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## SPECIAL EVENT-READY LOOK



In as little as 3-4 weeks you will be able to get fit, get beautified, and even bounce back from a little nip and tuck with help from our experts.

### 1 Week Before

For the past few weeks you have been exercising, beautifying, and planning last minute details for your overall look. It is important to remember that looking good on the outside is achieved by feeling good on the inside. Cosmetic treatments can aid in a beauty regimen, but to get a glowing appearance you must nourish your body with plenty of healthy foods. Certified nutritionist, **Franci Cohen** has

created an event -Prep food guide of which nutrients to include in your diet pre-event day.

1. Carrots for a Natural Glow: We all know that eating obscene amounts of carrots can give the skin that orange hue, but a slightly above average intake can do wonders for your health as well as your beauty regimen. Carrots are high in beta carotene (a derivative of Vitamin A, which plays a huge roll in the renewal, protection, and fortification of cells). Ingesting this from nutrient-rich sources such as carrots, will most definitely beautify your skin from within. Over three decades of research support the claim that those who eat ample amounts of Vitamin A from betacarotene, have lower incidences of ski cancers, and have long-term glowing, beautiful, and nurtured skin!
2. Almond Milk for Smooth Skin: Almond milk is a nutrient-dense food that offers an abundance of essential nutrients and trace minerals such as manganese, magnesium, phosphorus, vitamin B-2, vitamin E, tryptophan, and copper. It has many health benefits, including promoting healthier, vital, and younger looking skin. The vitamin E in almond milk protects the skin from free radical damage, leaving only plump, young, beautiful skin. Almond milk plays a role in the body's oil-regulation, which can prevent acne and other skin conditions caused by oily skin. Almond milk is also an excellent hydrator for the skin.

3. Blueberries for Clear Skin: Blueberries are high in antioxidants, which fight those nasty free radicals that we keep mentioning. They protect the skin from premature aging, and help maintain a healthy and clear complexion. They have even been labeled "the fountain of youth"! As they counteract the aging process, they help skin steer clear of the age spots, wrinkles, acne, and other blemishes that accompany the aging process. So stock up on blueberries, and you may just be that 30 year old who looks like a teenager!

4. Flaxseeds to reduce Wrinkles and Dry Skin: The oil from these tiny little flaxseeds can do wonders for skin tone. Flaxseed oils are very high in omega 3 fatty acids, which are very beneficial to the skin. It is loaded with vitamin B, potassium, magnesium, fiber, and zinc. This is the perfect elixir to treat various skin disorders associated with dry skin, such as eczema, rosacea, and psoriasis. Omega 3 fatty acids are also essential for the repair of skin cells, leading to the reduction, smoothening, and prevention of wrinkles.