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# The *Glowing Skin* Guidebook



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## Sun Damage

Diet:

*A few long months of summer sun that can cause potential damage to your skin. Add these foods into your diet and help to prevent sun damage. These foods can help protect against UV protection from the inside out:*

**Cocoa** The ingestion of high flavanol cocoa led to increases in blood flow of cutaneous and subcutaneous tissues, and to increases in skin density and skin hydration. Dietary flavanols from cocoa contribute to endogenous photo-protection, improve dermal blood circulation, and affect cosmetically relevant skin surface and hydration variables. My favorite cocoa is [Metabolic Craving Cocoa \(GET IT HERE\)](#)

**Wild salmon** This fish is an outstanding source of the antioxidant known as *astaxanthin*, (1000 times more effective than Vitamin E), which helps to repair damage from **UV rays** and keep skin radiant and youthful. The omega 3 essential fatty acids in salmon also act as powerful, protective anti-inflammatories. In addition to salmon, mackerel, trout, herring and sardines are also rich sources of omega 3 fatty acids that can protect skin from deadly melanoma and other forms of skin cancer from sunburn.

**Green tea** Along with strawberries, blue and blackberries, apples, and cocoa, green tea is an antioxidant food high in *catechins* which also protect the skin from UV damage. The deeper and richer the color, the higher the catechin content. The most powerful catechin is Epigallocatechin-3 Gallate ([EGCG](#)) which is 100 times more potent than Vitamin C and 25 times stronger than Vitamin E. Green tea is one of our richest sources of EGCG.

**Tomatoes** A study, performed in 2001, looked at volunteers who ate 40 grams of tomato paste over a ten-week period. The group was forty percent less likely to experience sunburn when exposed to harmful UV rays. But don't forget to add a little olive oil to insure absorption of the special skin-protecting phytochemicals.

**Watermelon** This summer melon is rich in lycopene, making it a great choice to protect your skin from sunburn and possibility of developing skin cancer. Lycopene can prevent UV-induced sunburn. It is rich in the aforementioned tomatoes and tomato paste, watermelon as well as apricots, pink grapefruit and red (not orange) carrots.

**Broccoli Sprouts** broccoli sprouts contain sulforaphane, which is linked to increasing the skin's ability to protect itself from cancer. Broccoli sprouts are the richest source of cancer-fighting glucoraphanin, the precursor of sulforaphane.

Also, Ginger and Turmeric that can be added to your foods. Ginger prevents the breakdown of elastin in the skin, helping to prevent the wrinkles that result from UV radiation. Turmeric, an

antioxidant, anti-aging powerhouse, protects collagen—key in keeping your skin youthful and radiant.

### Supplements:

Supplements are a great addition to a healthy diet to help the body from the inside.

Omega 3: Omega 3 are anti inflammatory and help to nourish the skin with healthy dose of fat. After constant sun exposure the skin can dry out and cause the skin to lose its glowing supple look and fine lines and wrinkles can appear. Omega 3s will help improve the look of skin from the inside out.

Glutathione: Over time sun expose and especially sun burns can cause damaged cells, glutathione is an antioxidant that helps with cell turnover and helps to make sure cells damaged cells are removed and new healthy cells made.

Niacin or B3 is involved in blood circulation and hormone production helping your skin, eyes, liver and nervous system in good shape. It has has been shown to diminish dark spots and increase collagen production. (Should be taken as part of a B complex vitamin)

Vitamin A- is absorbed in the form of carotenoids or retinol, and is important for eyesight, immune system, cell differentiation and bone grown. Retinoids can also be applied to skin to help with wrinkles, hyper pigmentation and rough skin. (Should be taken as part of a multi vitamin)

Vitamin C- a super antioxidant that is a main player in the production of collagen and helps to fight the signs of aging.

*If you order any supplements from my ONLINE DISPENSARY you will receive 15% off all orders, free shipping on orders over \$49 and you can use your FSA.*

**\*\*If you have any questions about supplements please email me at [info@SabrinaSarabella.com](mailto:info@SabrinaSarabella.com)\*\***

Topical:



Sun exposure, hormones, and birth control pills can all lead to visible sun spots on your skin. The aging rays in the UVA spectrum are present from sun-up to sun-down, 365 days a year, rain or shine, and even penetrate window glass.

The final step in helping to reverse sun damage on your skin is to use a topical skin care regime. The products I recommend are Rodan and Fields Reverse regime.

Nutrients to put topically on the skin include **Vitamin C**, **salicylic acid** and **licorice** to brighten skin, fade the appearance of discoloration and reveal a more radiant complexion. **Retinol** enhances skin brightening while diminishing the look of fine lines and wrinkles. **Hydroquinone** to quickly address persistent discoloration to optimize skin brightening.

Use the Rodan and Feilds REVERSE Regimen until your skin is bright and even toned, usually 2-6 months, then transition to our REDEFINE Regimen for Wrinkles, Pores and Loss of Firmness and our **AMP MD** System to continue your journey to great skin. Use the REVERSE Regimen to treat the décolleté, neck, hands, and other parts of the body prone to showing signs of sun damage.

You may also add in Micro-Dermabrasion Paste 1-2 times weekly on stubborn brown patches and to boost the REVERSE Regimen results.

# Acne

Unfortunately acne is not only a teenagers concern but also happens when you are an adult and it can be bad. Having acne can make you feel like you want to hide your face from the world and that is no way to live.

## Causes:

**Food Allergies/Sensitivities:** Eating a food to which the body is allergic or has a sensitivity to can lead to a continuous toxic reaction. The immune system starts to fight the food as if it were an invading organism. This can cause inflammation in the skin, showing up as acne as well as the need to eliminate the toxin.

**Gut Issues:** when the gut is inflamed from eating foods that are pro inflammatory or your body is allergic or has sensitivity to, it causes the gut to be inflamed and can show signs of inflammation in the skin causing acne and eczema.

**Hormones:** A fluctuation in hormone levels whether it is at puberty or adulthood can increase the level of oils glands under your skin grow and the enlarged gland produces more oil and causes acne.

## Recommendations:

**Diet:** Reduce the amount of inflammatory foods in the diet like sugar, dairy, wheat/gluten, and increase the amounts of anti inflammatory foods that contain good healthy fats like Omega 3s like wild salmon, walnuts, olives, avocados.

### Foods to Avoid:

- White flour/wheat/gluten (pasta, bread, muffins)
- Sugar (cake/cookies)
- Fruit juices
- Dried fruits
- Aged cheese
- Milk and soy
- Vinegar
- Alcohol
- Mushrooms

#### Foods to Include:

- High-quality proteins- cold water fish like salmon, chicken and turkey, eggs, Greek yogurt, Grass-fed meats
- Low-glycemic carbs
  - fruits and veggies
  - Barley
  - Brown rice
  - Steel-cut or rolled oats
  - Sweet potato
  - Quinoa
  - Buckwheat
  - Amaranth
  - Millet
- Good Fats
  - Avocados
  - Raw nuts and seeds
  - Nut butters and tahini
  - Olives and olive oil
  - Ground flaxseeds
  - Raw coconut and coconut oil
  - Grape seed oil

**Food Elimination Diet-** acne can be a sign of inflammation in the body that is caused by sensitivity to a food that you are consuming. The best way to find out what food is causing the inflammation is by doing a food elimination diet or food sensitivity test.

**Fix the Gut-** when the gut is unhealthy it may cause acne and other skin issues. In order to fix the gut you first want to fix your diet as stated previously and then heal the gut with supplements like glutamine, licorice, omega 3s and probiotics.

#### Recommend Supplements:

Once inflammatory foods (gluten, dairy, sugars and soy are removed from the diet you can begin to heal the gut with the following supplements.

**Please sign up at my online dispensary here:**

<https://www.healthwavehq.com/welcome/ssarabella>

**Digestive Enzymes: (Designs for Health)** Take a full spectrum digestive enzyme 1-2 or more with each meal (if severe gas and bloating consider HCL as well).

**Probiotic: (Designs for Health)** Take 1-3 high potency probiotics with at least 10-20 billion colony forming units (CFU) and a good mix of lactobacillus and bifidus cultures.

**GI Repair: (Vital Nutrients)** This product promotes integrity of mucosal lining of the gut, maintains intestinal permeability, and supports intestinal lining. Take 4 capsules with breakfast & 3 capsules with dinners

### **OMEGA 3**

Our body can not make Omega 3's so it is important to incorporate a supplement into your diet. We get Omega 3's from good quality fats like salmon and walnuts. If you don't eat large amounts of these foods daily you should buy a good quality supplement. Omega 3s can help with fat burning, brain health, heart health and have been shown to help your mood.

Choose based on the following:

- 1-3 grams of TOTAL Omega-3s daily -500-600mg EPA
- 250-400 mg DHA

\*\*this should be per serving & it is important to look at the serving size. Ideally these amounts should be in 1-3 capsules.

**Sleep-** The bodies repairs itself when we sleep, it is important to get enough sleep and rest every night in order to have glowing skin.

**Reduce Stress-** Stress can cause inflammation and breakouts in the skin, practice relaxation techniques like yoga, breathing and leisure walking.

**Establish Healthy Skin Practices:**

- Wash your face 1-2 times a day; washing your face more than that will eventually cause an increase in oil production.
- Minimize the use of makeup and hair products. Let your pores breathe especially during a breakout. If using make up choose oil-free cosmetics and avoid using fragrances, oils and harsh chemical on your hair as they can drip into your face and block pores. If you have longer hair, keep your hair pulled off of your face.
- Keep your hands off of your face. Pressing your hands (mostly dirty) against skin cells can spread bacteria and irritate inflamed skin.

**Topical Solutions:** For acne find products that contain Benzoyl Peroxide and Salicylic Acid. For Eczema look for products that contain natural oils and fatty acids and chamomile.

**Tea Tree Oil-** Tea tree oil can be used topically for breakouts. Dilate oil in water and apply directly to skin using a cotton ball or Q-tip.

Use an Intensive Acne Treatment like [Unblemished from Rodan & Fields](#). Clinically proven to combat the entire acne cycle, this sophisticated regimen helps unclog pores, clears acne

blemishes and calms your complexion to keep pimples, blackheads and post-acne marks from making an unwelcome appearance on your face—and in your life.

Sulfur Wash-Medicated cleanser with FDA-approved 3% sulfur unclogs pores and reduces redness. Pores stay clear, allowing the treatment medicines that follow to be delivered deep into the pores.

Toner-Alcohol-free toner gently unplugs pores with mild alpha-hydroxy acids. Anti-oxidants calm the complexion and prepare skin for treatment.

Treatment-Unique dual chamber delivery system ensures maximum efficacy of benzoyl peroxide, helping prevent the development of new acne blemishes.

# ECZEMA

One of the most common skin conditions, it is an inflammation of the outermost layer of skin. In the early stages it may be red, blistered, swollen, weeping and extremely itchy; after much scratching by the sufferer it becomes crusted, scaly and thickened. If you suffer from this condition you know how extremely painful and sensitive your skin can be.

## Causes:

**Food Allergies/Sensitivities:** When food allergies or sensitivities are the root cause of eczema and urticaria, the mast cells in the lower layers of the skin are believed to cause the problem. When they degranulate, the mediators that are released have a powerful effect on the capillaries (tiny blood vessels) that lie all around them in the skin. These capillaries become leakier, allowing plasma (the watery part of the blood) to seep out into the skin.

**Stress:** Stress is known to be associated with eczema but it is not fully understood how it affects the condition. Some people with eczema have worse symptoms when they are stressed. For others their eczema symptoms cause them to feel stressed.

**Hormones:** Hormones are chemicals produced by the body. They can cause a wide variety of effects. When the levels of certain hormones in the body increase or decrease some women can experience flare ups of their eczema.

## Recommendations:

**Diet:** Reduce the amount of inflammatory foods in the diet like sugar, dairy, wheat/gluten, and increase the amounts of anti inflammatory foods that contain good healthy fats like Omega 3s like wild salmon, walnuts, olives, avocados.

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**Reduce Stress-** Stress can cause inflammation and breakouts in the skin, practice relaxation techniques like yoga, breathing and leisure walking.

**Topical Solutions:** For Eczema look for products that contain natural oils and fatty acids and chamomile.

## Aging and Wrinkles

What causes it:

**Inflammation:** Research has shown that one of the biggest causes of wrinkles is inflammation. Inflammation is a microscopic irritation in cells that leads to cellular damage. It causes skin problems like breakouts, dullness sagging and wrinkles.

Cellular inflammation is caused by a variety of external factors such as pro-inflammatory diet and overexposure to UV lights. Pro inflammatory foods include sugars, processed foods, pasta, breads, baked goods.

**Age:** As you get older, your skin naturally becomes less elastic and collagen decreases. Also, natural production of oils also dries your skin and makes it appear more wrinkled. Fat in the deeper layer of skin diminishes and causes loose saggy skin and pronounced lines and crevices, aka wrinkles.

**Exposure to ultraviolet (UV) light:** UV speeds the aging process and causes wrinkles. Exposure to UV lights breaks down the collagen and elastin fibers which are the skin's connective tissues in the deep layer of the skin. When this connective tissue loses its strength and flexibility skin begins to sag and wrinkle prematurely.

**Repeated facial expressions:** When you repetitively squint or smile it leads to fine lines. (But I don't think you should stop smiling!!) Each time you move a facial muscle a groove forms beneath the surface of the skin and as it ages it loses its flexibility to spring back and then these lines/grooves become permanent features on your face.

**Lack of vitamins/fat-** When the body lacks the nutrients it needs to counteract damage from the environment or normal body oxidation processes it can cause damage and aging of the skin. Antioxidants like Beta-carotene, Lycopene and Vitamin A, E and C are found in fruits, nuts and oils necessary to slow this process down.

### Solutions:

**Diet:** Since inflammation is the number one cause of wrinkles and sagging skin remove processed foods and sugar from your diet will help to tame inflammation. Eat more foods that are anti-inflammatory like green leafy vegetables, increase the amount of omega 3s in foods like wild salmon, walnuts, and anchovies. Increase the amount of lean protein in your daily diet, stick to organic and grass fed sources.

**Hydration:** Hydrating your skin from the inside and outside is important when trying to prevent wrinkles and keeping the skin healthy and glowing. Drink water throughout your day to stay hydrated from the inside, at least 8 glasses a day but it should be more. You also want to hydrate the layers of skin with a good moisturizer.

**Sleep:** When we don't sleep enough it shows on our face and produces wrinkles and bags under your eyes. When we sleep we reset our body's hormones release Human Growth Hormones that help to keep your skin and body young. When you lack sleep the body increases cortisol, a hormone that breaks down skin cells. When you sleep you want to sleep on your back. Sleeping on your stomach, the side of your face rests on a pillow for hours at a time and the constant squishing of the face can cause creasing and wrinkles.

**Don't smoke:** Smoking causes wrinkles, dark circles and skin discoloration.

**Supplements and Antioxidants:** Using supplements like Omega 3's help the skin to be subtle and increase fat and help to decrease wrinkles. Fight free radical damage. Antioxidants, such as Vitamins C and E are very effective in keeping cells healthy and shielded from free radicals that can break them down and lead to signs of aging as well as health concerns. Part of an anti-inflammatory diet, antioxidants can be found in sources such as fruits, vegetables, and green tea.

**Sunscreen:** Since UV light breaks down collagen and can produce wrinkles and fine line is important to protect your skin. However, find a sunscreen that is natural and has no harmful chemicals that can be worse for you than the sun alone. I do believe that we need adequate amounts of direct sun light a day for Vitamin D production so it important to balance sun light with sun protection.

**Micro Needling:** It is a technique that helps to improve the appearance of your skin by using micro needles to help eliminate or reduce acne scars, wrinkles, sagging skin and other common skin conditions like stretch marks and cellulite.

A derma roller (the device used in micro needling) is a tiny cylindrical drum studded with micro-needles which can be rolled into the skin. The derma roller works by creating tiny punctures into the skin to stimulate skin repair and cell regeneration. The tiny puncture wounds "injure" the skin which causes it to create new collagen to help itself heal.

The newly produced collagen from the micro-needling acts as fillers for facial lines and wrinkles, and the increased skin elasticity facial lines and wrinkles are permanently reduced.

Micro needling can also help to reduce acne scars, reduce stretch marks, improve skin texture and get rid of cellulite and can also reduce hair loss.

It was differently than many other techniques because it works on the lower layers of the skin and not just the top layer.

**Exfoliation:** The process of removing the outermost layer of dead skin cells through mechanical or chemical means. Exfoliation improves the appearance of the skin and works as a gentle resurfacing and can help to reduce and remove fine lines and wrinkles.

More extreme versions of exfoliation like chemical peels and dermabrasion are usually performed in a dermatologist's office.

Exfoliation helps to stimulate the renewal of skin cells and as people age the renewal cycle of cells starts to slow. The longer the cells stay it will result in dry, thicker, and duller-looking skin. Exfoliation not only removes the build up of dead dull cells but exposes the younger, living cells underneath resulting in more vibrant, glowing skin and reduced appearance of fine lines and wrinkles.

Some additional more invasive ways to reduce wrinkles include botox, filler, chemical peels and lasers. All have their pros but also have their cons. Too much Botox can leave you with an over-arched eyelid or frozen forehead. They also only last 3-4 months. Fillers are expensive and again only last a few months. Chemical peels and lasers can also be painful, cause redness and don't erase deep lines and wrinkles.

**Topical:** When looking for topical creams and cleansers for wrinkle and aging you should look for products that are natural and contain some or all of these ingredients.

Retinol – a vitamin A compound.

Hydroxy acids – these acids are exfoliants, which means they remove dead skin and stimulate the growth of smooth, new skin.

Coenzyme Q10 – a nutrient that helps regulate energy production in cells.

Copper peptides – stimulate production of collagen and possibly enhance the action of antioxidants.

Kinetin – a plant growth factor that can improve wrinkles and uneven pigmentation.

Tea extracts – contain compounds with antioxidant and anti-inflammatory properties. (Green tea extracts are the ones most commonly found in wrinkle creams).

I recommend the [Refine Regime from Rodan and Fields](#) for the prevention and treatment of fine lines and wrinkles.

# The 3 Day Glowing Skin Diet

## Day 1

### Breakfast

1 cup of oatmeal topped with berries and walnuts  
1 hard boiled eggs  
1 cup green tea  
1 large glass of water with lemon

### Lunch

Large Green salad with grilled salmon and avocado  
1/2 cup melon  
1 large glass of water with lemon

### Snack

Greek yogurt topped with 1/4 cup pumpkin seed and blueberries

### Dinner

4-6 oz lean turkey  
1/2 cup asparagus  
Side salad  
1/2 sweet potato

## Day 2

### Breakfast

2 egg Veggie Omelet  
1 cup oatmeal  
1/2 melon

### Lunch

1 can salmon mixed with tomatoes, onions and avocado on a bed of spinach  
1 cup mixed berries

### Snack

1 small apple with a handful of walnuts

#### Dinner

Grilled chicken with sautéed vegetables

Side salad with tomatoes and olive oil

1/2 cup quinoa

#### Snack

1 small apple

2 oz turkey breast

Handful of almonds

#### Day 3

##### Breakfast

2 poached eggs with salmon and 1 cup mixed berries

1 cup green tea

1 large glass water with lemon

##### Lunch

4-6 oz grilled halibut with mixed vegetables

Side salad

1 cup melon

##### Snack

Greek yogurt with sliced almonds and blueberries

##### Dinner

4-6 oz grilled salmon with roasted Brussels sprouts

Spinach salad topped with walnuts

1 sweet potato

##### Snack

1 pear

2 oz sliced chicken

Handful of hazelnuts



## About the Author:

Hi! I'm Sabrina Sarabella, M.S. and I want to help you live a happier and healthier life. As a nutritionist and personal trainer I have worked with thousands of women. Over the years I have coached them through many different health issues and helped them to feel their very best.

If you are interested in living a happier and healthier life and being on the fast track to feeling great every day email me directly at [info@SabrinaSarabella.com](mailto:info@SabrinaSarabella.com)

Sabrina Sarabella, M.S. is a clinical nutritionist and personal trainer. She is the author of [The 5 Day Detox](#), [4 Week Jump Start](#), [Fit to Be Wed Program](#) and [numerous cookbooks](#) and [workout programs](#). You can find them all at her website [www.SabrinaSarabella.com](http://www.SabrinaSarabella.com)

You can find me on social media on Instagram [@Ssarabella](#) and Twitter [@SabrinaFitness](#)

[www.Facebook.com/SabrinaSarabella](http://www.Facebook.com/SabrinaSarabella).

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