

## ***Making a Long Term investment- Eating a Healthy Diet***

"It's the little things that count," says Dr. Lisa Drayer, author of the book *The Beauty Diet*. "I think many of us want a quick fix, a pill that we can pop, instead of **making the long-term investment** of changing our lifestyle in order to achieve good health & beauty.

### **\*\*\*TOP 10 Picks for a diet that is rich in beauty nutrients & essentials\*\*\***

**1 Wild salmon.** Loaded with omega-3 fatty acids that keep skin flexible, wild salmon is a rich source of astaxanthin, an antioxidant 100 times more potent than vitamin E. It also contains dimethylaminoethanol (DMAE), a neurotransmitter precursor often used in topical preparations for its skin-toning effects.

**2 Low-fat yogurt.** Rich in protein, bacteria and vitamins, one cup of plain, low-fat yogurt has 450 mg of calcium to build strong bones, teeth and hair.

**3 Oysters.** Think of oysters as beauty on the half shell. They are an excellent source of zinc, which is key for skin renewal and the production of collagen.

**4 Blueberries.** Ranked the No. 1 antioxidant out of 40 common plants, blueberries have five different anthocyanins and vitamin C, which increases antioxidant protection to skin, neurons and blood vessels.



**5 Kiwifruit.** "Vitamin C in kiwifruit is integral for collagen production and maintenance of healthy skin, and research has suggested that high vitamin C intake is associated with fewer wrinkles."

**6 Sweet potatoes.** Considered the most nutritious vegetable by the Center for Science in the Public Interest due to its proteins, complex carbohydrates and vitamins, the humble orange spud also has beta-carotene, a powerful antioxidant that protects against age-related wrinkles.

**7 Spinach.** Popeye knew his stuff: Spinach not only has anti-aging and anti-inflammatory alpha-lipoic acid, it's a great source of lutein and zeaxanthin, which are key to eye health.

**8 Tomatoes.** Cooked with a bit of olive oil, tomatoes are an excellent source of lycopene, "thought to have the highest antioxidant activity of all the carotenoids."

**9 Walnuts.** Alpha-linolenic, an essential omega-3 fatty acid found in walnuts, keeps skin smooth and combats inflammatory skin diseases.

**10 Dark chocolate.** High in antioxidants like epicatechin and gallic acid, dark chocolate increases the flow of blood to skin, reduces roughness and protects against sun damage.

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