

# TARGETED NEEDS

## Healthy Glowing Skin Guide

*The following is a simplified health program to help support the body in healing naturally. Please be advised that the lifestyle changes and supplements suggested are not intended to treat or cure any disease. Rather, they are meant to support the body's ability to heal itself. If you are pregnant, breastfeeding, or under 18 please refer to <https://livepure.com/faq/ingredients/are-your-products-okay-for-children/> and consult with your health care provider for product recommendations and dosage.*

## HEALTHY GLOWING SKIN

In order to achieve and maintain healthy skin, it is important to adopt healthy habits that address the body, both inside and out. In addition to exercising regularly, managing stress, and getting enough sleep, it's crucial to eat right and stay hydrated. Healthy foods provide your body with the building blocks it needs to heal wounds, maintain elasticity and vibrance, and balance the bacteria in your skin. Dermatologists recommend you eat plenty of leafy, green vegetables, and consume a variety of fruits and vegetables each day. It is also important to consume healthy fatty acids from a variety of sources. Normal inflammatory processes are thought to be a key culprit behind skin aging. This, along with poor internal health, and can also worsen the signs of acne and other skin complaints. Proper supplementation can help fill in the nutritional gaps that are missing from our foods in order to achieve and maintaining healthy glowing skin.

## TARGETED NEEDS PRODUCTS

**Targeted Needs Products** are those that have been shown to be the most effective for **Healthy Glowing Skin**. Below are recommendations to help your body achieve and maintain optimal health. **NOTE: Please be sure to take LivePURE products at least 1 hour away from prescription medication.**

Top Priority Products		Additional Products	
Daily Detox	Organic Sulfur	Daily Build	Goji
Mila®	GPS Hydrate	GoYin	Skin Defense
Acai	Mie	Cleanse	

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## **TOP PRIORITY PRODUCTS FOR HEALTHY GLOWING SKIN**

All Foundational **Core** products are recommended for general health purposes. The Core products include **Daily Build, GoYin, and Cleanse**.

### **Daily Detox**

The botanicals in Daily Detox support the 3 phases of detoxification. The liver, GI tract, lungs and kidneys are involved in phase 1 where toxic substances are broken down and neutralized. In phase 2, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, leading to phase 3 where they are transported and eliminated from the body. One of the key benefits of eliminating toxins is reducing the signs of aging.

***Recommended Use:*** Take 2 capsules in the morning, preferably with food.

### **Mila®**

Clinical studies have shown a direct correlation between consuming Omega-3 and 6 fatty acids and healthy skin. Omega-6 Fatty Acids are building blocks of cell membranes. They may help prevent skin dryness to maintain healthy and hydrated skin. Omega-3 Fatty Acids nourish your skin, are important for radiance, and add softness to your complexion.

***Recommended Use:*** Add 2 tablespoons of Mila® to your favorite beverages, yogurt, salads, cereals, smoothies, and recipes. Children: Start with 1 tablespoon one time per day. Feel free to pre-soak to hydrate seeds prior to ingestion if bloating or constipation become an issue due to the increased fiber.

### **Acai**

Acai is considered a superfruit due to its high antioxidant levels. Antioxidants are important because they protect the body from free radicals. Antioxidants are also important in the fight against aging and are commonly used in beauty products; therefore, acai is known by some as the "beauty berry." Therefore, Acai is an excellent food source to help maintain healthy cells, reduce the visible signs of aging, and may enhance skin radiance and softness.

***Recommended Use:*** Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

### **Organic Sulfur**

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Both of these amino acids are present in your skin, hair, and nails where they help to make these tissues strong and flexible. Sulfur helps maintain a healthy inflammatory response within the body which promotes overall skin health.

***Recommended Use:*** Mix one level teaspoon into warm water or drink of your choice to dissolve crystals and consume. Take twice daily. Organic sulfur works best when taken between meals on an empty stomach. May choose to increase daily use amount over time to achieve desired results.

### **GPS Hydrate**

GPS Hydrate contains the correct balance of vital nutrients and electrolytes that the body requires in order to pull water and vitamins effectively into the cells, thus promoting radiant skin and supports overall skin health.

***Recommended Use:*** Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink.

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## Mie

Your must-have refreshing beauty drink for glowing skin from the inside out. Look and feel more beautiful with professional grade collagen peptides and clinically tested, Korean Beauty probiotics. This product is enhanced with Hyaluronic Acid, Vitamin C, Biotin and Copper for the ultimate beauty punch.

***Recommended Use:*** Mix one packet daily with 8 fl. oz. of cold water. Stir well or shake. Delicious over ice or served in a smoothie.

## **ADDITIONAL PRODUCTS FOR HEALTHY GLOWING SKIN**

### Daily Build

Not getting adequate amounts of vitamins and minerals can be contributing factors for unhealthy skin. A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. This liquid vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, trace mineral blend, bio-protection blend, Phyto-fruit complex, neuroprotective blend, Phyto-vegetable blend, superfood blend, and an Optisorb blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and setting the stage for optimal results. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and glowing skin.

***Recommended Use:*** Take one fluid ounce serving daily in conjunction with a well-balanced diet. Take with food. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.

### GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a systemic whole-body balance, which helps optimize physical and mental health. GoYin contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. This comprehensive formulation helps to regulate stress hormones, which can affect the skin if they become imbalanced.

***Recommended Use:*** For 12 Years of Age and Older: take 1-2 fluid ounces on an empty stomach in the morning and afternoon or as directed by your healthcare provider. For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily. Take on an empty stomach in the morning or the evening or as directed by your healthcare provider. Additional servings may be taken throughout the day if desired.

### Cleanse

Environmental toxins can influence skin health. This cleanse is formulated to help support all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow and minimize toxic build up which may contribute to blemishes and dull skin.

***Recommended Use:*** Take one full squeeze of dropper (1 ml, or about 24 drops) in 2-4 fluid ounces of water or juice. Increase to twice daily if needed. Do not exceed 4 servings per day. Intended for short-term use (7-10 days) every 2 months. Transition to use of Daily Detox for everyday support. If you choose the capsule option, recommended use would be 4 capsules daily with 8 fluid ounces of water. Increase by 2 capsules each day, if needed, and do not exceed 8 capsules in 24 hours. Intended for short-term use (7-10 days) every two months.

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## Goji

This super fruit is an important whole natural food source that contains many vitamins, including Vitamin C. The antioxidant properties of Vitamin C (ascorbic acid) and its role in collagen synthesis make Vitamin C a vital molecule for skin health. Dietary and ascorbic acid have beneficial effects on skin cells, and some studies have shown that Vitamin C may help protect the skin against ultraviolet (UV)-induced photodamage.

***Recommended Use:*** Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

## Skin Defense

Defend yourself from the outside in against unpredictable elements in our environment, while providing immediate care and hydration for your skin. The safe, stable, and natural ingredients also allow you to effectively manage minor wounds without harming delicate cells that aid in recovery. Hypochlorous acid (HOCL), a key ingredient in Skin Defense, is a naturally occurring chemical our white blood cells produce every day to fight off bacteria, superbugs, and viruses. It has also been shown in testing to be effective against Coronavirus and similar viruses. HOCL is even in many disinfectants on the EPA's list for use against Covid-19.

***Recommended Use:*** Spray on skin to cleanse. Safe for the management of minor cuts, burns, or skin irritations caused by cuts, burns, scrapes, rashes, insect bites, dry skin, or blisters. Thoroughly clean area and dress as needed. Saturate the dressing with solution and apply directly over area. Safe for use around mouth, nose, ears, and eyes.

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## FOOD & DIETARY RECOMMENDATIONS

- Eat a diet rich in fresh fruits (unless Candidiasis or blood sugar issues are present), vegetables, whole grains, beans, and legumes that are in season.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish.
- Drink at least half your body weight in ounces of water every day (more if you are cleansing). Water hydrates the body and helps to flush out toxins. You may want to add GPS Hydrate to your regimen to increase electrolytes during the flushing of toxins.
- Limit dairy consumption, except for organic, plain yogurt or keifer.
- Avoid alcohol, caffeine (may substitute ENERGY, PURE Café), soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
- Minimize land animal consumption, as they are highly inflammatory. If consuming land animal products, they should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain; chickens feed on bugs, grubs, and seeds). Natural, organic meat and poultry contain the proper balance of saturated and unsaturated fats (the 'good' fats), are lower in calories, contain more nutrients, fill you up faster and contain CLA (conjugated linoleic acid), which is a potent defense against disease.
- Avoid pork, which is difficult to digest and can create toxins in the body. Never use vegetable or corn oil for cooking, as heating them creates toxins and inflammation.

## LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. Smoking causes vessels to narrow, reducing oxygen flow and nutrients to skin cells.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two. You should not feel pressure in your stomach region after eating. Pressure indicates you may have over-consumed or are not properly digesting. Good digestion removes harmful toxins that can cause poor skin health.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Exercise can reduce inflammation throughout your body, promote circulation, and potentially help to maintain the health of your telomeres, literally keeping your body more youthful at the cellular level. You should aim to get at least 15 minutes of intense physical activity per day, or 30 minutes of moderate physical activity. Getting the right amount of exercise also promotes lymphatic drainage, your body's natural process of flushing out toxins.
- Stress is an important factor that can contribute to tired looking skin. Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching to help reduce stress and tension. Consider other stress reducing activities like taking a walk, reading an inspiring book, or taking a warm bath with lavender.
- Pay attention to ingredients in body lotions, cosmetics, and skincare products as many of the ingredients are harsh chemicals and can damage healthy skin.

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