

ROOT

whole body

How to create radiant skin from the inside out...

As the largest organ in our body, we believe **skin care** is an important and vital way to aid the body's detoxification process. **Root skincare** combines holistic principles with the finest organic products to uncover your skin's natural beauty and sustain its optimal health.

Vital, interdependent contributors to healthy skin include...

Nutrition Eat an organic, balanced diet that includes an abundance of vitamins, minerals and proteins, and limit processed foods and sugars. Fresh fruits and vegetables, essential fatty acids*, and complex carbohydrates** provide essential nutrition for the most effective functioning of your body and its vital organs, and contribute largely to healthy skin (skin is the body's largest organ).

*Essential fatty acids cannot be produced by the human body so must be derived from food or supplement sources. EFA's are vital contributors to the body's cell functioning. Salmon, tuna, flaxseed oil, pumpkin seeds and walnuts are great sources of essential fatty acids.

**Complex carbohydrates are the most efficient way for the body to build and sustain energy for its processes. They are most effectively utilized from food in their "whole" form (whole grains, brown rice, quinoa, barley, whole beans and lentils are good sources).

Antioxidants Free radicals are formed when oxygen combines with other molecules and create unstable molecules that damage structural components in the skin. Free radicals can lead to inflammation, hyperpigmentation, tissue damage and cell destruction. Although they occur naturally during normal body metabolism, free radicals are also created during exposure to UV radiation, air pollution, smoking and alcohol. The body's natural defense mechanism to free radicals is antioxidants, but the body does not often produce enough to protect skin tissue from free radicals. Antioxidants are a group of vitamins, minerals and enzymes (Vitamins A, C and E, selenium, beta carotene, etc.) Excellent antioxidant food sources include blueberries, cranberries, white and green tea, red beans, and walnuts.

Vitamins and Minerals Essential in supporting your body's growth, development, cell and organ functioning.

Vitamin A – essential for maintaining and healing tissue (egg yolks, oysters, yellow and orange fruits and vegetables, green leafy vegetables, non fat milk),

Vitamin B's (complex and b 12) – assist in maintaining the normal functioning of oil producing glands which keeps skin hydrated (poultry, red meat, fish, bananas, whole grains, peanut butter, eggs).

Vitamin C – helps maintain collagen, a key structural component of the skin that provides structure and firmness (rose hips, citrus fruits, strawberries, tomatoes, red and green peppers, broccoli, peas).

Vitamin E – an antioxidant which assists in reducing the production of an enzyme that breaks down collagen (almonds, asparagus, avocados, leafy vegetables, olive oil, sweet potatoes, eggs).

Selenium – an antioxidant mineral that protects cells against free radicals (brazil nuts, tuna, wheat germ, sesame seeds, whole grains, garlic, onions).

Zinc – maintains collagen and elastin, which gives skin its firmness (beef, chick peas, sesame seeds, pumpkin seeds).

Yoga and Exercise At Root, yoga is a foundational practice that we encourage for everyone, as it truly synergizes mind, body and spirit. Yoga is unique in that it stimulates internal organs in the body and thus enhances organ performance. The focused breathing practiced in yoga enhances the body's circulation. Regular exercise optimizes the entire body's overall functioning. It creates internal and external strength, improves blood circulation, assists in cell regeneration and renewal and aids in the body's detoxification processes.

Hydration Water is an essential contributor in the flushing and removal of harmful toxins from the body. Drinking an adequate amount of water daily is important for overall good health because water also assists in many various body functions including digestion, absorption, and circulation. Water also assists in carrying nutrients into the cells of the body.

Detoxification Our skin is the body's largest organ of elimination and detoxification. Taking good care of the skin allows for a more efficient process of removing toxins or poisons from the body, thus minimizing the number of chemicals in the body and allowing for optimal body functioning.

Organic Skin Care A healthy body begins with quality nutrition and we believe the same approach applies to beautiful, healthy skin. Eminence Organic Skin Care embodies generations of herbal craftsmanship and experience and several centuries of unsurpassed skin rejuvenation techniques unique to Hungary. Combining the highest of ethical standards with a deep knowledge of herbology, biochemistry and cosmetology, Eminence creates products that are not only highly effective, but products you can feel good about absorbing into your body. All their fresh herbs and fruits are hand-picked and hand-mixed in small batches and combined with thermal hot spring water to retain their natural potencies to heal and smooth the skin.

Eminence products are concentrated with 85-95% active ingredients (still alive and fresh) versus the large amounts of water, chemicals, preservatives and only 4-12% active ingredients of other skin care lines. Not one ounce of paraben, mineral oils, petroleum, artificial preservatives, fillers or fragrances can be found in their products.

And with Eminence, you can do this with the peace of mind that only the purest, organic ingredients are entering your body.

Stress Reduction During times of emotional distress, the body directs blood flow to areas of the body considered vital for responding to the associated stress. At the same time, blood is withdrawn from areas that are considered non-essential, such as the skin. During times of stress, the skin is being depleted of both blood and oxygen, which minimizes its effective functioning and may cause a dull and lifeless appearance.

Needing some guidance or support? Feel free to call 503.288.7668 to arrange a personal consultation with our fitness or nutritional folks who can customize a movement, nutrition and stress-reduction program for you.

rootwholebody.com