



PALEOHACKS

PRIMAL BEAUTY

TOP 100
SUPER FOODS

by Kelsey Ale

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About Kelsey Ale

My name is Kelsey Ale (of KelseyAle.com) and I'm a **Certified Nutritional Therapist** living in Santa Monica, California.

In 2011, after suffering from undiagnosable discomfort for over 5 years, I realized that I needed to make key changes to my diet if I wanted to live an enjoyable life. Upon transitioning to the Paleo diet and cutting out gluten, grains, and adding in quality fats and protein I immediately began feeling alive in my body in a way I hadn't felt in years, and my health issues began disappearing one by one.

I teamed up with PaleoHacks.com to create Primal Beauty because I've found that most of the people taking an active role in changing their health and transforming their bodies are women. But in my opinion, women aren't given enough guidance on how to take care of their special health needs (and we do have special needs, as I've learned personally over and over again.)

I wanted to help get that information to you, so here in the program I put everything together to make sure you are taken care of in your health and weight loss journey. I really hope the gems in here help you start feeling better and getting the body you want – starting right now.

Before setting up shop at KelseyAle.com I was a certified massage therapist and Pilates instructor for over 10 years. During this time I pursued my passion for nutrition and delicious, healthy eating on the side, by counseling friends, family, and clients on healthy meal plans, workouts, self-care routines, and dietary supplements.

I know that health and beauty are interrelated, and I believe that a well-rounded holistic approach is the best way to achieve long lasting results. I love seeing the way people light up when they begin to feel empowered and in control of their health and their body.

I've dealt with parasites, Candida, chronic bacterial infections, leaky gut, fatigue, acne, and terrible digestive problems, among other things. I know what it's like to be uncomfortable, and my mission is to use my personal experience and my education to help you get out of discomfort quickly and live a life you love.

This program – Primal Beauty – is just that. It's me providing all the information from my brain (and the experts I've worked with over the years) trying to get you the most useful, practical information so that you can indeed lose that extra fat and be a healthier, more vibrant version of yourself.

If you have any questions about the program or anything at all, please email me at Kelsey@kelseyale.com - I'd love to hear from you!

However, please do not send tech support or product support questions to that address – please send them directly to the customer service team at PaleoHacks – that email address for that is support@paleohacks.com

What if I told you that you could lose weight, boost immunity, create extreme vitality, have boundless energy, and improve your love life...all at the same time?

Would you ask me, "What's this magic pill called and what pharmacy can I get it from?"

Of course you wouldn't...you're a natural beauty, you're reading a book by Kelsey Ale—you know better.

As per usual, my secret sauce to all things beauty starts in the kitchen, in the pantry, and in your mouth. If you want to unlock all the health that lies dormant in your body, try eating some of my favorite superfoods.

What makes them super?

Well, they're super-delicious. And they're super-healthy. And they're not super-expensive.

Most of them are few in calories and low in sugar—plus packed with lots of soluble fiber, nutrients, and health-boosting phytochemicals.

Even better: not a drop of guilt should you over-indulge! (But don't take that as a free ticket to overeating.) If you're interested in fully unlocking your inner beauty, the real "magic pill" can be found in the organic produce aisle and all along the perimeter of any healthy grocery store.

The following are my 100 favorite superfoods.

Eat up, girl.

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Almonds



Ever thought you could replace your morning coffee with almonds? Well, you can.

The almond is packed with magnesium, a mineral important in improving the flow of blood and other nutrient throughout the body. Magnesium calms the nervous system, regulates the digestive tract, relieves stress, and enhances energy levels.

This mild flavored—but DELICIOUS—nut is high in vitamin E and monounsaturated fats able to improve cholesterol levels and reduce the risk of heart disease.

How It Makes You BEAUTIFUL:

- Antioxidant content eliminates toxins in the body for clean, smooth skin.
- Nourishes and moisturizes the skin with its high vitamin E content.
- Anti-aging properties reduce wrinkles and fine lines.

How You Can Eat It:

If you eat almonds throughout your day, it can reduce hunger pangs and also lower your cholesterol. The best part is that it's probably the easiest snack to prepare and eat. Simply...pick it up out of your baggy and chew. But, like cashews, don't eat too many of them! One cup of almonds contains over 500 calories!

Apple



You know what they say, "An apple a day keeps the doctor away". The nutritional values and health benefits are what keeps that saying alive! How do you like them apples?

This crisp, tangy and often sweet fruit contains phytochemicals, ursolic acid, and other antioxidants that increase bone density, maintain a healthy digestive tract, prevent cancer, and keep your cholesterol levels healthy.

Wait a second...cancer prevention? True. Researchers found that one type of antioxidant, called procyanidins, triggered a series of cell signals that resulted in cancer cell death.

How It Makes You BEAUTIFUL:

- Accelerates regeneration of skin, leaving skin fresh and glowing.
- Contains anti-aging properties that can eliminate wrinkles.
- Reduces puffiness with its anti-inflammatory properties.

How You Can Eat It:

Apples are highly versatile. Eat them fresh, juice them, make apple pie, applesauce, candy caramel apples, or apple cider. Try out a few new recipes!

Apple Cider Vinegar

Raw & Organic



Known to be made from the finest, delicious, healthy, organically grown apples. This “food” has a plethora of pro-health benefits including: relief of skin irritations, increased metabolism, and control of blood sugar levels.

How It Makes You BEAUTIFUL:

- Helps removes stains and whitens teeth.
- Used topically, it's a wonderful hair conditioner. Just mix a tablespoon or two in some water and rinse through the ends of your hair for a shiny, lustrous mane.
- Promotes weight loss.
- Reduces inflammation and restores skin tone.

How You Can Eat It:

Organic Apple Cider Vinegar adds healthy, delicious flavor to veggies, fruits and marinades.

Apricots



This fruit is packed with beta-carotene, vitamin C and fiber making it an excellent help in protecting and maintaining the heart and eyes.

How It Makes You BEAUTIFUL:

- Hydrates skin keeping it fresh and glowing.
- Antioxidant content cleanses skin and slows the signs of aging
- Firms and tones skin.

How You Can Eat It:

Cut it in half, open it up, remove the hard stone, and eat it raw. That's the BEST way to eat such a fresh and juicy fruit and an even better way to retain all of its amazing healthy nutrients!

Artichoke



Let's be clear: artichoke is one bizarre food. But when prepared properly...its tastiness knows no bounds.

Biologically, artichokes are really just shy flowers that have not yet bloomed. The flower portion of the artichoke contains one of the highest capacities for antioxidants of any vegetable. It is also very high in fiber, trace minerals such as chromium and manganese and is known for its ability to cleanse the liver with its natural chemical compounds.

How It Makes You BEAUTIFUL:

- Rich in minerals that build collagen essential to natural glowing skin.
- Artichokes stimulate digestion.
- Low in calories, a perfect snack substitute when trying to lose weight.

How You Can Eat It:

Figuring out how to eat an Artichoke can leave someone so confused that they'll just set it down in exchange for some tortilla chips—DON'T be that person! Steam 'em, boil 'em, or roast 'em—they are delicious either way. Then dip the leaves in a combination of olive oil (or melted coconut oil) and a little salt and eat the flesh off of them. Eaten this way, they're my husband's favorite treat.

Arugula



Seriously, where did this super leaf come from? It is literally the best thing to cook with or eat raw! It is loaded with nutritional benefits for nearly every area of the body, from the brain to the liver, as well as the skin and blood vessels.

This peppery, delightfully pungent, leafy green vegetable is rich in antioxidants and vitamins that assist with cancer prevention, bone health and weight loss!

How It Makes You BEAUTIFUL:

- Since this powerful leaf is dense in nutrients and low in calories, arugula supports weight loss and control.
- Summer sun has you down? Eat arugula to prevent skin damage.
- Rich in sulfur, a mineral that keeps skin looking fresh and clear.

How You Can Eat It:

It is very tasty...just simply eat it as a super salad. With every bite you'll be saving your body and fighting off things you probably didn't know you needed to fight off! If you don't like the taste, blend it in one of your daily protein shakes or smoothies!

Asparagus



Do you know what it's like to eat royalty? You're now reading about the "King of Vegetables"! This regal line is at its best in quantity and quality in the springtime, it is loaded with vitamins and minerals that combine to help the body get rid of excess water weight, neutralize ammonia that makes us tired, and helps produce collagen—an essential component in the body's connective tissues.

How It Makes You BEAUTIFUL:

- This royal vegetable is filthy rich in antioxidants; asparagus is a natural anti-aging remedy.
- Greatly packed with vitamins that are attributed to healthy glowing skin.
- Vitamin A content protects the skin against UV damage and reduces oil production that causes pore blockage

How You Can Eat It:

Asparagus can be green (famous color), white, or purple. Just be sure to select the firm, crisp spears with compact tips and tight scales. Snap or cut off the hard base before cooking. You can steam, boil, pan-fry, grill, or roast asparagus until cooked BUT still crisp. Known to be delicious when served in soups, omelets, pies, quiches, crepes and even on pizzas. Enjoy your delicious royal meal that's high in fiber, and remember that it might make your pee smell a little weird for a day (totally safe, though!)

Avocado



The Guinness Book of World Records has officially proclaimed that the Avocado is the most nutritious fruit known to man!

This green fruit with a soft, creamy center is full of healthy monounsaturated fats; fats that stabilize blood sugar allowing the body to burn fat more easily. If you were looking for something to aid in weight control... you found it!

How It Makes You BEAUTIFUL:

- Dry, ashy skin? Avocado oil has an antiseptic effect great for nourishing dry skin.
- Rich in vitamins and minerals, avocados stimulate collagen naturally enhancing the skin's lustrous appearance and treat age spots.
- Similar to many other super foods, it brings out hair's softness and strength by acting as a natural moisturizer.

How You Can Eat It:

Wholly Guacamole! Mushing it into guacamole is probably one of the most popular ways to eat it, but it's NOT the only way! Eat it raw, add it to your eggs, salads, sauces, dips and spreads...warm or cold! Avocados may be the most versatile superfood known to wo-man.

Banana



Oh, you sweet portable treat...let me count the ways that I love you. Bananas are easily top 3 in my fave sweet superfood treats.

Not only are they rich with potassium—a nutrient that maintains blood pressure and normal heart function—but they are also chock full of deliciousness. (Winning.)

Also, some (brilliant) people in the know use bananas as a natural antacid because it can help regulate the digestive tract. (More winning.)

How It Makes You BEAUTIFUL:

- The vitamin C in bananas help you to maintain skin elasticity, so no matter how old wise you become, you'll always look young and beautiful.
- It's not the juiciest of fruits, but the water content in bananas will naturally moisturize and repair your dry skin.
- Get your daily fix, and rest assured that your hair will be strengthened and no comb or brush will cause breakage..

How You Can Eat It:

One main reason that I love bananas is because of their versatility. Throw them in a shake or top 'em with some almond butter and they'll always do you (and your body) goood.

Basil



Looks good, tastes amazing, and smells heavenly. You can't go wrong with this KING of the herbs.

Considered a sacred sign of love and luck in some cultures, this leafy culinary herb with a deep, bitter flavor is known for its anti-inflammatory and antifungal healing properties. These properties provide relief from inflammatory conditions like IBS and arthritis.

How It Makes You BEAUTIFUL:

- Bad Breath? One word – basil. A natural mouth freshener that disinfects germs and bacteria, leaving your mouth healthy.
- Its sedative properties will not only cure stomach cramps but will help maintain shiny hair.
- Purifies the body of toxins that cause skin blemishes.

How You Can Eat It:

It's the key ingredient in tomato sauces and pesto recipes, but do not limit it to just that. Some delicious summer desserts won't be as flavorful unless you sprinkle a dash of amazing, I mean basil in it. And remember I said it's my favorite herb to put on salmon. It's truly delicious.

Beet



This crimson- pigmented vegetable contains anti-inflammatory properties and antioxidants that work together to promote nerve tissue health, digestion, as well as eye health.

How It Makes You BEAUTIFUL:

- Beets beat the signs of aging (like wrinkles and fine lines).
- BEAT it pores! Beets are a natural detoxifier.
- Its dark color helps reduce dark spots and blemishes.

How You Can Eat It:

Slice them up and sprinkle some lemon juice on them. Or boil them, peel them, and add a pinch of salt as a simple side dish. Make sure you eat it all so that you do not lose any health benefits or nutrients!

Bell Peppers

(Red, Yellow, Orange, Green)



Oh, bell pepper, how I love thee. Let me count the ways...

These sweet, crisp vegetables are packed with vitamin C and the antioxidants lycopene and beta-carotene; each found to reduce the risk of certain cancers and support reparation of body tissues.

How It Makes You BEAUTIFUL:

- Skin changes with age and also genetics, however with the consumption of bell peppers, you can keep your skin nice and firm. It's because they actually stimulate the production of collagen.
- Enjoy your day out in the sun...with a bell pepper! It'll protect your skin against sunlight damage.
- Cleanses skin of toxins associated with breakouts by reducing inflammation throughout the body.

How You Can Eat It:

I like to grab a green bell pepper to munch on while I'm driving or even surfing the internet. The red bell peppers make any of my breakfast meals sweet and healthy! If you don't want to eat them raw, cook them with your scrambled eggs, or sauté them while making a romantic dinner for two.

Blackberries



Its name describes them the best—black berries. This fruit is full of dietary fiber critical in maintaining a healthy digestive system.

The blackberry is also highly concentrated with vitamin C, vitamin K and manganese, and other nutritional benefits include a very low calorie and sugar content!

Another instance where the darker the berry is, the sweeter the juice. What's even better is that this is the darkest of ALL the berries...meaning it has one of the highest antioxidant levels of all fruits.

How It Makes You BEAUTIFUL:

- Antioxidant content helps alleviate acne AND CANCER!
- Strengthens gums and teeth.
- Naturally protects skin from harmful UV rays.

How You Can Eat It:

Although it can leave a bitter taste, some like to take the leaves and use in a cup of tea—drizzled with honey to mask the tart taste! Or, wash off the berry and munch while working, running errands, or relaxing!

Blue Ice Cod Liver Oil



A pure fish oil from the liver of the cod fish—this oil is pertinent to healthy skin and cardiovascular health. It provides vitamins A, D, E and K2 as well as omega 3 (EPA and DHA). It's the most anti-inflammatory of the superfoods.

How It Makes You BEAUTIFUL:

- Helps cleans the body of toxins to ensure clean, clear skin.
- Reduces signs of aging such as wrinkles and fine lines.
- Restores skin's natural glow.

How You Can Eat It:

Don't cook with this oil, as it's easily damaged by heat. Just take a spoonful of it every day like your grandma used to do!

Blueberries



About the same size as a marble, this fruit has one of the highest antioxidant contents among all fruit making it extremely beneficial to the nervous system, cardiovascular system and the brain!

Also, its high nutrient content improves memory and balances blood sugar all while spilling out natural sugars! You know what they say, "the darker the berry, the sweeter the juice!"

How It Makes You BEAUTIFUL:

- This juicy little berry can naturally soften dry skin.
- Increases blood circulation that contributes to skin glow.
- Full of antioxidants that produce collagen, keeping skin looking youthful.

How You Can Eat It:

One of nature's true convenience foods, all you have to do is pop it in your mouth! It is completely edible – seeds, calyx and all. A great tip is that the darker the color, the sweeter they taste and the MORE of a treat it becomes.

Bok Choy



The infamous Chinese cabbage! Bok Choy contains vitamin A and C as well as glucosinolates (a compound known to prevent certain cancers).

Although a foreign delicacy, it is a part of the broccoli, cabbage and cauliflower family so it of course shares similar properties.

How It Makes You BEAUTIFUL:

- Rich in nutrients that promotes weight loss.
- Natural antiseptic properties that aid in preventing blemishes, keeping skin soft.
- Antioxidant content improves skin tone and slows the aging process.

How You Can Eat It:

ALL parts of Bok Choy are eaten. Surprisingly, it has a bit of a mustardy taste. This is good because you can use this as a stir-fry, salad, or alone with your favorite dressing!

Broccoli



POWER PUNCH Broccoli! My favorite! This green tree-like vegetable contains selenium, which is one of the world's most powerful agents in the silent war against certain cancers! It also stimulates fat burning and is full of nutrients.

Researchers and I do not want you to underestimate the power that this small vegetable has!

How It Makes You BEAUTIFUL:

- Vitamin content stimulates collagen while protecting skin against harmful UV rays.
- Fresh broccoli can keep you looking just that...FRESH! It naturally renews skin resulting in a healthy glow.
- Rich nutrient content prevents skin aging such as fine lines and wrinkles.

How You Can Eat It:

Serve on its own as a side dish, in stir-fries, salads, crepes, casseroles, soups, or with dips. I usually eat broccoli in breakfast scrambles or raw in salads.

Brussels Sprouts



Brussels sprouts remind me of cute miniature egg-shaped cabbages and they are one of the most nutritious vegetables around!

As another leafy green vegetable, it is rich in antioxidants and vitamin K. Also, a good source of indole-3-carbinol (a chemical that boosts DNA repair in cells) that prevents chronic disease and cancer.

How It Makes You BEAUTIFUL:

- These small powerhouses are rich in vitamin content that promotes healthy, vibrant looking skin.
- The fiber content in these sprouts helps regulate digestion.
- Provides skin with elasticity to make it feel and look younger.

How You Can Eat It:

If it's cooked well, then it is really tasty and so good for you. These cute vegetables can be shredded and eaten raw in salads (OR alone), but are usually cooked and served as a side dish. You could also use them in soups or casseroles. Tip: Smaller sprouts have the BEST flavor!

Cabbage



You'll find that cabbage will have compact heads that come in MANY sizes, shapes and colors. From firm, loose, flat, or cone shaped. Also, ranging in color from white to green to red.

This leafy vegetable contains beta-carotene, vitamin C, fiber, and folate that make it a natural fat burner as well as an integral vegetable in preserving brain and bone health. Humans NEED this from time to time to help prevent illness and fatigue.

How It Makes You BEAUTIFUL:

Imagine this vegetable as a natural body scrubber – inside and out. It contains powerful antioxidants and vitamins that cleanse the body of toxins that cause blemished skin all while protecting you against harmful UV rays.

Or, it could be your body's natural sponge! It improves complexion by naturally drying up excess oil that causes breakouts. Might be why Babe Ruth used to wear a cabbage leaf under his hat during games...

Nourishes your beautiful hair by stimulating follicle growth and natural shine.

How You Can Eat It:

Cabbage is one of the least expensive and most versatile veggies, so it's always in my fridge. Remove any discolored outer leaves and steam, boil, stir-fry or bake.... Just DON'T overcook because they do not taste good watery. Also, you can pluck the leaves off any color cabbage and eat raw (like salad)!

Cantaloupe



A mild fruit with an array of antioxidants that aid in lowering inflammation in the body, it won't take you long to love them.

Cantaloupe also contains phytonutrients that stimulate insulin and blood sugar metabolism.

How It Makes You BEAUTIFUL:

- High in fiber and low in calories, cantaloupe encourages weight loss.
- Hydrates skin to alleviate dryness and wrinkles.
- Vitamin content brightens skin.

How You Can Eat It:

Best to eat raw. Slice open, remove the seeds, and go to town!

Carrot



This simple 5,000-year-old vegetable is rich in antioxidants such as vitamin C and beta-carotene consistent, which gives off great cardiovascular and vision health.

Carrots are so important that they are ranked in the top 10 of the most economically important global vegetable crops!

How It Makes You BEAUTIFUL:

- Naturally hydrates skin, keeping it glowing.
- Acts as a natural toner to skin.
- Softens hair.

How You Can Eat It:

Personally, I love to take a cold carrot, dip it into some guacamole and just chomp away. However, feel free to mash, boil, purée, grate, fry, steam, bake, or juice them also.

Cashew



Madly in love with your heart? Go nuts (cashew nuts in particular). This kidney shaped nut is rich in monounsaturated fats that reduce your chances of developing heart disease.

The cashew also contains copper, a nutrient indicative of joint health and magnesium, a nutrient proven to reduce blood pressure and asthma.

How It Makes You BEAUTIFUL:

- Mineral content stimulates healthy, natural hair coloration.
- Eating these nuts is a healthy weight loss alternative as it contains good fats and promotes healthy digestion.
- Magnesium content aids in maintain healthy gums, and strong, white teeth.

How You Can Eat It:

Portable, lightweight, and extremely healthy. This is probably the easiest and non-messy snack that you can take to go. I would even add in some dried fruits for a little extra variety. Just don't eat too many of these guys – 1 cup is almost 1,000 calories and I've gained weight JUST from eating too many of these delicious nuggets every day!

Cauliflower



Another relative in the cabbage family that dates back to ancient times, this vegetable is rich in antioxidants that support a healthy immune system.

Cauliflower is also rich in fiber and known to balance out cholesterol levels and decrease the risk of cancer.

How It Makes You BEAUTIFUL:

- Contains vitamins that stimulate fat burning.
 - Rich in antioxidants that help protect the skin against damaging toxins.
 - Vitamin C content reduces the presence of wrinkles and moisturizes skin.
- Cauliflower is loaded with Vitamin C so you can imagine how smooth your skin will feel!

How You Can Eat It:

If you eat this vegetable raw, you'll retain all of the vitamins. You'll find that Cauliflower is usually broken into "flowerets" before cooking and served as a plain vegetable with creamy sauces, or in soups.

Cayenne



Named after the Cayenne region of French Guiana, this hot seasoning will definitely spice up your life. The powdered form of cayenne pepper is high in vitamin A. Its natural heat and nutrients stimulate fat burning, lower blood pressure, and decrease inflammation.

How It Makes You BEAUTIFUL:

- Helps weight loss by speeding up metabolism and burning fat quickly.
- Promotes hair growth by stimulating circulation in the blood to the scalp.
- Natural anti-inflammatory and anti-fungal agents consistent with cleansing and maintaining skin tone.

How You Can Eat It:

Since it is a seasoning, make sure to add it to any one of your meals that needs some flavor or heat. If you're a spice fanatic like many people are...you'll add it to pretty much anything! You can't go wrong here.

Celery



What are those celery bunches hiding in there? You'll find these bunches are full of nutrients such as vitamin C, beta-carotene and manganese. This green vegetable acts as an inflammatory and helps protect the digestive tract and liver.

How It Makes You BEAUTIFUL:

- Naturally purifies the body making skin clearer.
- Antioxidant content prevents skin cells from damage, keeping skin looking youthful.
- Rich in vitamins that produce collagen and nourish the skin.

How You Can Eat It:

Ants on a log anyone? That has to be the most fun and delicious treat to make out of these succulent celery sticks. Simply use a celery stick as the "log", add creamy almond butter to it, and top it off with small raisins to pass as "ants". Don't be wasteful when it comes to celery because very single part can be used. We like to put them in soups stews, and breakfast scrambles.

Cherries



This sweet fruit contains vitamins and anthocyanins, a pigment responsible for the color of the cherry and for its ability to protect the heart, soothe achy joints and improve cholesterol.

How It Makes You BEAUTIFUL:

- Contains melatonin, a hormone that improves sleep.
- Rich vitamin A content improves skin tone.
- Low in calories and mostly made up of water thereby accelerating weight loss.

How You Can Eat It:

They are surprisingly low-glycemic and make great snacks for late-night sugar cravings that you don't have to feel guilty about.

Chicken

(Organic &/or Pastured Raised)



The original "white meat".

The niacin in every bite helps the body turn carbohydrates, fats, and proteins into energy. Niacin also helps prevent Alzheimer's disease so that memory is in line, and keeps your heart strong.

The amino acids from animal protein (like chicken) are very high, and they're "complete", meaning that all of the amino acids our bodies need are present in the food. That's unlike foods like grains, beans, and other vegetable protein sources. Amino acids help form our hormones, our neurotransmitters, and play roles in just about every other bodily function.

How It Makes You BEAUTIFUL:

- Supports weight loss and muscle tone, as chicken is high in protein.
- Boosts mood naturally by increasing serotonin levels in the brain to keep you from going insane!
- Rich in phosphorus, an essential nutrient to maintaining healthy, strong teeth.

How You Can Eat It:

Sauté, grill, bake, fried, seared, and more! Just do not ever try to eat this super food raw or you'll likely get sick.

Chicken Eggs

(Pasture Raised or Organic)



The chicken egg provides all the essential amino acids, vitamins, A, D, and E and protein consistent with nerve strength and healthy cholesterol levels.

It's always debatable which egg color is the most nutritional. In all actuality, all colors contain the same amount of nutrients and the only difference is that the white eggs are produced by white hens, while the brown eggs are produced by brown hens who tend to eat just a little bit more.

How It Makes You BEAUTIFUL:

- Chicken eggs will help shrink skin pores and reduce skin inflammation.
- The anti-aging properties will work to reduce wrinkles in your skin so you can spend less time in the bathroom putting on creams each morning.
- They're pretty high in complete animal protein, which will help you lose fat and gain muscle.
- Nutrients from these special eggs naturally moisturize skin.

How You Can Eat It:

Famous ways to eat chicken eggs (or duck eggs or any kind of eggs you can find) are to boil them, and eat with salad or alone. Or, you can scramble them or fry them in a pan each morning and enjoy with some fresh sliced tomato and avocado.

Chives



Chives are apart of the onion family and contain many similar properties. You'll know the chives are fresh once you see the purple flower bloom from them.

This pungent herb that has many organosulfur compounds consistent with lowering cholesterol and regulating the digestive tract.

How It Makes You BEAUTIFUL:

- Stimulates hair growth.
- Antioxidant content soothes and nourishes skin.
- Naturally relieves dry, split ends in hair.

How You Can Eat It:

It has a long history of being used in the kitchen so there are many recipes online for you to pick and choose from. Chives are a classic addition to baked potatoes, but are widely used in sauces and on top of breakfast meals.

Cilantro



With Cilantro you'll get mixed reactions. You either love it or hate it, just like its scent – sweet or pungent. Maybe it won't give you immortal life (like the Chinese believed), but it will relieve stress, headaches, nausea, and more!

This leafy green herb contains both anti-bacterial and anti-viral elements that help your body fight viruses like the common cold and flu germs. Cilantro helps to prevent bruising, excessive bleeding, and aids in cleansing the body of heavy metals such as mercury and aluminum because it is FULL of Vitamin K.

How It Makes You BEAUTIFUL:

- Feeling fat? This is a natural anti-inflammatory!
- Your skin will become clear, toned, and baby soft smooth because this herb cleanses the body of unwanted toxins!
- Similar to biotin, cilantro purifies the body of harmful metals that can prevent nutrients from reaching your scalp and will result in your hair and follicle strength.

How You Can Eat It:

Eat it raw like your favorite salad, or add it as a spice to your meals.

Cinnamon



Cinnamon isn't just for holiday meals and aromas—you should use it all year round!

It's brimming with beneficial nutrients like manganese and calcium.

It's also known to lower blood sugar, and it helps to prevent harmful blood clots! Cinnamon even qualifies as an "anti-microbial" food in its ability to aid in the prevention of bacteria growth.

How It Makes You BEAUTIFUL:

- Add it to your protein shakes, or fruit smoothies before your workout because it'll promote weight loss by naturally boosting your metabolism.
- It's filthy rich in antioxidants that will guarantee your skin reparation.
- For some, using regular toothpaste works, however cinnamon contains anti-bacterial properties that alleviate bacteria found in the mouth. It'll keep your teeth and gums preserved!

How You Can Eat It:

I wouldn't suggest eating it raw because it may have a harsh taste. Instead, it can be baked into a dish or sprinkled on top of your favorite foods.

Cloves



Although dried for spicing purposes, cloves are actually flower buds that were picked before the flowers bloomed.

The essential oil of this warm and sweet spice can be used as a natural pain reliever for dentistry. Cloves also have natural warming properties that can soothe digestive issues.

How It Makes You BEAUTIFUL:

- Sniff your stress away with this natural stress reliever.
- Eliminates exhaustion and fatigue.
- Feel as beautiful as a flower because this doubles as an aphrodisiac essential to skin glow.

How You Can Eat It:

Pierce an onion with whole cloves and add to soups and broths.

Coconut Butter



Is this what heaven looks like? Coconut butter has a beautiful texture, taste, smell, and great benefits; it's almost too good to be true.

Top quality coconut butter is rich in lauric acid, which boosts immunity and destroys harmful bacteria, viruses, and fungi.

How It Makes You BEAUTIFUL:

- It boosts your metabolism, which aids in weight loss and even an increase in energy levels.
- Drinking water daily and enough of it, will promote weight loss.
- It will naturally tone skin because it's full of essential amino acids, calcium, and magnesium.

How You Can Eat It:

It's SO good that you can actually eat it right out of the jar, just like you would almond butter! Or use it in a stir-fry with all your favorite vegetables. You should probably just throw out your regular butter and use this as its replacement!

Collagen Peptides



Collagen is a protein found in connective tissues throughout the body. It's what makes skin supple and full looking, and provides elasticity and stretch.

Unfortunately as we age, our body's production of collagen begins to diminish. Enter: Collagen peptides. This superfood will help rejuvenate your skin and connective tissues, plus so much more!

How It Makes You BEAUTIFUL:

- Acts as a natural "filler" for the skin, diminishing the appearance of fine lines and wrinkles. It can even reduce the appearance of cellulite.
- Contains amino acids that promote healthy hair growth
- Heals the digestive tract and gut lining, allowing your body to absorb and use all the beauty-boosting nutrients from the other 99 superfoods we mention!

How You Can Eat It:

Collagen peptides are available in powder form, which makes them extremely convenient to work into your diet. The powder dissolves in both hot and cold liquids, so you can add it to your smoothie, coffee, tea, protein shake, salad dressing – you name it! My personal recommendation is smoothie or coffee/tea.

Collards



If this were a competition, collard greens would have all the other leafy greens beat!

This particular leafy vegetable provides ample detoxification, anti-inflammatory and antioxidant support to the body.

Collards are known to prevent cancer and lower cholesterol by stimulating bile in the liver and digestive process.

How It Makes You BEAUTIFUL:

- Promotes weight loss.
- Rich in antioxidants that protect the skin from harmful UV rays.
- Rich in minerals that preserve and maintain eye health.

How You Can Eat It:

You'll want to eat this green on somewhat of a daily basis in order to retain and benefit from the abundance of nutrients it offers. Similar to any other green, you can eat it raw like a salad, steam or stir-fry and add to your main course meals.

Cranberries



That's right, not all holiday foods are unhealthy and bad for your body. The cranberry – which was served at the very first Thanksgiving in 1621, has significant antibiotic properties when eaten raw. They contain tannins that aid in the decrease of blood clots as well as in the prevention of urinary tract infections and kidney stones. It's like... medicine that tastes delicious!

How It Makes You BEAUTIFUL:

- Similar to most berries, cranberries also improve your metabolism, which promotes weight loss.
- Rich in antioxidants that keep skin looking clear and young. You'll definitely need that, especially if you're stuffing your face with sugar during the holiday season. (But you're not going to do that...are you.)
- This berry naturally cleanses the skin of toxins that contribute to wrinkles and age spots.

How You Can Eat It:

Cranberries are rarely eaten raw (but they definitely can be, as I recently discovered). They are most often consumed as juice, sauce, or dried fruit.

Crushed Red Pepper



These spicy flakes made from hot dried red chili peppers assist in burning fat by raising the metabolism and opening up blood vessels to fight inflammation.

How It Makes You BEAUTIFUL:

- Rich in vitamin A precursors, crushed red pepper keeps the skin moisturized.
- By stimulating secretions in your stomach, it'll improve your digestion AND ease stomach pain.
- Antioxidant properties strengthen your beautiful eyes.

How You Can Eat It:

If you're a lover of all things hot, you can never go wrong with a dash of chili pepper flakes here and there. But remember to not go crazy...what goes in hot must come out hot.

Cucumbers



This dark green vegetable contains lignans, a beneficial substance known to reduce the risk of cardiovascular disease and several cancers. They also have both antioxidant and anti-inflammatory properties that aid in cleansing the body of toxins. Way to go, cucumbers!

How It Makes You BEAUTIFUL:

- Contains nutrients that naturally reduce puffiness and dark under-eye circles, which is why you'll see that certain spa locations cut cucumbers into flat circles and they place it over the eyes of their clients!
- Promotes weight loss.
- Contains silica that works to strengthen hair and nails.

How You Can Eat It:

Slice and eat raw!

Cumin



You'll be able to smell this spice from rooms and hallways away. This flavorful seed is popular for its distinctive aroma. You'll see it's a spice with seeds that stimulate the proper digestion of proteins, fats, and carbohydrates.

The seeds are full of dietary fiber that helps it to also be a natural remedy for settling the stomach. I'm sure that you're starting to see a trend here with these super food spices. These flavorful spices do much more than please your taste buds!

How It Makes You BEAUTIFUL:

- Rich in vitamins and minerals, cumin naturally strengthens hair follicles and stimulates hair growth by preserving moisture essential to healthy hair.
- Adds extra shine to hair.
- Cumin works as a natural skin cleanser keeping skin fresh and glowing.

How You Can Eat It:

Just before preparation of your meals, cumin is better served as a crushed and ground condiment added only for extra flavor to your vegetables, chicken, or fish dishes. I bet you didn't know that the combination of cumin, black pepper and honey is considered to be an aphrodisiac in certain Middle Eastern countries. So...this delicious spice isn't the only thing you'll fall in love with at dinner tonight! ;)

Dill



This foreign and savory herb contains vitamins and minerals that work together to reduce blood sugar levels as well as blood pressure. Its green leaves are wispy and fernlike and have a soft, sweet taste.

How It Makes You BEAUTIFUL:

- This will surely keep your body working hard because it is rich in vitamins that boost metabolism. Better than that, it will aid in your weight loss!
- Vitamin C content helps produce collagen for healthy, vibrant looking skin, leaving a beautiful photo ready finish!
- Helps prevent skin damage from harmful UV rays.

How You Can Eat It:

Surprisingly, you can use both the leaves AND the seeds from the plant as seasoning. The best time to use dill is when you want to add a tangy addition to pickles, salad dressing and fish dishes.

Eggplant



The purplish glossy, smooth skinned, tear drop-shaped eggplant is meaty and white on the inside accompanied by antioxidants that protect cell membranes, thus warding off bacteria and viruses.

How It Makes You BEAUTIFUL:

- Eat as much as you please since it is low in calories and full of fiber that keeps your stomach satiated.
- Contains a high amount of water beneficial in maintaining skin tone and will aid in moderate weight loss.
- Improves quality of hair by nourishing hair follicles.

How You Can Eat It:

You can bake them, stuff them, or chop it up then steam, or even grill (you'll be surprised with what people do with them). You might question the seeds from the inside...they are edible but I must warn you – they are extremely bitter.

Fennel



Although this vegetable closely resembles moss, it is actually a part of the parsley family. And its unique scent and taste will remind you of licorice! Could it be...a healthy candy? How about that!

Fennel is brimming with an anise-flavor containing anethole, a compound that reduces intestinal inflammation effectively soothing the digestive tract. That explains why during the Middle Ages, fennel seeds were chewed in church so it would prevent tummy rumbles from hunger pains during long services.

How It Makes You BEAUTIFUL:

- Anti-inflammatory properties relieve puffiness and control oil secretion.
- Its licorice-like taste is an herbal aphrodisiac.
- Promotes weight loss by stimulating and regulating digestion.

How You Can Eat It:

Boil, bake, stir-fry, or slow-cook– you'll be surprised with all that you can do with this licorice flavored crunchy vegetable. Use it as a substitute for celery, or even onion in some recipes. Even eat it raw in salads.

Figs



Figs are grown on ficus trees and get its sweetness from being dried by the exposure to sunlight. Although it can resemble a horrible bruise or cut; it tastes like pure candy.

When consumed fresh, figs contain high amounts of potassium and dietary fiber all, of which balance blood pressure and aid in weight management.

How It Makes You BEAUTIFUL:

- The insides of these dried fruit will naturally cleanse and freshen your breath.
- Moderate consumption will clear your acne.
- Promotes weight loss.

How You Can Eat It:

Fresh figs are crunchy (because of their seeds), chewy, and sweet so there is no doubt that it's better to eat it raw.

Garlic



Look past the foul smell of garlic breath and remember that garlic makes your food taste great AND keeps your body functioning at a healthy rate.

Highly aromatic, garlic contains sulfur compounds that lower blood pressure and improve cholesterol levels by protecting against inflammation.

It's also extremely beneficial to your immune system, and keeps you from getting sick.

How It Makes You BEAUTIFUL:

- No one likes cracked and chipped nails. Keep them beautiful by adding a bit of garlic to your meals. It will strengthen and stimulate nail growth.
- Rich in compounds that smooth skin.
- Nourishes and stimulates hair growth.

How You Can Eat It:

You can eat it raw, which will keep mosquitoes away, and your taste buds happy, or you can use it as a seasoning in your soups, eggs, and stir fry dishes.

Ginger



Ginger may be the most super root on the planet. It's often used as a spice or for medicinal purposes.

Ginger contains 12 antioxidant compounds and is a natural pain reliever. It will also aid in digestion by increasing metabolism.

How It Makes You BEAUTIFUL:

- Increases hair follicle growth and enhances natural shine, and to save you loads of money, it acts as a natural conditioner as it reduces dandruff by stimulating the flow of blood to the scalp.
- Its anti-inflammatory properties reduce acne and breakouts.
- Ginger helps break up and expel intestinal gas. It's also an excellent natural remedy for nausea, motion sickness, morning sickness and general upset stomach. When I used to have really bad gas all the time, I'd cut off a small slice of raw ginger and chew on it, and its effect was quick and magical.

How You Can Eat It:

Ginger root is a commonly used seasoning that will add flavor to most dishes and even your drinks! It is also tasty in sauces, and with fruit. When shopping, look for a ginger root with the LEAST amount of knots or branching.

Goji Berries



Small, vibrantly red, and very powerful, Goji berries are considered both a fruit and an herb.

This fruit contains phenolics, which aids in preventing inflammation and properties that protect you from the pain of burning scars.

How It Makes You BEAUTIFUL:

- Provides great immunity for your skin. The oil extracted from Goji berries as well as the Vitamin E content, is a nice ingredient for skin care products.
- It helps maintain better eyesight because the carotenoids present (like beta and alpha) are great for giving you a good vision.
- The betaine content enhances memory and also it is good for muscle growth.

How You Can Eat It:

Blend it into your shakes, or add it to your breakfast cereal. This versatile fruit/herb can be used on almost anything you desire. I love combining them with raw cashews for a sweet and savory snack.

Grapefruit



The true definition of bittersweet! This citrus fruit will confuse your taste buds but leave them begging for more in the end.

Grapefruits are tart and tangy and packed full with vitamin C making it essential in immune system support. Grapefruit also contains anti-inflammatory properties that help reduce conditions like asthma and rheumatoid arthritis.

How It Makes You BEAUTIFUL:

- Helps cleanse body of toxins for healthier and younger looking skin.
- Antioxidant content helps revitalize skin color and skin tone.
- Encourages weight loss.

How You Can Eat It:

Just like an orange, it is delicious to eat this fruit raw. Simply peel off the skin, and devour! Oddly enough, they can also be grilled and barbecued and added to any cookout menu!

Grapes



The extremely thin skin of a grape hides a sweet, jelly-like flesh that is both tart and sweet at the same time. Grapes contain several antioxidants and minerals such as vitamin C and manganese that support eye and digestion health.

Grapes also contain powerful compounds like resveratrol that aid in preventing inflammation and reduce the risk of stroke.

How It Makes You BEAUTIFUL:

- Rich in antioxidants and anti-inflammatory properties that protect skin against harmful UV rays.
- Reverse appearance of wrinkles and dark spots.
- Rejuvenates and moisturizes skin cells.

How You Can Eat It:

Sometimes I like to lie across my chaise lounge, and hold the vine above my head while I eat grapes off one by one, like royalty.

Green Beans



Not only are they rich in color, but they also provide you with the right amount of carotenoids.

This slender, crunchy vegetable is full of antioxidants that aid in cardiovascular health and fiber to promote digestive health.

How It Makes You BEAUTIFUL:

- You'll always look young and beautiful no matter how many years you've been around because green beans are high in antioxidant content reduces wrinkles.
- Contains silicon necessary for smooth skin.
- Low in calories, consistent with maintain weight control.

How You Can Eat It:

Boil or sauté these green beans and add some slivered almonds and mushrooms. I just gave you a recipe for a side dish for dinner!

Green Peas



This starchy green vegetable is high in fiber, protein and is low in calories. Peas contain powerful nutrients that help control blood sugar and prevent inflammation commonly associated with chronic disease like type 2- diabetes and stomach cancer.

How It Makes You BEAUTIFUL:

- Rich vitamin content helps skin stay clear.
- Packed with powerful nutrients and proteins essential for firm, toned skin.
- Contains anti-aging properties that reduce wrinkles.

How You Can Eat It:

These tasteful green balls are wrapped up in an inedible soft shell. You'll need to remove them from their shell by slicing it open or snapping it in half, then enjoy! Since they are normally cooked, I would also try boiling them and making them in some soup or side dishes.

Hazelnut



This small nutty treat is an excellent source of vitamin E. Hazelnuts promote skin health as well as protect against heart disease and cancer.

Greek physician Dioscorides emphasized the properties of the hazelnut:

"It cures chronic coughing if it is eaten with honey. Cooked, mixed with black pepper cures the cold. If the ointment produced by mashing burnt shells in suet is smeared on the head where hair does not grow due to normal baldness or to some disease, hair will come again."

I can't speak for the effectiveness of hazelnuts as a baldness cure, but they sure are delicious!

How It Makes You BEAUTIFUL:

- Fatty acid content naturally moisturizes the skin.
- Protects skin against harmful UV rays.
- Rich vitamin content decreases signs of aging.

How You Can Eat It:

Crush them up and sprinkle over your salad. Or as the Greek physician mentioned, cook it with black pepper to cure a cold!

Honey

Local, Raw, Unfiltered



Raw honey is a natural substance that honeybees produce from the nectar of flowers. Completely unprocessed. Unfiltered. This is my go-to sweetener.

An alkaline forming food composed of vitamins, enzymes, and antioxidants. Raw honey has anti-viral and anti-bacterial properties that promote digestive health and can be used to treat skin irritations.

How It Makes You BEAUTIFUL:

- Moisturizes skin to keep it glowing just like the beautiful flowers the honey came from.
- Rich in antioxidants that reduce the aging process. Just like the honey, you won't appear to age!
- Contains natural antibacterial properties for acne treatment and prevention.

How You Can Eat It:

Pour some into your morning coffee or tea as a natural sweetener. If you have bad allergies, you can suck the honey off a spoon for relief of sore throats, cold, and coughs.

Kale



Don't bail on Kale! Why? The fiber components of this leafy green vegetable help promote a healthy digestive tract, and its rich nutrient base of antioxidants and anti-inflammatory components make it a leader in the natural prevention of cancer.

How It Makes You BEAUTIFUL:

- Packed with antioxidants that work together to reduce wrinkles.
- Cleanses the body of toxins and keeps skin glowing.
- Increases hair elasticity/strength and circulation to the scalp.

How You Can Eat It:

Although the effectiveness of several antioxidants and vitamins in kale are reduced when cooked, it is still a vegetable green that keeps on giving no matter what. One method of "cooking" kale is just to add a bit of olive oil and lemon to some chopped kale and massage it with your hands. Yes, you literally just massage the kale, and within a couple minutes it's tender. If you don't like how tough the stems are, you can just tear the leaves off the stems and discard them. I love to grab a handful of kale and blend it in with my daily smoothies!

Kiwi



Although it has a rough and "interesting" look, Kiwi it is stuffed with vitamin C necessary to support the immune system; this fruit has the amazing ability to protect DNA from oxygen related damage...damage that can lead to some cancers.

How It Makes You BEAUTIFUL:

- Although the fruit itself is covered in little hairs and rough to tough, it promotes collagen consistent with clear and healthy skin tone.
- Vitamin content revitalizes skin pigmentation.
- Antioxidants decrease puffiness and dark under eye circles.

How You Can Eat It:

Stick to eating it raw because it can become bitter and tasteless when cooked. Little known fact: you can eat the skin, and please do because it has tons of fiber in it!

Leeks



It's very similar-looking to a green-topped garden onion, but it is much larger and has tiny hairs for roots instead of a bulb. Leeks have a distinctive sweet flavor, so when you taste it...you'll know exactly what it is.

This firm vegetable (with a white edible base) is full of fiber and minerals consistent with lowering blood pressure, improving vision and regulating digestion.

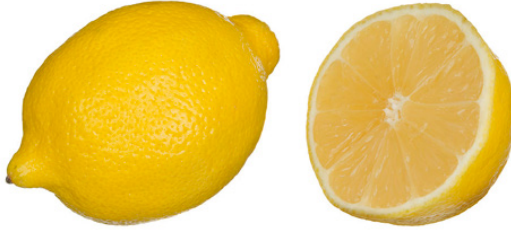
How It Makes You BEAUTIFUL:

- Assists in weight loss as it regulates digestion and is low in calories and fat.
- Purifies body, naturally cleansing skin.
- Vitamin content helps protect skin against harmful UV rays.

How You Can Eat It:

Use them just like you'd use an onion or garlic. This veggie doesn't pack as much of a punch as those two...so feel free to use liberally.

Lemon



This is the game changer. Although tart in taste, a lemon can make the difference in any food! This small citrus type fruit contains an ample amount of vitamin C that not only strengthens the immune system but also encourages healthy digestion.

How It Makes You BEAUTIFUL:

- The natural acidity whitens teeth.
- After whitening teeth, the citric acid lightens dark spots and improves skin tone.
- Strengthens and whitens nails amongst any other dark spots you come across.

How You Can Eat It:

I'm different...sometimes I'll eat a lemon straight up like an orange. It's also a great palate cleanser between courses. Also, squeeze its juice into water, onto salads, and even other fruits.

Lime



Another game changer... lemons AND lime mean double trouble (in a good way). This citrus fruit is rich in vitamin C and other antioxidants that promotes healthy digestion AND can even lower blood pressure!

How It Makes You BEAUTIFUL:

- Remember: lemons tighten skin while limes rejuvenate the skin tone.
- Citric acid found in limes work as an excellent fat burner so it's best to add to your water during heavy workouts.
- Vitamin C keeps gums healthy and bacteria-free.

How You Can Eat It:

Limes are very similar to lemons and can be substituted in recipes for each other. Did you know that if you brush lime juice over some fruits it will stop them from browning and discoloring? Food for thought.

Maca



This could single handedly be the most beneficial supplement you take! Maca is an odd looking fruit from Peru that is brimming with vitamins and minerals.

Research proves that it is rich in amino acids, phytonutrients, fatty acids, and vitamins and minerals.

How It Makes You BEAUTIFUL:

- Feeling sleepy? Wake up with maca. It is proven to be a solution for fatigue. That also means you'll no longer have bags underneath your eyes! Beauty restored.
- Moderate consumption will clear your acne.
- Boosts energy and endurance.

How You Can Eat It:

I take my maca dried in powder form, as one heaping scoop added to my daily smoothies.

Mango



One of the most popular fruits in the world, this fleshy tropical fruit contains many nutrients and phytochemicals that stimulate the immune system and reverse signs of aging.

Mangoes contain beta-carotene and quercetin, both with anti-inflammatory properties that reduce pain and aid in digestion.

How It Makes You BEAUTIFUL:

- Rich in vitamins and nutrients that rejuvenate skin cells making skin look fresh and clean.
- Anti-aging components that reduce acne scars and dark spots.
- Naturally clears complexion by relieving clogged pores.

How You Can Eat It:

Slice it open, sprinkle some salt, lime juice or chili powder for a unique flavor (or not), grab your favorite spoon or fork, and then dig in! This juicy fruit is versatile and can be eaten as a snack, or enjoyed in a smoothie, salad, or on top of your favorite meals! I keep bags of frozen mangoes in my freezer and take a small cup of them out and eat them cold for a quick, refreshing snack.

Mushrooms



I have a secret place in my heart for this delicious fungus. (It's weird to write those two words next to each other.) They are easily one of my favorite plants.

Mushrooms contain much more protein than most vegetables. They also contain high amounts of riboflavin, niacin, and selenium that aid in the building of lean muscle. They have even been known to contain important chemicals that prevent excess estrogen production in both men and women.

How It Makes You BEAUTIFUL:

- Ideal for weight control, they are low in fat and satiate appetite quickly.
- Contain compounds that boost skin pigment, giving the skin a more vibrant color.
- Rich in nutrients that strengthen hair and preserve its natural shimmer.

How You Can Eat It:

Mushrooms are in my Top 5 Stir-Fry Veggies list, but they are even better alone in a tasty side dish. But please BEWARE: Not all mushrooms are friendly. Be careful of wild mushrooms as many of them are poisonous and could be life threatening.

Mustard Seeds



Yes, mustard seeds are from the mustard plant and can taste similar to the type of mustard you use on your hotdog at the baseball games.

These seeds contain powerful enzymes known for breaking down toxic compounds that can cause cancer. Mustard seeds also contain the minerals magnesium and selenium both beneficial in lowering blood pressure and reducing the risk of heart related issues.

How It Makes You BEAUTIFUL:

- Improve metabolism.
- Contain vitamins and minerals helpful in protecting the skin from harmful UV rays.
- Rich in calcium important in maintain strong, healthy teeth.

How You Can Eat It:

Saturate chicken with these seeds before baking, or even top your raw salads with it.

Onion



The onion contains chemical compounds associated with lowering cholesterol and inflammation. It is also packed with the antioxidant, quercetin, known for stimulating red blood cells and effectively lowering the risk of certain cancers!

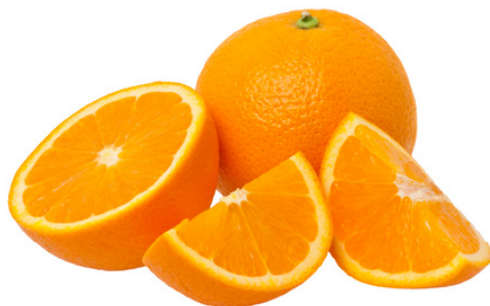
How It Makes You BEAUTIFUL:

- A powerful— just like its scent— antiseptic, the onion protects the skin from acne-causing bacteria.
- Brimming in rich vitamins that help shield the skin from damaging UV rays ensuring its natural luster. That color isn't going anywhere!
- Anti-aging properties that protect against cell damage responsible for premature aging.

How You Can Eat It:

The flavor can depend on the onion's skin color. The white onion is the mildest while the red onion is the sweetest. It's your preference on which tastes better, but as for me...I love them all! You can eat them fresh or dried, raw or cooked, as an ingredient in other dishes or as a seasoning. I love to sauté them in my pan before cooking my stovetop meals!

Orange



Why did the guy get fired from the orange juice factory? Because he couldn't concentrate! Sure it's corny but it's a good reminder to always get your orange juice organic and freshly squeezed. Or, even better, eat them whole so you get all the benefits of that pulp and flesh.

This popular juicy fruit is enriched with vitamin C and phytonutrients that protect the body against DNA damage that causes cancer, while it can also suppress an appetite. Just one orange contains enough vitamin C for a two-day's supply!

How It Makes You BEAUTIFUL:

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How You Can Eat It:

It's always best to eat oranges fresh. Just peel the skin and chew, or squeeze out the juices for a refreshing drink.

Oregano / Oregano Oil



This densely aromatic herb contains powerful antioxidants that increase human health and rid high cholesterol.

Why haven't they named a superhero after this herb?!

If Big Pharma knew better, your doctor would prescribe oregano for your coughs, asthma, croup, colds, bronchitis, and heartburn. Why? Because this is the leaf that ancient cultures often used to make medicine.

Oregano contains anti-bacterial and anti-fungal properties and is a rich source of vitamin K; it's the perfect natural power protector for your cardiovascular system.

And I LOVE the Oregano oil because it helps rid my allergies!

How It Makes You BEAUTIFUL:

- Used as an essential oil (a distilled extract of the oregano plant), oregano oil helps alleviate minor skin infections that can cause scarring.
- Its anti-bacterial properties act as a natural cleanser against harmful skin irritants. I've found that you can even use it as a hand sanitizer (although you must dilute and mix with coconut oil too)!
- If massaged into the skin properly, oregano oil calms inflammation both externally and internally. I'd suggest adding it to steaming water to breathe in the sweet aroma, which will help you get over a sickness..

How You Can Eat It:

Oregano is a GREAT herb to use as a finishing touch to sautéed veggies or in marinara sauces. Use it freely for its essential oils and flavor.

Organic Coconut Oil



You can put it in your hair, on your face, or in your mouth—it's just organic coconut oil!

Whether consumed or applied, coconut oil improves skin, strengthens hair, promotes weight loss, and combats many bacterial and fungal infections, as well as viruses.

How It Makes You BEAUTIFUL:

- Natural antifungal and antibacterial properties treat and prevent skin blemishes.
- The medium chain fatty acids in coconut oil actually help you burn fat.
- I use coconut oil on my skin when it's particularly dry. It smells good and moisturizes and strengthens the skin for a really long time.
- Rub a little bit of it onto your face so it will help reduce fine lines and wrinkles.
- Use it to combat and soothe yeast infections. Having suffered from these for years (until I changed my diet), I found that it is hands down the best thing you can do for those nasty infections.

How You Can Eat It:

Replace your vegetable oil or olive oil with this organic coconut oil when frying your breakfast, lunch, or dinner. Or, like mentioned above, use it as a bathroom cream product to receive satisfying results.

Papaya



Paw Paw (as the Australians call it) is just one of the many silly names this tropical fruit has been given over the ages.

This sweet, earthy fruit is rich in antioxidants like vitamin C (a small papaya contains about 300% of the recommended daily amount). And its folate content protects against heart disease, immune system deficiencies and will stimulate digestive health.

How It Makes You BEAUTIFUL:

- This juice infused fruit doubles as a natural exfoliator! Papaya keeps skin hydrated and looking fresh.
- Antioxidants replenish skin cells necessary for smooth, glowing skin.
- Clears dry scalp and strengthens hair follicles.

How You Can Eat It:

When you get a ripe papaya, it must be eaten as soon as possible (or within a day or two). Slice open these soft beauties, scoop out and discard the black seeds at the center, and enjoy.

Parsley



This green leafy herb contains volatile oils that aid in the neutralization of types of carcinogens found in the blood. It is also full of nutrients, including vitamins A (beta carotene), B, C, K and iron, calcium and magnesium, all of which lower blood pressure and stimulate bone health.

How It Makes You BEAUTIFUL:

- This little herb contains an abundance of vitamin C that stimulates collagen production, which will nourish and cleanse your pores.
- IF consumed and applied, the nutrient content alleviates dark under eye circles. Parsley could single handedly kick face creams out of the market!
- Oily skin? This herb regulates oil production in skin.
- Talk a lot? Parsley is a natural breath freshener when chewed fresh thanks to the high chlorophyll levels.

How You Can Eat It:

It is extremely nutritious and a great enhancement to any meal. The most common usage of parsley is as an addition to soups, salads and sauces to add a bit of freshness to the dish. Fresh parsley is generally added at the end of cooking to keep the fresh flavor while dried parsley is added before or during cooking to give the flavor time to seep into the dish.

Pear



This fruit is even better than a candy bar! Its all-natural source of sugar will send you in a craze with every bite. Pears are a juicy, sweet fruit full of phytonutrients that can improve insulin sensitivity. There's also a substantial amount of fiber found in the skin of the pear.

How It Makes You BEAUTIFUL:

- You can keep your youthful glow because pears have anti-aging properties that preserve collagen and prevent wrinkles.
- The acidity content soothes and moisturizes lips.
- Packed full of antioxidants that cleanse and preserve skin, it will leave your skin as soft as the skin on the pear!

How You Can Eat It:

Another super-convenient food: when in a hurry, grab a pear, wash it, and chomp away while rushing out the door.

Peppermint



The U.S. produces more than 70% of the world's peppermint! This is an herb that soothes with its natural cooling properties.

Peppermint oil contains rosmarinic acid known to calm inflammation that causes breathing issues and muscle tension.

How It Makes You BEAUTIFUL:

- Naturally cools and reduces redness and inflammation of the skin.
- Peppermint absorbs and controls excess oil to help prevent breakouts.
- Stimulates hair shine and growth.

How You Can Eat It:

To ensure that you are getting all the essential vitamins and minerals that are needed for good health, add a few peppermint leaves to your drinks and enjoy.

Pineapple



Did I say that artichokes are weird? No, pineapples...pineapples are weird. If I didn't know of the deliciousness that lies hidden behind its spiky exterior, I would never eat them... but I'm glad that I do!

This tropical fruit is a GREAT source of vitamin C and has essential enzymes that improve the breakdown of proteins during digestion.

How It Makes You BEAUTIFUL:

- This flavorful juicy fruit (the REAL "juicy fruit") strengthens gums keeping teeth healthy and white.
- With anti-inflammatory and antioxidant properties, pineapple keeps skin firm and joints healthy.
- Ever wonder why SpongeBob's eyes were so huge and how he could see for miles? Well, all the vitamins that pineapples store are consistent with preserving eye health.

How You Can Eat It:

Just cut it, eat it and enjoy.

Plum



This juicy fruit aids in the body's absorption of iron and is rich in antioxidants that regulate digestion and bone health.

How It Makes You BEAUTIFUL:

- Rich in fiber to support good metabolism and weight loss.
- Stimulates blood circulation that promotes flexible, wrinkle-free skin.
- Vitamin content stimulates collagen production consistent with skin glow and rejuvenation.

How You Can Eat It:

As a kid, I used to love spotting plums underneath trees and reaching for the juiciest one...then I'd eat all around the pit until all the flesh was gone. Then I'd suck on the pit until I was bored with it. Yes, I was a weird kid.

Pomegranate



The pomegranate is one of the oldest fruits known to man. The native name means, "apple with many seeds" and that's just what it resembles. Each pomegranate has hundreds of edible seeds.

This vibrant fruit is rich in nutrients and phytochemicals that work together to keep heart disease at bay. Pomegranate extract has also been known to ebb viral infections as well as elevate mood..

How It Makes You BEAUTIFUL:

- Naturally hydrates skin.
- Nutrient content repairs scars by regenerating cells in the layers of the skin.
- Stimulates collagen for glowing and wrinkle-free skin.

How You Can Eat It:

Look for the rounded pomegranates that feel heavy for their size and are free of bruises; those are the best and juiciest ones. Use a sharp knife to cut through the pomegranate then begin to peel it off in halves. Pick off the seeds and put them into a bowl (or whatever you choose). These seeds can be used in salads, drinks, or plain and raw.

Prunes



Contrary to popular belief, prunes are not only for the elderly.

These dried up plums are high in fiber! Prunes act as a natural laxative consist with a healthy digestive tract. Rich in vitamins and minerals, prunes strengthen bone and muscle health.

How It Makes You BEAUTIFUL:

- Rich in antioxidants that reduce wrinkles and restore skin elasticity.
- Naturally reduces acne.
- Iron content revives hair strength and improves growth.
- Keeps your BMs regular, so you don't have that bloated, uncomfortable belly.

How You Can Eat It:

Combine dried prunes with other dried fruits, seeds and nuts to make a homemade trail mix! Keep it healthy and fun.

Pumpkin



Pumpkins are a delicious type of squash rich in vitamins and minerals able to control blood sugar levels in the body. The good thing is that they are available all year round so there is no end to the health benefits.

How It Makes You BEAUTIFUL:

- Rich in vitamins that help cleanse the skin.
- Antioxidant content prevents UV ray damage.
- Contain enzymes that dissolve dry skin cells, naturally hydrating and preserving skin.

How You Can Eat It:

Pumpkin flesh is mildly sweet and great to add to your sweet dishes and meals. With this squash, you can cook it any way you'd like because again, it's very versatile. Just don't forget to try making pumpkin pie at least once!

Raisins



Raisins are unsightly dried grapes that are low in calories and high in phytonutrients. Raisins contain boron which helps convert estrogen into vitamin D, a process consistent with bone health.

Half of the world's supply of raisins are grown in sunny California, with Fresno being the raisin capital!

How It Makes You BEAUTIFUL:

- Naturally cleanse the body of toxins, keeping skin clean and clear.
- Antioxidant content reduces risk of premature aging.
- Strengthens hair by stimulating hair follicles.

How You Can Eat It:

Known as the "traveler's food" raisins are sweet and easy to eat. The only suggestion I have for you is to not eat too much of them because the sweetness can effect your stomach temporarily, and the sugar content will definitely spike your insulin.

Rasberries



I'm a huge berry fan. Low-glycemic. Portable. Sweet. You can't go wrong.

This most fragile berry increases enzyme activity and heat production in fat cells, thus making raspberries a natural fighter of obesity.

How It Makes You BEAUTIFUL:

- Vitamin content moisturizes the skin.
- Antioxidants cleanse skin of toxins leaving it bright and flexible.
- Regenerates skin cells for skin clarity..

How You Can Eat It:

What did I tell you about those fancy pants? Just eat them!

Red Meat (grass-fed)



Grass fed meat is a great source of protein and energy, but also has benefits for avoiding heart disease.

It's also full of amino acids and omega 3 fatty acids critical in maintaining body tissue. Grass-fed red meat allows for healthy fat burning energy.

How It Makes You BEAUTIFUL:

- Provides the body with B vitamins essential to maintaining healthy skin.
- Rich in iron, keeping energy and brain power surging.
- Provides protein necessary for building lean muscle.

How You Can Eat It:

I prefer it as the centerpiece of a delicious dinner, accompanied by any of the greens on the rest of this list.

Romaine Lettuce



When in Rome....

The Romans discovered this lettuce on the Greek Islands hence the given name. This is absolutely my favorite part of any salad. The crispy green leaves are rich in nutrients like vitamin A, K, and C and has an ample source of fiber and folate. These nutrients maintain cholesterol as well as heart health.

How It Makes You BEAUTIFUL:

- Nutrients provide vascular health and reduce appearance of leg veins.
- Vitamin content protects skin from harmful UV rays.
- Romaine Lettuce is 95% water and that factor helps revitalize skin cells to keep skin healthy and glowing.

How You Can Eat It:

A great substitute for tortillas or bread when making tacos or sandwiches.

Rosemary



Fall in love with rosemary. Known as the symbol of love, this fragrant herb contains anti-inflammatory compounds (including iron and calcium) that help reduce symptoms of the common cold as well as improve concentration and memory because it stimulates blood circulation to the brain.

How It Makes You BEAUTIFUL:

- Although it may take some time, this beautiful herb stimulates hair growth. I've been known to put it on my scalp every night.
- Sprinkle some of this into your water and swish it around. It can serve as a natural mouthwash to keep breath fresh without the use of harmful additives and chemicals.
- Its anti-inflammatory properties alleviate puffiness and restore skin tone and firmness.

How You Can Eat It:

Choose fresh gray/green-colored sprigs of beautiful rosemary leaves to add to your love potion...er, your sauces and stews. Remember to be moderate so that you do not overpower the dish's flavor.

Sage



Strong, warm and peppery is how you'd describe this vibrant herb. Sage contains many volatile oils, flavonoids and phenolic acids that act as anti-inflammatories in the body.

Don't forget to bring this to the office because sage oil is also known to boost cognitive ability and memory retention.

How It Makes You BEAUTIFUL:

- Sage oil reduces the signs of aging.
- A natural astringent able to improve acne and dry skin.
- Reduces cellulite by cleansing the body of stored toxins.

How You Can Eat It:

Add fresh sage to your breakfast omelets or put it to good use when cooking free-range chicken!

Salmon



Lean, mean, protein of the sea. Eat this fish and your heart will thrive while your high blood pressure takes a dive. It will keep you healthy so that the only stroke you know will be in the swimming pool.

Salmon has a rich orange/red flesh that contains beneficial omega 3 fatty acids (DHA), that decrease the risk of heart attack, stroke, high blood pressure, and provides an important structural component (DHA) of the human brain. DHA decreases the risk of depression, memory loss, and certain cancers.

How It Makes You BEAUTIFUL:

- Salmon naturally boosts your metabolism, so you'll lose weight faster than a Salmon swims away from a grizzly bear.
- Rich in omega 3 fatty acids known to preserve moisture in skin cells by stimulating collagen production. In other words, eat this for baby soft skin!
- No need for special hair serums or a trip to the hair salon...luxurious hair is just bites away. Protein in salmon nourishes hair follicles, promoting hair strength and growth.

How You Can Eat It:

Smoked, grilled, baked, poached—it's all good. I'll cut off the skin (or not), lay the salmon strips flat, cover with the best spices (basil is surprisingly amazing on salmon) and let it cook in the oven. Dinner is served. Heart attack is NOT invited.

Sardines



Who knew that such small fish could be a significant part of the open water food web.

Technically they are small herring, and these commonly canned fish are surprisingly packed with protein, omega 3 fatty acids EPA and DHA, vitamin B12 and vitamin D. All of which regulate cell activity, bone strength, and skin health.

How It Makes You BEAUTIFUL:

- Just like it's beautiful shimmery skin, sardines can help improve your skin tone too with their rich in anti-inflammatory and antioxidant properties.
- Decreasing puffiness and wrinkles.
- Notice how small and slender these fish are? You could be too because sardines stimulate weight loss!

How You Can Eat It:

These little fish are loaded with flavor! Since they're already cooked, you can easily add them to salad or eat them straight up.

Sauerkraut



Sauerkraut is made from the crisp center leaves of quality cabbages, which are shredded, salted, and left to ferment in a de-oxygenated environment for several weeks.

This fermented cabbage shares many similarities with the traditional cabbage. It is rich in sulfur, a nutrient beneficial for skin health and skin-healing probiotics. Sauerkraut is also full of enzymes and probiotics that maintain and strengthen the digestive tract.

How It Makes You BEAUTIFUL:

- A natural probiotic consistent with weight loss.
- Strengthens hair follicles and stimulates hair growth.
- Cleanses skin and alleviates blemishes, returning skin to its natural glow.
- Keeps your immune system healthy so you can fight off nasty buggers of all kinds.

How You Can Eat It:

To start...it is filling but extremely low in calories – always a good combination when you're trying to eat a little less to lose weight. It's famously eaten with hot dogs, but you can also use it as part of a cold salad, or just right out of the jar on a plate, or as a pickle option. I love pairing it with bratwurst or any kind of sausages.

Sea Salt



Sea Salt is naturally created once ocean water evaporates, and then mined in seashore areas.

It contains many trace minerals necessary in building a strong immune system and neutralizes high levels of acids in the body.

Also, sea salt acts as a catalyst in the digestive process thus controlling weight gain.

How It Makes You BEAUTIFUL:

- Sulfur content allows skin to breathe, keeping it clean and clear.
- Naturally softens skin.
- Magnesium content removes excess dirt and oil from skin.

How You Can Eat It:

At its best when added to taste to dishes.

Sesame Seeds



One of the oldest condiments known to man, these rich seeds are a strong source of copper, magnesium, calcium, zinc, and dietary fiber—minerals known to reduce swelling, prevent migraines, and protect colon cells from cancer causing toxins.

How It Makes You BEAUTIFUL:

- Full of zinc to promote collagen and skin elasticity.
- Naturally rejuvenates skin by repairing damaged skin cells.
- Removes oral plaque and boosts overall oral health.

How You Can Eat It:

Combine this super food with other superfoods for a SUPER taste! If added to broccoli and sprinkled with lemon juice, your taste buds will be crazy in love!

Spinach



Like Popeye, spinach is my all-time favorite vegetable.

This leafy green is rich in vitamins, minerals, and phytonutrients that work together to prevent inflammatory issues, cardiovascular problems, and certain cancers. It's also packed with vitamin K, thus supporting bone health.

How It Makes You BEAUTIFUL:

- Contains antioxidants that nourish skin and preserve skin tone.
- Rich in vitamin B, spinach is able to stimulate hair sheen and growth!
- Promotes weight loss so don't forget to add this to the list of things to put into your protein shakes after a hard day at the gym!

How You Can Eat It:

My favorite meal may be my banana and spinach protein shakes after a few hours of climbing. Spinach is also an amazing base for any salad.

Strawberries



This vibrant, sweet and succulent fruit is one of the BEST berries known to man. It even has one of the highest concentrations of antioxidants, thus promoting cardiovascular health.

Strawberries are also a good source of fiber and manganese that promote heart and bone health.

How It Makes You BEAUTIFUL:

- Tightens and tones skin pores.
- Increases hair strength and acts as a natural conditioner.
- Contains anti-aging properties that hydrate skin and reduce dark spots and fine lines.

How You Can Eat It:

Don't put on your fancy pants—eat them raw or throw them in a Vitamix for a delicious smoothie!

Sunflower Seeds



High in vitamin E, sunflower seeds have anti-inflammatory properties able to reduce cardiovascular issues and symptoms related to asthma.

How It Makes You BEAUTIFUL:

- Fatty acid content naturally moisturizes the skin.
- Protects skin against harmful UV rays.
- Rich vitamin content decreases signs of aging.

How You Can Eat It:

Crush them up and sprinkle over your salad. Or as the Greek physician mentioned, cook it with black pepper to cure a cold!

Swiss Chard



This dark green vegetable contains phytonutrients known to control blood sugar. Swiss chard is also a great source of vitamins C, E and beta-carotene, and K all of which promotes bone health and prevents inflammation.

How It Makes You BEAUTIFUL:

- Contains powerful antioxidants that repair and revitalize skin.
- Nourishes and strengthens hair.
- Hydrates and keeps skin looking fresh.

How You Can Eat It:

Many describe the taste of Swiss chard as “earthy” with a meaty texture. Similar to spinach, you can eat fresh young chard leaves raw like a salad or even on your sandwiches. The mature chard leaves are usually cooked or sautéed lightly—overcook them and they will immediately begin to lose their antioxidant properties. I like to sauté it with a little lime juice, coconut oil, and salt. So good!

Tangerine



Tangerines are like small baby oranges with the same vibrant color, glossy surface, easy access to the juicy flesh.

This citrus fruit is low in calories but high in satisfaction. It's also rich in vitamin C and other antioxidants necessary in reducing heart disease and the risk of cancer.

How It Makes You BEAUTIFUL:

- A natural antiseptic that cleanses skin.
- Improves blood circulation consistent with healthy, moisturized skin.
- Naturally boosts metabolism.

How You Can Eat It:

Peel off the outer skin and enjoy the small juicy treat. But keep a little bit of that skin on there because it contains bioflavonoids, which are powerful antioxidants. It's naturally cut into segments so that you can pick it out separately one by one if you please. They may become a bit messy when eaten raw, so keep a napkin handy.

Thyme



Just like its name, this herb has literally been around for a LONG time! Men and women from the 16th century would put this herb in their soups and their baths, benefiting from its many healthy nutrients.

This herb contains flavonoids that are powerful antioxidants. Its oil extract, thymol, prevents certain fungi and can improve respiration.

How It Makes You BEAUTIFUL:

- An active ingredient in Listerine, Thyme rids bad breath and other bacteria.
- Anti-inflammatory properties provide a gentle remedy for improving skin clarity as well as acting as a natural astringent on the skin.
- It was once used on bandages to fight infection, and now it fights bacteria that commonly clog pores.

How You Can Eat It:

The whole sprig may be used, or the leaves removed and the stems trashed (depending on what your recipe calls for). Thyme is used as a seasoning for meat, but it is also used to flavor some tomato-based sauces and sometimes even used to burn as incense!

Tomato



All this time, I've just known tomatoes to be the finishing touch to my egg breakfasts, or my spinach salads – nothing more, until now...

This acidic fruit is full of Vitamin C and antioxidants that are KNOWN to maintain skin health!

Can you imagine eating your hair and face cleanser? It works wonders when you slice them open and put them on your hair or face.

How It Makes You BEAUTIFUL:

- The antioxidants and HIGH acidity shrink pores, leaves a toned skin, and beautifully treats acne and blackheads when applied directly onto the skin.
- If you're a beach babe or just live in sunny California, this juicy fruit is the BEST remedy for sunburns!
- Naturally repels substances that cause blackheads by maintaining oil control in the skin.

How You Can Eat It:

I prefer to eat this juicy delicacy raw and to also add as an ingredient to almost ALL my favorite dishes. Cherry tomatoes are my favorite. I pop 'em like candy...er, like cherries.

Turmeric



This warm colored, peppery spice from India has been used for its powerful fat burning and healing properties for ages!

As a natural antiseptic, turmeric not only aids in digestion (so... trash the Pepto-Bismol), but also combats the growth of cancer cells. Also, turmeric is strengthening skin tonic with its power anti-inflammatory properties.

How It Makes You BEAUTIFUL:

- With the help of its antiseptic and anti-inflammatory properties, turmeric naturally reduces acne scars, stretch marks, and burns.
- Balances the body's oil secretion to better control unwanted breakouts.
- It helps heal wounds quickly and remodels the damaged skin.
- When applied topically, Turmeric becomes an excellent exfoliating agent, which eliminates signs of aging and wrinkling

How You Can Eat It:

You'll find that this spice is best known as one of the main ingredients to make curry (which helps prevent and treat cancer in the lower intestine). But be careful when using this spice...it's deep color can easily stain!

Turnip Greens



Not very popular today, but extremely popular in the past, this bitter vegetable has a high nutrient concentration linked in cancer prevention.

Antioxidants found in turnips provide detoxification support in the body thus relieving unwanted toxins that can increase cell's risk of becoming cancerous.

How It Makes You BEAUTIFUL:

- Low in calories and easily digested thus promoting weight loss.
- Prevents body odor.
- Naturally brightens skin.

How You Can Eat It:

You can eat this vegetable whole—no part of it has to go to waste. The green tops can be removed and eaten like lettuce or spinach (in a raw salad or cooked). The white/purple bulbs can be chopped up or grated onto your raw salad.

Water



The glorious H²O!

Although water is found in most fruits and vegetables, it is essential for regulating body temperature, tissue and joint health, and filtration of wastes through excretion.

How It Makes You BEAUTIFUL:

- We use it to wash our face because it cleanses and hydrates the skin and hair.
- Drinking water daily and enough of it, will promote weight loss.
- It will naturally tone skin.

How You Can Eat It:

Especially after a big climbing session the day before, I like to fill up a gallon jug in the morning and carry it around with me as a constant reminder me of how much water I should drink per day. If you can't do an entire gallon, try for at least a couple liters every day.

Watercress



Watercress is a leafy green plant that you'll find near springs and streams, is also full of compounds that detoxify the body of harmful carcinogens.

Watercress also works as a natural diuretic and is rich in iron, calcium and iodine, all of which promote bone and eye health.

How It Makes You BEAUTIFUL:

- Eating this savory plant daily can naturally reduce skin pores and dark spots.
- Rich in antioxidants that prevent premature aging.
- As an aquatic plant, its mineral content prevents hair loss.

How You Can Eat It:

You'll love the versatility that watercress offers when used for cooking. It can be used as a salad, cooked to eat like spinach, or just plain raw so that you can retain all the fibers!

Watermelon



A favorable treat on a hot summer day, watermelon is FULL of water, making it a sure way to prevent dehydration. This juicy red fruit has a high concentration of lycopene; a phytonutrient essential in cardiovascular and bone health. Watermelon also contains anti-inflammatory and antioxidant properties.

How It Makes You BEAUTIFUL:

- High in nutrients, low in calories, watermelon encourages weight loss.
- A natural astringent excellent for skin tone.
- Rich in antioxidants that prevent aging and dry skin.

How You Can Eat It:

Cut open the watermelon and eat on its own or get creative and put it in a smoothie, little frozen watermelon ice cubes, or add it to your fruit salad.

Winter Squash



This vegetable will never win a beauty contest. But you can't judge a vegetable by its cover...(that sounded better in my head.)

Winter Squash: the ugly cousin of the pumpkin family. It is a starchy vegetable that is low in calories and leaves your tummy happy and your skin toned because it's chock full of vitamin C, potassium, iron and beta carotene.

How It Makes You BEAUTIFUL:

- Reduces inflammation and leaves you with healthy looking skin.
- Full of beta-carotene, essential for toning and improving blemished skin.
- Studies prove that squash is perfect for cardiovascular and heart health!

How You Can Eat It:

Cut it in half, scoop the seeds out and bake it face down in a little water in the oven until it's soft. Or pop a few of the seeds into the oven (similar to pumpkin seeds) and eat as a decent snack!

Yams and Sweet Potatoes



With their rich, earthy flavor, yams and sweet potatoes are excellent sources of beta carotene and vitamin B6. Vitamin B6 breaks down damaging substances that line the blood vessel walls making it proactive in reducing the risk of heart attack.

How It Makes You BEAUTIFUL:

- Antioxidants build hue in complexion.
- Nutrients protect skin against harmful UV rays.
- Adds shine and softness to skin.

How You Can Eat It:

Its natural sugars can make it a great dessert option at the dinner table (especially during the holiday season). If you choose to boil or bake them, do not discard the skins as they contain a lot of the nutrients.

Zucchini



Soft and succulent to the core, a Zucchini can come in a variety of different colors, but maintain their famous sausage-esque shape.

A type of summer squash, zucchini is low in calories and has an abundance of potassium, vitamin A, and folate—all of which aid in improving cholesterol and regulating the digestive tract.

How It Makes You BEAUTIFUL:

- Hydrates the skin and restores natural glow.
- Rich in antioxidants that prevent the signs of aging such as dark spots and wrinkles.
- Stimulates hair growth.

How You Can Eat It:

Its thin skin makes it very easy to slice into. After you've chopped up your summer squash, it is ready to be added to any main course for extra nutrients and flavor.

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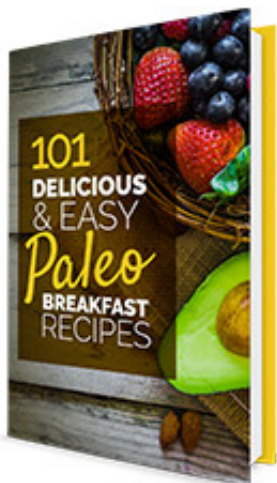
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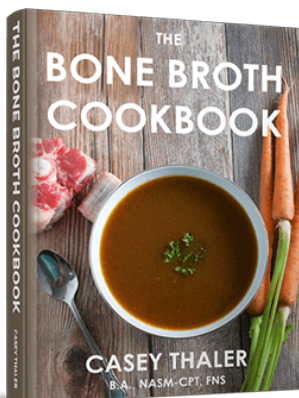


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