly lose its ability to protect. Thus, using natural, antioxidant-rich ingredients will help boost your skin’s primary function while reducing toxic chemicals from entering our bodies.
With each day we get a little older; aging of the skin and the whole body is inevitable. However, to some degree, you can control the speed and appearance of the aging process… if you know and follow certain rules of what to eat, how to exercise, and what to avoid.

The most famous and prominent theory on aging is known as the free-radical theory. This theory states that we slowly accumulate cellular damage caused by free radicals. A free radical is any atom or molecule that has a single unpaired electron in their outer shell (which makes it very unstable and reactive). When cells in the body accumulate free radicals, the reactive radicals may cause destruction to the cell. Since these molecules are very unstable, they are always searching for that extra electron. When they come across a complete molecule, they steal the extra electron, making the
stable molecule into a free radical. According to Dr. Harmon, who discovered the free radical theory of aging, “Cells continuously produce free radicals, and constant free radical damage eventually kills the cell. When free radicals kill or damage enough cells in an organism, the organism ages.”

The fact is that over time, our bodies accumulate various toxins that promote the destruction of skin cells. Accordingly, in order to slow aging, it is necessary to prevent accumulation of these substances. A poor diet and unhealthy lifestyle heavily contribute to the aging process and make it harder to repair cellular damage. First of all, to avoid the formation of free radicals, you need to consume the right diet. You need to eat antioxidant-rich foods that will help eliminate free radicals. Antioxidants found in food can absorb free radicals before they create cellular damage.
Many people spend a lot of money on expensive anti-aging creams and skin treatments. To get your skin looking healthy and youthful, you must nourish your skin from within. Skin is a direct reflection of what is going on inside your body. The truth is that no expensive cream can do for your skin what a healthy lifestyle can. Eating right and using only natural ingredients will slow down the inevitable aging of our skin, making it appear younger at any age.
Radiant, youthful skin is the direct result of healthy living and nutritionally rich creams. Eating a well-balanced diet consisting of natural food (which excludes processed foods) helps insure that your body gets all the vitamins it needs to maintain healthy and youthful skin. Since our bodies are always in a cleansing state, supplying the right nutrients to our cells should be a priority. As we know, our skin is made of collagen and elastin, which tend to relax with age; as a result, we form wrinkles. It is important to help your body maintain and rebuild collagen by consuming foods high in antioxidants and vitamins.

Vitamins A, E, and C contribute to the synthesis and regeneration of collagen and help maintain healthy, smooth looking skin.
**Vitamin A**

Vitamin A promotes proper repair and maintenance of the skin. It helps skin cells mature and enables them to fight off infections. Vitamin A is collected and stored in fat under the skin and then is released when needed.

Deficiencies of vitamin A can result in a dry, flaky complexion. Topical vitamin A treatments are often used to treat acne and other skin ailments.

Foods high in vitamin A include liver, eggs, dandelion, apricots, collard greens, kale, sweet potatoes, pumpkin, carrots, spinach, and cantaloupe.

**Vitamin C**

Vitamin C plays a vital role in the synthesis of collagen and elastin. It’s a miracle vitamin for the skin. Vitamin C improves skin firmness by triggering collagen production. Vitamin C also helps repair damage caused by external factors. This improves the skin's texture and tone.

Vitamin C is a potent antioxidant that fights the free radicals responsible for skin aging and dryness. According to the latest scientific research, vitamin C leads to a more effective skin regeneration and protects the skin from DNA damage.

Vitamin C combined with Vitamin E is effective at protecting the skin from sun exposure.
Foods high in vitamin C: bell peppers, kale, parsley, collard greens, turnips, broccoli, guava, and strawberries.

**Vitamin E**

Vitamin E is one of the most effective anti-aging vitamins and can actually reverse the aging of skin. It's a fat-soluble vitamin that is able to slow down aging. Vitamin E protects cellular walls and regulates collagen breakdown. It's a great defender for our skin. Our bodies store vitamin E in our fat cells. However, our bodies can't produce it, which means you have to make sure you're getting enough of this valuable nutrient in your diet.

Vitamin E also boosts your skin's resistance to UV damage. It provides antioxidants, which helps our body rid itself of harmful toxins that reduce the effects of our anti-aging efforts. Vitamin E can also be used topically to clear or reduce scars. It soothes dry or rough skin. Vitamin E combined with selenium improves glutathione levels in the body, thus increasing antioxidant effectiveness.

Foods high in vitamin E: organic free range eggs, avocados, sunflower seeds, almonds, pine nuts, spinach, cabbage, asparagus, turnip greens, chard, Brussels sprouts, broccoli, olives, paprika, and prunes.
Selenium

Selenium is one of the most important trace minerals because it offers amazing health benefits. Selenium is an antioxidant-rich mineral responsible for tissue elasticity. Researchers discovered that selenium is an essential component of the glutathione peroxidase enzyme system. Glutathione peroxidase's main biological role is to protect the organism from oxidative damage that causes aging, inflammation, and even skin cancer. It acts to prevent cell damage caused by free radicals. In this role, selenium complements the anti-oxidizing function of vitamin E. Vitamin E and selenium help to enhance the effect of one another.

It also may play an important role in preventing skin cancer as it can protect the skin from excessive ultraviolet damage.

Foods high in selenium: seafood (salmon, sardines, tuna), organ meats, beef, lamb, turkey, and Brazil nuts.

Silica

Silica is a trace mineral that strengthens the body's connective tissues. Silica is also called a "beauty mineral" because it improves skin elasticity and helps with hair and nail growth. Silica also supports collagen production. It helps reduce and eliminate skin problems such as acne, age spots, and eczema. Silica is also referred to as the skin's “glue”
(as it holds us together). In addition, Silica is a natural detoxifier; it helps get rid of toxins and pathogens.

Silica deficiency can result in reduced skin elasticity and can affect the body's ability to heal wounds.

Foods high in silica: leeks, green beans, strawberries, cucumber, mango, celery, asparagus, and rhubarb.

Horsetail, an herb, is one of the richest plant sources of silica known to mankind.

**Pantothenic acid (B5)**

Pantothenic acid, also called vitamin B5, is a water-soluble vitamin that acts as a natural skin protector and healer. It contains a natural ability to regenerate the skin. Pantothenic acid is a part of many biological activities and is required by various types of skin cells for proper regeneration.

Vitamin B5 acts as a humectant, stabilizing the skin barrier. It reduces the amount of water lost through the skin. Pantothenic acid is able to penetrate deeply into the dermis and keep moisture underneath the surface of the skin. Pantothenic acid also boosts levels of glutathione in the cells, which act as a potent antioxidant in the skin. Pantothenic acid helps the skin maintain optimal health and promotes healing of tissues.
Foods high in vitamin B5: liver, kidney, egg yolk, sweet potatoes, broccoli, avocado, mushrooms, and shellfish.

**Vitamin B1 (Thiamine)**

Vitamin B1, also known as Thiamin/Thiamine, helps the body by metabolizing carbohydrates and generating energy. Vitamin B1 is necessary for normal nerve functioning and is essential for many cellular processes. It is also responsible for increasing circulation, which gives our skin a healthy glow. Vitamin B1 is a powerful antioxidant, which helps eliminate signs of aging like wrinkles and age spots.

Foods high in vitamin B1: organ meats, yeast, egg yolks, raw vegetables, fruits, and nuts.

**Riboflavin (or B2)**

Riboflavin, or vitamin B2, is a water-soluble vitamin that helps our body’s cells create energy from the metabolism of carbohydrates, protein, and fat. Riboflavin plays an important part in protecting our bodies from damage caused by free radicals.

Riboflavin serves as a component of enzyme glutathione reductase, which shields our body from free radical damage. Glutathione is a small molecule that is responsible for helping to prevent oxygen-based damage. It must be constantly recycled and
vitamin B2 allows this recycling to take place. Riboflavin helps to improve the secretion of mucus from the skin, which aids in preventing and treating skin problems such as dermatitis and eczema.

Foods high in vitamin B2: beet greens, spinach, asparagus, cremini mushrooms, and eggs.

**Vitamin B12**

Vitamin B12 (Cyanocobalamin) is the ruler of cellular metabolism as it controls cell formation and life span. It's essential for proper functioning of the brain, nervous system, DNA, blood, and more. Vitamin B12 deficiency can damage our health and skin because of its importance for neurons and rapidly dividing cells, including skin cells. Vitamin B12 gives skin its healthy complexion.

Foods high in vitamin B12: seafood, organ meats, and grass-fed dairy foods.

**CoQ10**

Coenzyme Q10 is a fat-soluble substance that enhances energy levels in our body. It is also a very powerful antioxidant. Our bodies are able to produce it naturally, which is important for healthy skin. Unfortunately, as we age, the amount of CoQ10 enzymes we produce reduces and our cells lose their proper energy production and antioxidative power. Since CoQ10 enzymes are antioxidants that destroy free radicals, helping to
slow down aging, it's important to consume foods high in this substance. Additionally, CoQ10 boosts our collagen and elastin levels, which are important for firm, young-looking skin. Coenzyme Q10 enhances our cells' efficiency and boosts skin regeneration.

Foods high in CoQ10: oily fish (sardines, mackerel), grass-fed beef, organ meats (heart and kidneys have the most concentrated sources of coenzyme Q10), and eggs.

**Niacin**

Vitamin B3 is niacin, or in its amide form, niacinamide. Niacin is a water-soluble vitamin that widens capillaries, which increases blood flow. This increased blood flow to your skin helps make your skin smoother and reduces wrinkles and fine lines. More blood flow also can help to flush toxins so more nutrients can be delivered to your skin. Niacin is used in the cosmetics industry to make moisturizers and anti-aging products. Niacin is very efficient in keeping skin healthy, soft, and glowing. It improves our skin cells’ efficiency, making the skin firm. Niacin helps prevent acne and pimples. Regular consumption of niacin helps keep your skin moisturized.

Foods high in niacin: fish (tuna, salmon, mackerel, halibut), chicken, turkey, pork, liver, beef, green peas, sunflower seeds, and avocado.
Sulfur

Sulfur is the third most prevalent mineral in the human body. It is a vital compound for both our skin and overall health. Sulfur is important for collagen synthesis, which provides skin with strength. Research has shown that dietary sulfur has a tremendous effect on the formation of collagen. Insufficient sulfur consumption leads to the premature aging of the skin.

Sulfur amino acids are vitally important for the maintenance of cells. Sulfur heavily affects the ability to manufacture glutathione (one of the most important antioxidants in the body) and the ability to neutralize free radicals and detoxify poisonous compounds. Glutathione also regulates the production of prostaglandins, reducing inflammation and possibly affecting symptoms of inflammatory skin conditions.

Foods high in sulfur: egg yolks, meat, poultry, fish, garlic, onions, Brussels sprouts, asparagus, kale, and fermented foods.

Omega-3 Fatty Acids

Consuming foods rich in omega-3 fatty acids can help you achieve smoother, younger-looking skin. Omega-3 fatty acids help to decrease inflammation, thus reducing the appearance of acne. Omega-3 fatty acids keep your skin cells moist and strong. They revitalize and rejuvenate the
skin while decreasing melanin synthesis to maintain proper skin tone, making the skin look smooth, radiant, and flawless. Recent research has indicated that diets low in essential fatty acids can result in dry skin and premature wrinkles.

Omega-3 fats possess anti-inflammatory properties and are excellent antioxidants, which contribute to the removal of harmful substances and free radicals from the body.

Scientific studies have shown that omega-3 fat can prevent and improve symptoms of eczema, allergies, asthma, Alzheimer’s disease, depression and nervous diseases, diabetes, hyperactivity, psoriasis, osteoporosis, osteoarthritis, cardiovascular problems, as well as more serious diseases like prostate cancer or breast cancer.

Since your body is not capable of producing omega-3’s, it is crucial to consume foods rich in these fatty acids.

Foods high in omega-3 fatty acids: sardines, salmon, mackerel, tuna, anchovies, and black cod, among many others.

**Probiotics**

Probiotics are microorganisms composed of beneficial bacteria that replenish the microflora in your gastrointestinal tract (which aids in digestion and immune enhancement). Probiotics (good bacteria) defend your body against dangerous
invaders. It’s essential to have plenty of these friendly bacteria in your gut to prevent a wide range of health problems.

Did you know that 80% of your immune system is located in your digestive tract? Your body is home to over 500 different species of bacteria. You should have a ratio of beneficial to other bacteria of 85% to 15%. This is why it’s important to add probiotic foods to your diet.

Studies show that people who eat fermented food absorb iron better even in comparison with those who eat a lot of raw vegetables. The by-products of fermentation help our body to break down fat, lower blood pressure, regulate the composition of blood, serve as neurotransmitters, regulate the functioning of the nervous system, and also reduce pressure on the heart. Some of the bacteria that appear as a result of fermentation act as a natural antibiotic, improving the synthesis of useful vitamins and nutritive substances while slowing down the synthesis of pathogenic bacteria. Probiotics help to develop beneficial bacteria that strengthen your immune system while maintaining overall digestive health.

Fermented foods will help recover and regulate the acid/alkaline balance in skin cells (due to the useful lactobacilli in them). Fermented foods such as kefir and yogurt contain alpha hydroxyl acid (AHA), a form of lactic acid that balances our
body’s PH levels (thus helping to reduce wrinkles and slowing the aging process). Lactobacilli in fermented food will perfectly cleanse the skin of harmful substances and dust, thus adding freshness and elasticity.

Fermented foods also contain amino acids (which are extremely important for hydration of the skin and active feeding). Moreover, these amino acids play the role of antioxidants, not allowing the skin to fade and wither.

**Shiitake Mushrooms**

The shiitake mushroom can greatly enhance the health of our skin. The shiitake mushroom has been used as a symbol of longevity in Asian cultures due to its health-promoting properties. Shiitake mushrooms have been shown to reduce hyperpigmentation, which is the darkening of the skin (such as age spots, acne related dark spots, melasma, and freckles).

Shiitake mushrooms are packed with Kojic acid, an ingredient that has been proven to lighten the skin. Kojic acid is a tyrosinase enzyme inhibitor that reduces the skin's ability to produce and synthesise melanin. Melanin is what determines the color pigmentation of skin. Kojic acid prevents the synthesis of melanin, making the skin appear whiter. Kojic acid also has astringent properties that help tighten our skin.
Shiitake mushrooms have been found to contain a potent antioxidant, L-ergothioneine. Shiitake mushrooms contain high concentrations of L-ergothion, an antioxidant that blocks proteins known to cause cell breakdown.

Shiitake mushrooms are an excellent source of selenium. They are also a very good source of iron, protein, dietary fiber, and vitamin C.

It's essential to nourish your skin from the inside as well as the outside to bring out your inner glow.
Thus far, I have written extensively about antioxidants, briefly summarized as compounds found in food. Antioxidants play a very important role in maintaining a healthy aging process. They should become our best friends. As I mentioned earlier, we gradually accumulate cellular damage caused by free radicals. So this is where the power of antioxidants is manifested. Antioxidants are able to donate an electron to the free radical molecules without becoming a free radical themselves.

Another popular and potent theory about aging is the mitochondrial theory of aging. The mitochondrial theory is related to the free radical theory, as most mitochondrial damage is believed to be caused by free radicals.

Mitochondria, often referred to as a “cellular power plant,” are responsible for the production of energy at the cellular level. By creating energy from
food and oxygen, the mitochondria are central to our existence.

Through chemical oxidation, mitochondria extract energy from fuel such as fat and carbohydrates in the presence of oxygen to release energy. In the process, about 200,000 free radicals are created per second per mitochondria. Consequently, scientists believe the best antidote to energy loss in the mitochondria is to make sure that we intake plenty of antioxidants that can neutralize free radicals.

Antioxidants play a vital role by preventing oxidative damage in living organisms. Antioxidants come in many forms. Among the most popular antioxidants are Vitamins C, E, and ß-carotene. Others include glutathione, melatonin, ubiquinone (Coenzyme Q10), lipoic acid, and uric acid.

How to determine the antioxidant power of food

The standard scale for expressing antioxidant levels in food is called an Oxygen Radical Absorbance Capacity (ORAC). ORAC is a standardized test adopted by the U.S. Department of Agriculture to measure the total antioxidant potency of foods and nutritional supplements. If a food has a high ORAC score, then it means the food is high in antioxidants. However, ORAC is not the ultimate measure as different antioxidants
have different effects. (See www.oracvalues.com/sort/orac-value for more on ORAC values.)
Cinnamon is a “superfood” because it contains a large quantity of useful substances as well as a unique essential oil, which is an effective natural tonic. Cinnamon contains B group vitamins (B1 – B3, B6, B9), vitamin E, vitamin K, and beta-carotene. It contains a large number of microelements: calcium, magnesium, iron, zinc, and copper. Additionally, cinnamon has the essential substance choline, which greatly helps maintain health. Choline is involved in the synthesis of phospholipids, phosphatidylcholine and sphingomyelin (which are structural components of all human cell membranes). The amazing source of cinnamon’s healing properties is the various terpenoids found in cinnamon oil (which is high in antioxidant proanthocyanidins).

When it comes to your face, masks made with cinnamon significantly improve skin condition,
cellular metabolism, and blood circulation, thus improving skin firmness and elasticity. Cinnamon also helps remove acne scars by acting as a gentle scrub. It is able to cleanse pores and exfoliate dead cells. The vitamins and microelements in cinnamon help to smooth out fine wrinkles. Due to its great antioxidant content, cinnamon exhibits anti-inflammatory properties that fight premature aging.
Facial Masks with Cinnamon for All Skin Types

These recipes will help you nourish, rejuvenate, and cleanse your skin.

**Cinnamon and Honey Nourishing Mask**

**Ingredients**

- 1 tablespoon raw honey
- 1 teaspoon cinnamon
- jojoba oil (2-3 drops)

**Directions**

Mix honey and cinnamon. Add a few drops of jojoba oil. Blend the mixture and apply the mask to your face. Leave it on for 8-10 minutes and then rinse off with warm water. Apply weekly for best results.
Cinnamon and Honey Mask To Remove Acne Spots

This mask is effective at minimizing and even eliminating acne spots.

**Ingredients**

- 1 teaspoon raw honey
- 1 teaspoon cinnamon

**Directions**

Mix the ingredients. Do not apply this mask to your entire face, but only directly to acne spots. Leave it on for 25-30 minutes and wash it off with lukewarm water. Apply this mask every day until the complete disappearance of acne spots.
Mini-Facelift Cinnamon Mask

This recipe is very simple but effective!

Ingredients

- ½ banana
- 2 teaspoons organic plain yogurt
- 1 teaspoon cinnamon

Directions

Mash half a banana with a fork and mix the resulting puree with two teaspoons of organic plain yogurt and one teaspoon of cinnamon. If you have oily skin, add a bit of lemon juice. Mix all ingredients well and apply onto the face in a thin layer. Leave it on for 15 minutes and then wash your face with cool water.
Cinnamon and Olive Oil Mask

Ingredients

- 1 tablespoon organic ground coffee
- ½ teaspoon cinnamon
- 1 teaspoon extra virgin olive oil
- Turmeric

Directions

Mix ground organic coffee with ½ teaspoon cinnamon and a pinch of turmeric. Add olive oil and mix well. Apply onto the face using circular motions. Leave it on for 7-10 minutes, and then wash it off with warm water.
Cinnamon Anti-Aging Mask to Eliminate Wrinkles

Ingredients

• 1 tablespoon raw honey
• 1 teaspoon cinnamon
• 1 organic egg white

Directions

Mix the ingredients and apply the mask onto your face. Leave on for about ten minutes. Remove the mask by washing your face with lukewarm water. If your skin is more on the oily side, rinse the mask off with cool water.
Cinnamon and Avocado Mask to Improve Complexion

Use this mask for emergency help when you are facing a very important event. In a very short time, this mask is able to significantly improve complexion. Believe me! Try it!

**Ingredients**

- 1/3 banana
- 2 tablespoons organic sour cream
- ½ teaspoon cinnamon
- ½ teaspoon fresh lemon juice

**Directions**

Mix ingredients well and apply to your face, avoiding your eyes and nose. Leave it on for 15 minutes and wash it off with lukewarm water.
Cinnamon and Nutmeg Acne-Eliminating Mask

Ingredients

- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp honey
- 1 tsp fresh lemon juice

Directions

Mix together into a thick paste. Apply onto your face. Leave on for 15 minutes. Rinse the mask off with warm water and moisturize.
Coffee is a major source of antioxidants that contribute significantly to your appearance. Scientists discovered that one serving of coffee a day will give you more antioxidants than a serving of blueberries. The antioxidants found in coffee are Chlorogenic acid and Melanoidins. Melanoidins are also responsible for coffee's aroma while roasting. Caffeine is also a very powerful antioxidant that helps fight free radicals by reducing cellular damage and inflammation.

Coffee acts as a powerful antioxidant for your skin, making it radiant and smooth while diminishing the appearance of lines and wrinkles.

Make sure to choose lightly roasted coffee beans over dark as the roasting process decreases antioxidant levels. Additionally, roasted coffee beans lose antioxidants over time, so choose freshly
roasted beans or buy green beans and roast them yourself.

**Anti-Aging Coffee and Banana Mask**

**Ingredients**

- ½ mashed banana
- 1 teaspoon plain yogurt
- 2 tablespoon used coffee grounds

**Directions**

Mix banana, yogurt, and coffee grounds together. Apply onto the face and keep it on for 15-20 minutes. Rinse off with lukewarm water. Banana in this mask is used to help improve skin complexion and reduce wrinkles.
Coffee and Apple Cleansing Mask

This mask is perfect for combination and oily skin.

Ingredients

- 1 tablespoon organic ground coffee
- 2 tablespoon finely grated organic apple

Directions

Mix the ingredients and apply the mask onto the face. Leave on for 10 minutes and rinse off with cool water.
Coffee, Yogurt, and Egg White Mask For Acne

Ingredients

- 1 teaspoon coffee grounds
- 1 teaspoon plain organic yogurt
- 1 egg white

Directions

Mix all ingredients well. Apply onto the face and leave on for 15 to 20 minutes. Lactic acid in the yogurt will clear clogged pores, egg white will dry your skin, and coffee grounds will accelerate blood circulation, improve complexion, and cleanse the skin surface.
Coffee and Cinnamon Mask

Sea salt will cleanse and draw impurities from the deepest layers of the skin, making your skin soft and supple.

Ingredients

- 2 tablespoons used organic coffee grounds
- 1/2 teaspoon Celtic sea salt
- 1/2 teaspoon cinnamon
- 1 tablespoon extra-virgin olive oil

Directions

Mix all ingredients together. Apply onto the face and leave on for 20 minutes. Rinse off with warm water.
Papaya Beauty Recipes

Antioxidant Papaya Fruit Skin Cream

This is my personal favorite cream because it not only smells heavenly but also leaves your skin smooth and radiant.

Ingredients

- ½ ripe papaya
- ½ ripe mango
- ¼ cup coconut oil

Directions

Mix all the ingredients in a blender. Apply onto your skin for 20 minutes. Wash off and pat your skin dry. You can store the unused cream in the fridge for a couple of days.
Most people don’t know that avocados have powerful anti-aging properties contained in both their flesh and oil. Scientists have recently discovered that avocados possess potent anti-aging properties that protect against free radicals. Avocados are able to penetrate deeply inside our cell structures, enter the mitochondria, and activate its energy production, allowing cells to function properly even while being constantly attacked by free radicals.

As I mentioned earlier, the mitochondria play a very important role in the fight against free radicals. Mitochondria are central components of our cells and produce the majority of a cell’s energy from nutrients. Unfortunately, they have a dark side--they generate unstable chemicals that inflict damage to both the mitochondria itself and other cellular components. This damage
directly affects aging and thus it has been the goal of many scientists to find remedies that will reverse this damage. They have found it in avocado oil!

This new discovery should truly revolutionize your view of avocados. Lead study design author, Dr. Christian Cortez-Rojo, noted, “Avocado oil causes accelerated respiration in mitochondria, which indicates that the use of nutrients for producing energy for cell functions remains effective even in cells attacked by free radicals and that mitochondria can produce little amounts of damaging free radicals.”

Avocado oil is high in sterolins, which soften the skin and reduce age spots. Avocado oil is also rich in vitamins A, various B vitamins including B1 & B2, vitamins D and E, as well as beta-carotene, potassium, and lecithin (which rejuvenate skin). It also boosts the production of collagen.
Anti-Aging Avocado Coconut Oil Face Mask

This mask is great if you have dry or damaged skin as it will effectively and thoroughly moisturize.

**Ingredients**

- ½ ripe avocado, mashed
- 3 tablespoons honey
- ¼ cup coconut oil

**Directions**

Combine all ingredients and blend together until smooth. Apply the mask to your face and leave on for 20 minutes. Wash face and pat dry with towel. You can store the rest of the mixture in the fridge for only a few days.
Avocado Carrot Cream Mask

This mask will rebuild skin collagen, improve tone and texture, and fade age spots.

Ingredients

- 1 avocado (mashed)
- 1 carrot (cooked and mashed)
- 1/2 cup organic plain yogurt
- 1 egg, beaten
- 3 tablespoons raw honey

Directions

Combine all ingredients in a bowl until smooth. Apply onto your face and neck, leave on for 10-15 minutes. Rinse with cool water.
Avocado Dry Skin Mask

This mask will help revitalize and improve your skin’s texture.

Ingredients

- 1 egg yolk
- 1/2 mashed avocado

Directions

Beat the yolk of an egg and then add the mashed avocado. Mix well. Spread the avocado mixture over your clean face and neck evenly. Leave it on for 20 minutes. Rinse off with cool water.
Avocado Egg Mask

This mask is great for acne-prone skin as it reduces facial oils.

Ingredients

- ½ Ripe avocado
- 1 Egg white
- 1 Tablespoon fresh lemon juice

Directions

Blend mashed avocado with the egg white and lemon juice. Apply onto your face for 10 to 15 minutes. When finished, wash your skin with lukewarm water and pat it dry.
Avocado Cucumber Mask

This mask is great for oily skin. The combination of avocado and cucumber helps clean out pores and prevent acne breakouts.

Ingredients

- 1/2 avocado, mashed
- 2 slices of cucumber

Directions

Apply the avocado pulp over your face, avoiding your eyes. Lie down and put cucumbers slices over your eyes. Keep them on for 10 to 15 minutes. Rinse off with warm water and pat dry.
Avocado and Bentonite Clay Mask

This mask is optimal for combination skin. The bentonite clay will detoxify and absorb excess oil.

Ingredients

- 1 ripe avocado, mashed
- 2 drops vitamin E oil
- 2 tablespoons Bentonite clay
- 1 teaspoon coconut oil

Directions

Mash the avocado. Add the vitamin E oil, clay, and coconut oil. Mix well. Apply the mask to clean, dry skin. Leave the mask on for 30 minutes. Rinse off using warm water.
Avocado and Jojoba Oil Mask

This is a quick recipe to use for skin softening. This combination will leave the skin feeling incredibly soft and smooth.

**Ingredients**

- 1 avocado, mashed
- 1 teaspoon jojoba oil

**Directions**

Mix one mashed avocado with one teaspoon of jojoba oil. Apply over your face and neck. Wash your face clean with a wash cloth after 10 minutes.
Avocado and Matcha Green Tea Anti-Aging Mask

This exotic ingredient is a specific kind of Japanese green tea that is loaded with antioxidants. It contains polyphenols that fight inflammation and wrinkling.

Ingredients

- 1 ripe avocado
- 3 tablespoons raw chocolate powder
- 1 Tablespoon matcha green tea
- ½ cup unsweetened almond milk

Directions

Mix everything together. Apply all over your face. Let it sit for 20 minutes (for best results, rinse off with lukewarm water).
Olive Oil and Avocado Facial Mask

Olive oil is one of the best moisturizers for your skin. It has a similar chemical composition to human sebum (which is our body’s natural skin lubricant).

**Ingredients**

- 1/2 cup extra virgin olive oil
- 1 ripe avocado, mashed

**Directions**

Mix together until smooth. Apply to the face and leave on for 15 minutes. Rinse off with warm water.
Turmeric is the fourth most antioxidant-rich herb out of 159,277, according to its Oxygen Radical Absorbance Capacity (ORAC) score. Curcumin, which is extracted from turmeric, has strong preventative and curative effects for several different ailments. With its cell-penetrating ability, curcumin can penetrate the body at the deepest levels to fight free radical damage. By inserting itself into cellular membranes, curcumin goes to work within the cell, fighting infections and mutations deep within the membranes. Curcuminoids boost levels of the body's most potent antioxidants, including glutathione, superoxide dismutase, and catalase. These molecules are vital to reduce oxidative stress-related damage to our internal systems.

The anti-aging, moisturizing, antioxidant, astringent, and antimicrobial properties of turmeric
are unbelievable. Turmeric (in combination with other ingredients) is effective in reducing fine lines and wrinkles. It is also beneficial for oily skin as it regulates the production of sebum, an oily substance produced by the sebaceous glands. Turmeric not only gives skin a fair complexion but it also nourishes and rejuvenates it.

When making the following recipes, please take into consideration that Tumeric can stain clothing.
Honey & Turmeric Moisturizing Mask

Honey has antibacterial and anti-inflammatory properties and is a natural skin hydrator. Be sure to use raw, unprocessed honey.

Ingredients

- 1 tablespoon organic honey
- 1 teaspoon turmeric

Directions

Mix honey and turmeric into a paste and apply to your face and neck. Leave it on for 15 - 20 minutes. Rinse with lukewarm water.
Turmeric and Honey Rejuvenating Mask

Ingredients

- 1 teaspoon turmeric powder
- 1 teaspoon plain organic yogurt
- 1 teaspoon raw honey

Directions

Mix turmeric powder with plain yogurt. Add a teaspoon of honey and apply the mixture to your face for 20-30 minutes. Rinse off with lukewarm water. You can use this mask 3-4 times a week.
Curd and Turmeric Anti-Aging Mask

Lactic acid from curd gives a soothing and hydrating effect to the skin, thus making it supple and nourished. Regular use of curd helps to get rid of dark spots and acne as it possesses antioxidant and anti-inflammatory properties.

Ingredients

- 1/2 cup milk curd
- 2 teaspoons turmeric

Directions

Mix the curd and turmeric together into a paste. Apply the paste to your face and let it dry for 15 minutes. Wash the mask off with cold water.
Turmeric and Lemon Juice Mask for Acne-Prone Skin

This mask can reduce the appearance of scars and even out skin tone.

**Ingredients**

- 1 tablespoon turmeric powder
- 1 tablespoon organic plain yogurt
- 1 teaspoon lemon juice

**Directions**

Mix all the ingredients together and apply evenly to your face. Leave it on for about 15 minutes and rinse off with warm water.
Turmeric and Sandalwood Face Mask

Sandalwood is a powerful herb that promotes the formation of new skin cells. It increases circulation, giving skin a smoother look. It helps minimize the appearance of fine lines and wrinkles.

Ingredients

- 5 drops sandalwood essential oil
- 1/4 tsp turmeric
- 3 drops almond oil

Directions

Mix all the ingredients together until you form a thick paste. Leave the face mask on for at least an hour. Rinse off with warm water.
Age Defying Turmeric Face Mask

This mask will nourish and tighten the skin.

Ingredients

- 1 tablespoon sandalwood powder
- 1 tablespoon plain organic yogurt
- Turmeric powder

Directions

Mix a pinch of turmeric powder with yogurt and sandalwood powder. Apply it to your face and leave it on for 15 minutes. Rinse off with lukewarm water.
Turmeric Mask for Dry Skin

Ingredients

- 1 egg white
- 2 drops olive oil
- 2 drops rose water
- 1 drop fresh lemon juice
- pinch of turmeric

Directions

Mix all the ingredients together. Apply to all dry areas such as your face, neck, elbows, and knees. Allow it to dry completely and then wash off with warm water.
Turmeric and Coconut Oil Mask

Coconut oil is one of the best natural moisturizing products, period. It protects our skin from harmful microbes.

Ingredients

- 1 tablespoon organic plain yogurt
- 1 tablespoon raw honey
- 1 teaspoon coconut oil
- ½ teaspoon turmeric
- 2 drops lavender essential oil

Directions

Apply to your face. Leave on for 10-15 minutes. Rinse off with warm water.
Turmeric and Ghee Beautifying Mask

This particular mask is often used in India before wedding ceremonies. It is applied onto the couple's faces before the wedding so that their skin looks attractive.

Ingredients

- 1 teaspoon ghee (clarified butter)
- 1/2 teaspoon turmeric

Directions

Mix clarified butter and turmeric well. Apply to skin (it can be applied to any part of the body). Leave it on for 15 min. Rinse off with warm water.
One of the most amazing properties of cacao beans is their high content of antioxidants. These antioxidants are flavonoids responsible for fighting and preventing free radical damage. The incredible power of cacao beans can slow down aging and significantly strengthen your immunity. Cacao is great for your skin as the antioxidants contained in it boost collagen protection.

Raw cacao beans contain more than 320 various antioxidants. No other product in the world can be compared to it. These antioxidants fight free radicals in our body and protect against viral and bacterial infections. It is proven that it is the formation of large quantities of free radicals that often causes many diseases, including cancer. The level of antioxidants in our body is directly connected with our biological age and life expectancy.
Raw cacao also contains polyphenols, which have the ability to break down fat and reduce the risk of developing atherosclerosis and cardiovascular diseases. The antioxidative effect of polyphenols is much stronger than that of most common antioxidants such as vitamins C and E. Flavanols, a group of compounds found in cocoa (or cacao), increase hydration and decrease skin roughness. They also aid in boosting the skin's defense against UV damage.
Cacao and Banana Mask for Smooth Skin

Banana will nourish and hydrate the skin. Rose oil generates skin cells and smoothes the skin.

Ingredients

- 1 ripe banana
- 1 tablespoon raw cacao powder
- 1 tablespoon honey
- 4 drops of rose oil

Directions

Mix and blend all the ingredients thoroughly. Apply onto your skin. Leave it on for 20 minutes. Rinse off with warm water.
Chocolate and Wine Anti-Aging Mask

Resveratrol found in wine is a magical anti-aging ingredient. It improves skin tone, reduces the appearance of wrinkles, and more

Ingredients

- 2 Tbsp cacao powder
- 1 Tbsp red wine
- 1 Tbsp honey
- 1 egg white

Directions

Mix red wine, honey, and egg white together well. Add the cacao powder and continue to whisk until smooth. Apply a thick layer to a clean face. Leave it on for 15-20 minutes. Rinse well with warm water.
Chocolate Avocado Mask

These tantalizing ingredients will nourish and deep-clean your skin, leaving it softer and smoother. Best of all, it will put botox and other surgical procedures to shame.

Ingredients

- 1 mashed avocado
- 3 tablespoons raw cacao powder
- 2 teaspoons raw honey
- 1 tablespoon cinnamon

Directions

Mix all the ingredients together. Gently massage the mixture onto your face and leave it on for about 25 minutes. Rinse the mask off with warm water.
Regenerating Chocolate Mask

The essential oils will help to regenerate your skin cells and the chocolate will help to tone and hydrate the skin.

Ingredients

- 1 tablespoon melted organic dark chocolate
- 1 teaspoon almond oil
- 1 teaspoon rose hip oil

Directions

Mix all the ingredients very well and apply the mask to your face for 20 minutes. Rinse with lukewarm water.
Coffee and Cacao Mask

This mask eliminates dead skin cells and improves blood circulation.

Ingredients

- 4 tablespoons finely ground organic coffee
- 4 tablespoons raw cacao powder
- 8 tablespoons plain organic yogurt
- 2 tablespoons honey

Directions

Mix ground coffee and cacao powder in a bowl. Add yogurt and honey and mix it all together. Apply to your face, let it dry. Rinse off with warm water.
Cacao and Papaya Anti-Aging Mask

Papaya contains papain, which exhibits a tremendous ability to restore skin. This substance increases hydrolysis amides, protein, essential amino acids, and peptides.

Ingredients

- 1/3 cup raw cacao powder
- 1 ripe organic papaya, mashed
- 1/4 cup raw honey
- 3 teaspoons organic plain yogurt

Directions

Blend all the ingredients together to form a creamy paste. Apply it to your skin for about 15 minutes and then wash it off with warm water.
Cacao and Apple Mask

Apples help get rid of dead skin cells, treat blemishes, and increase the glow and shine of your skin.

Ingredients

- 2 tablespoons raw cacao powder
- 1 organic apple, grated

Directions

Combine the ingredients and mix together well. Apply onto your face and neck. Leave it on for 15 minutes, then rinse off with warm water and pat dry.
The antioxidants found in wine are classified as polyphenols, which include both flavonoids and non-flavonoids. Among the most powerful of these antioxidants is resveratrol, which is an anti-aging substance. Researchers from Sirtris Pharmaceuticals announced that a derivative of an ingredient in red wine may help reverse the signs of aging! Resveratrol is a naturally occurring substance in wine that stimulates a gene known as SIRT1. In previous studies, the SIRT1 gene has been found to increase the lifespan of rodents, but the new study is the first time similar effects have been replicated in humans.

Resveratrol in red wine is a powerful antioxidant, which means it also has anti-aging and cancer-preventative properties. Like most antioxidants, resveratrol helps increase the life expectancy of your skin cells, removing the free radicals that are the cause of cellular damage. By
lengthening the lifespan of a skin cell, the result is a slowing down effect of the normal aging process associated with your skin, i.e. wrinkles, fine lines, dark circles, etc. Wine also makes a good skin conditioner because of the fruit acids (which improve blood circulation under the skin, thus increasing the cell’s renewal process).

Wine antioxidants are found most abundantly in the skin of the grape. Therefore, red wines carry the largest amount of antioxidants.
Potent Anti-Aging Wine Mask

This mask will hydrate and tighten your skin. Red wine detoxifies and increases your skin’s elasticity.

Ingredients

- 1 egg white
- 3 tablespoons red wine
- 1 tablespoon honey
- 1 teaspoon raw organic sugar

Directions

Combine all the ingredients together. Apply the mixture all over your face. Massage into your skin for about a minute. Leave it on for about 10 minutes. Rinse off with warm water and pat dry.
Wine and Honey Mask For All Skin Types

This mask will hydrate and restore your skin’s natural pH balance.

Ingredients

- 1 cup organic plain yogurt
- 5 tablespoons red wine
- 2 tablespoons raw honey

Directions

Combine the ingredients and mix together well. Apply onto your face and neck. Leave on for 20-25 minutes, then rinse off with warm water and pat dry.
Wine and Lemon Mask for Sensitive and Dry Skin

Ingredients

- 1 tsp freshly squeezed lemon juice
- ½ tsp honey
- 1 tsp honey
- 1/2-1 tsp red wine

Directions

Combine the ingredients and mix together well. Apply onto your face and neck. Leave on for 20-25 minutes, then rinse off with warm water and pat dry.
Red Wine and Green Tea Mask

Green tea is known to help with problematic skin conditions. It also soothes and calms irritated skin and adds wrinkle-fighting protection.

Ingredients

- 1 green tea bag
- 1 tablespoon red wine
- 1 tablespoon plain organic yogurt
- 2 tablespoons raw honey

Directions

Boil water and steep the green tea bag in the water for an hour. Let tea cool and add all the ingredients. Apply the mask to your face. Leave the mask on for about 15 minutes before washing it off with lukewarm water.
Red Wine and Papaya Anti-Aging Mask

Papaya fights free radicals and helps to reduce skin spots, making the skin appear young and fresh. The enzymes found in this fruit can also heal burnt and irritated skin. If you regularly use masks with papaya, your skin will become healthy, radiant, and youthful.

Ingredients

- 1 cup organic papaya, mashed
- 5 tablespoons red wine
- 2 tablespoons raw honey

Directions

Combine the ingredients and mix together well. Apply onto your face and neck. Leave on for 20-25 minutes, then rinse off with warm water and pat dry.
Red Wine and Pomegranate Mask

This mask is very effective against premature wrinkles. Pomegranate juice stimulates the production of collagen in the skin.

Ingredients

- 1/4 cup fresh pomegranate juice
- 1 tablespoon red wine
- 1 tablespoon raw honey
- 3 tablespoons bentonite clay
- 1 tablespoon coconut oil

Directions

Blend all the ingredients together to form a creamy paste. Apply it to your skin for about 15 minutes and then wash it off with warm water.
In summary, there are many anti-aging products on the market today, but the truth is that most topical skin care products do not contain the level of antioxidants needed to produce clear benefits for your skin. The recipes in this book are both affordable and very effective. Each and every recipe contains a great deal of antioxidants that will help you slow down and even reverse premature aging. Remember, the key is consistency.

According to Dr. Richard Cutler, Director of the Anti-Aging Research Department of the National Institute of Health, Washington, D.C.:

"The amount of antioxidants that you maintain in your body is directly proportional to how long you will live."

As you know by now, our bodies cannot manufacture antioxidants; these vital molecules need to come from our diet. The body must have adequate antioxidants to destroy, neutralize, or
deactivate free radicals. The best way to achieve optimum health and reverse aging is to stop doing all those things that cause us to age prematurely and start doing all the things known to promote health and rejuvenation. This would include, but is not limited to, avoiding all processed food and liquids, eating organic fresh food, avoiding toxic ingredients in beauty and cleaning products, exercising, and relaxing daily.

To healthy homes, healthy skin, healthy bodies, and healthy minds...

-Anyah Vien
Thank You!

Thank you so much for reading my short book! I hope you learned some interesting new things along the way that you can put into practical use with noticeable benefits. I am very excited for the opportunity to share this with you and sincerely hope that you found it useful. If so, I would be very honored if you would post a short, honest review on Amazon.com. I read every review personally and your feedback helps me make my books even better. I am very grateful for your support; it really makes my work worthwhile.
About the Author

Anya Vien of LA Healthy Living is a wife and mother in pursuit of better health for her family. After being diagnosed with Hashimoto’s, she realized there was a lot of junk in her pantry and change was needed. Anya has created a blog that helps people make informed decisions about their health based on the best scientific evidence available. She is a healthy living enthusiast with experience in Nutrition Coaching and Weight Loss. You can follow Anya on her healthy journey here:

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