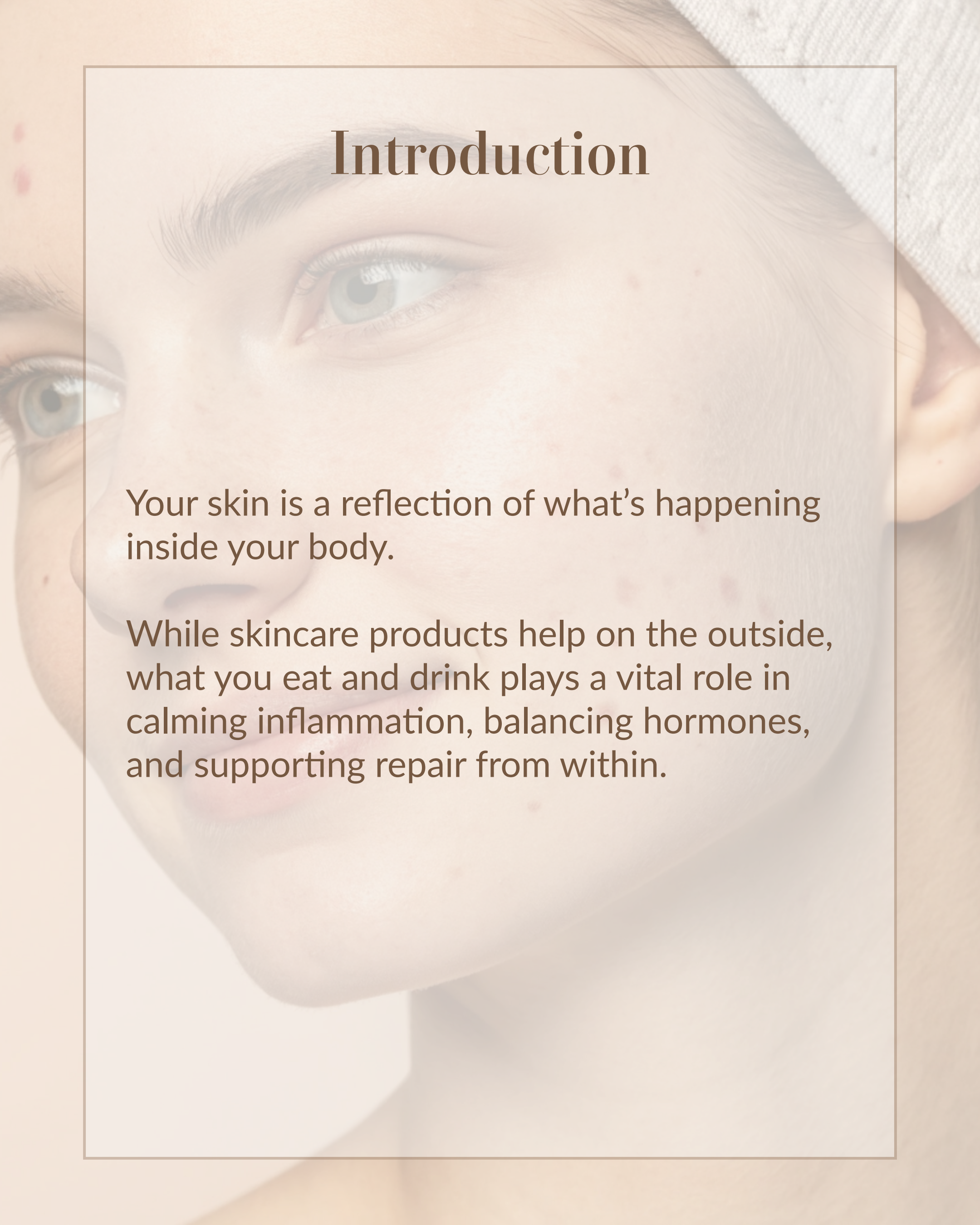




NUTRITION GUIDE TO CLEAR SKIN

FREE E-BOOK

A close-up photograph of a woman's face, focusing on her skin. She has light-colored eyes and is looking slightly to the side. Her skin has several visible acne spots, including red pimples and some darker marks. The background is a soft, out-of-focus grey. The entire image is framed by a thin brown border.

Introduction

Your skin is a reflection of what's happening inside your body.

While skincare products help on the outside, what you eat and drink plays a vital role in calming inflammation, balancing hormones, and supporting repair from within.



CHAPTER 1: Skin-Loving Nutrients

Vitamin A – speeds up cell turnover, reduces clogged pores (carrots, sweet potatoes, spinach).

Vitamin C – boosts collagen, fades dark marks (oranges, kiwis, bell peppers, strawberries).

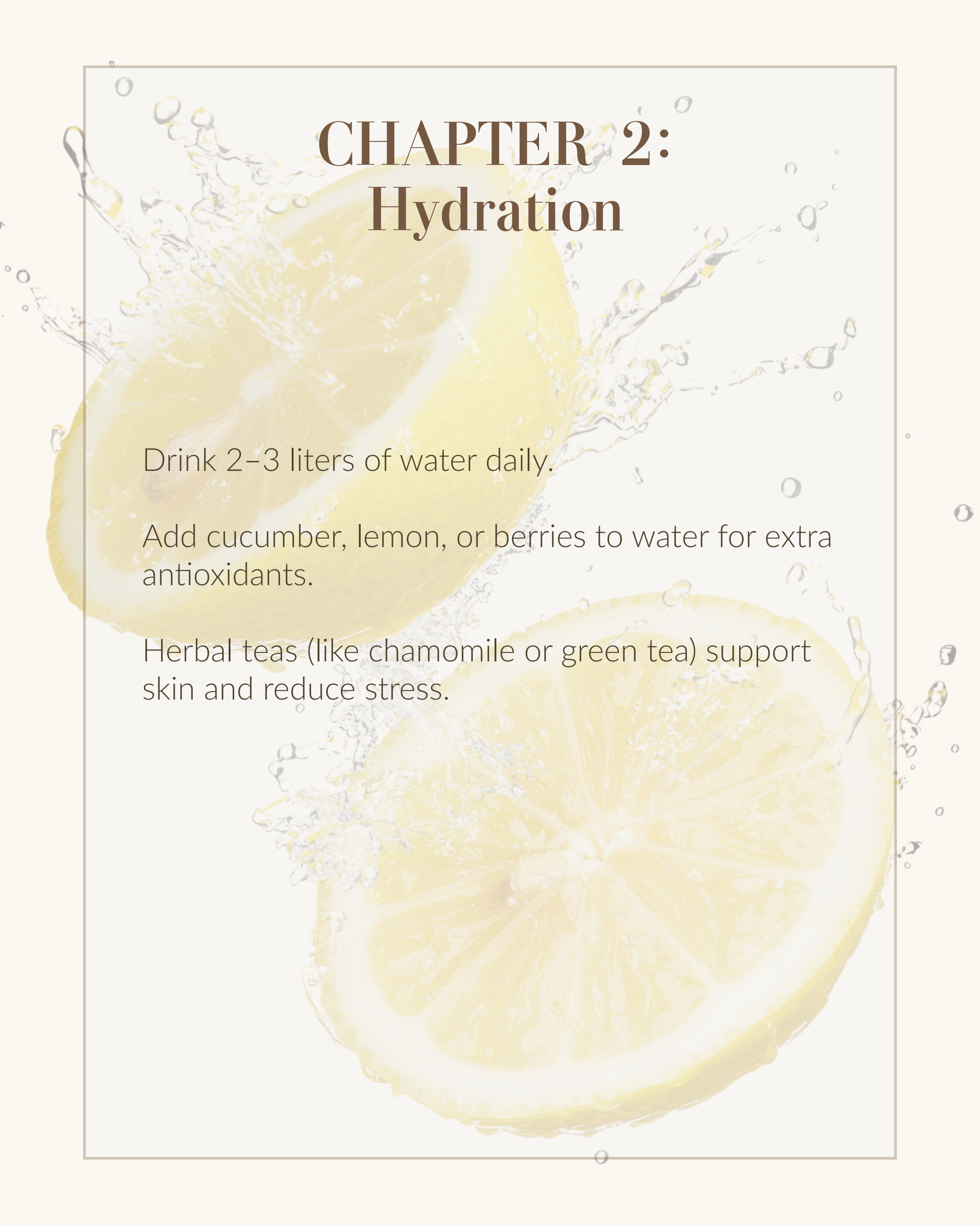
Vitamin E – protects skin from free radical damage (almonds, sunflower seeds, avocado).

Zinc – helps heal blemishes, balances oil (pumpkin seeds, chickpeas, cashews).

Omega-3 fatty acids – calm inflammation and redness (salmon, mackerel, flaxseed, chia).

Probiotics – balance gut bacteria, reducing skin flare-ups (yoghurt, kefir, sauerkraut).

Antioxidants & Polyphenols – fight skin ageing and calm inflammation (green tea, berries, dark chocolate).

The background of the entire page is a high-quality photograph of two lemon slices splashing in water. The lemons are bright yellow with visible pulp and seeds. Water droplets are frozen in mid-air around the slices, creating a dynamic and refreshing visual. The overall tone is light and airy, with a soft focus on the lemons.

CHAPTER 2: Hydration

Drink 2–3 liters of water daily.

Add cucumber, lemon, or berries to water for extra antioxidants.

Herbal teas (like chamomile or green tea) support skin and reduce stress.



CHAPTER 3: Foods to Limit

These don't need to be eliminated completely, but cutting back can make a huge difference:

Refined sugars & high-GI foods (cakes, white bread, fizzy drinks) → spike insulin, increase oil + breakouts.

Dairy (especially skimmed milk) → linked to acne in some people due to hormones.

Highly processed foods & trans fats → increase inflammation.

Excess alcohol → dehydrates skin, increases redness.



CHAPTER 4: Clear-Skin Plate Formula

Aim for balanced meals:

½ plate vegetables (broccoli, spinach, peppers, kale).

¼ lean protein (chicken, fish, beans, tofu).

¼ whole grains or complex carbs (quinoa, brown rice, oats).

Add a small portion of healthy fats (avocado, nuts, olive oil).



CHAPTER 5: Daily Habits for Glowing Skin

Eat protein with breakfast to stabilise blood sugar.

Choose low-sugar snacks (nuts, boiled eggs, veggie sticks with hummus).

Include 1–2 portions of oily fish weekly.

Swap milky lattes for green tea or herbal teas.

Practice mindful eating to reduce stress-related breakouts.



CHAPTER 6: Sample Clear Skin Day

Breakfast – Overnight oats with chia seeds, almond butter, blueberries.

Snack – Carrot sticks + hummus.

Lunch – Grilled salmon, quinoa, and spinach salad with olive oil + lemon.

Snack – Greek yoghurt with pumpkin seeds.

Dinner – Turkey stir-fry with brown rice, broccoli, peppers, garlic + ginger.

Evening – Chamomile tea, a few squares of dark chocolate (70%+).

FINAL THOUGHTS

Remember: Clear skin doesn't happen overnight. Consistency is key. Pair good nutrition with your skincare routine, hydration, and stress management for best results.

Stephanie Day - Skin Expert & Founder of SD Skin Co

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