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Summer confidence for brides and more

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Traditionally June is a big month for weddings and July is the most popular month for family reunions. Most high school reunions take place in the summer months and July and August are the most popular months for family vacations. With these tips and suggestions, in as little as 3 to 4 weeks, you will feel more confident in yourself and have a better time enjoying festivities during the summer months.

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](#). This is very important anytime but pay extra close attention to it the week before your big event. Certified nutritionist, **Franci Cohen** suggests 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.

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.

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.

The oil from 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.