



## Healthy Skin Solutions

### ***Healthy Skin From The Inside Out***

The message is clear...there is a direct link between our health and what we eat. What we eat today affects how we feel, how we look, and how we perform today and tomorrow. Beautiful skin ...healthy skin... youthful skin....whatever you're looking for begins with what you eat. There's no getting around it. The following information will put you on the road to "smart eating" and the results will speak for themselves.



### **The Basics Of Nutrition**

Scientifically speaking, nutrition is the process of ingestion, digestion, absorption and metabolism of foods, and it is the nutrients in food that perform the different functions that keep our body operating.

#### **The Major Nutrients Are**

**Carbohydrates**  
Provide energy

**Proteins**  
Help build, maintain, and repair cells  
Make important compounds  
Transport blood products

**Fats**  
Provide energy  
Transport certain vitamins throughout the body

### **Vitamins & Minerals**

This group of nutrients does not provide energy, but they help the body generate and use energy.

### **Water**

Water is a solution and transport medium for other nutrients and waste products.

### **\*Fiber\***

Though not a nutrient performs important functions in the nutritional process by providing roughage to keep nutrients and wastes moving through the system.

Consuming a wide variety of antioxidant enzymes, vitamins, minerals, herbs through diet and supplementation may be the best way to provide our bodies with what it needs if we are deficient in these areas.

### ***Proper Nutrition-What A Simple Solution To A Life Threatening Problem.***



***Healthy Skin, Hair, and Nails...From The Inside Out***

***Nature's Gift  
Xanthonenes from the Mangosteen Fruit***



The Mangosteen fruit, grown in Southeast Asia, has been a nature provided health aid for hundreds of years. It is finally making its way to America and with great force. There is more to the Mangosteen fruit than meets the eye.

For centuries, natives of Southeast Asia have been using the pericarp, or rind, for medicinal purposes treating a broad spectrum of disorders ....to list a few...

**Diarrhea    Fever Control    Gastro-Intestinal  
Problems    Headaches**

**Inflammation    Bacteria Control    Fungus Control  
Skin Rashes & Burns**

**Mangosteen Offers:**

*Everything the skin needs to accommodate healing and prevent  
free radical damage.  
Such is the power of Xanthonenes!*

**Mangosteen is:**

*A powerful antioxidant  
It is anti-fungal  
It is anti-bacterial  
It is anti-inflammatory  
and so much more.....*



Not only is Mangosteen (brand name Xango) a dietary supplement that excels in health benefits, but can be used in paste form as a topical application for hair, skin, and nails. A conditioner for topical skin problems, acne control, eczema, psoriasis, anti-aging, lines, wrinkles, sagging skin, sunburn, sun damage, skin rashes and allergic reactions.

When you combine a Mangosteen Peel followed by and LED Light Treatment, you will get results that far surpass anything on the market today! Best of all...it's natural!

Whether you choose Mangosteen or another form of supplementation, remember in order for the skin to be healthy you must give the body what it needs.

**\* 60 Minerals / \* 16 Vitamins**

**\* 12 Essential Amino Acids**

**\* 3 Fatty Acids**

*A Deficiency Disease Is The Result Of Not Meeting These Daily Nutritional Requirements*

*Most Illnesses Stem From A Deficiency Disease*

*\*\* Using your Daily Skin Care Program faithfully, combined with proper nutrition, is putting you in the right direction for beautiful, youthful, healthy skin.*

## Skin Facts

Fact... Skin is the largest organ of the body.

Fact... In many areas there are 2800 openings per square inch of skin.

Fact...Sun, weather conditions, hormonal changes, diet, stress and improper skin care directly affect the condition of the skin.

Fact... Plugged pores are responsible for enlarged pores & some acne.

Fact... Lines, wrinkles, & crows feet can be diminished with proper cleansing.

Fact...Skin must produce its' own moisture...a proper moisture support is necessary to correct dry skin.

Fact...Men & women can share the same skin care program.

Fact...Mangosteen is an incredible source for healing skin.

Fact...Healthy skin requires cleansing, toning and stimulating, topically nourishing, and a moisture support if necessary.

**FACT: Ginamarie Skin Products meet these requirements and are exceptional!**