

## **BEAUTY COMES FROM WITHIN**

Beautiful skin and good health ... these are qualities that inspire, motivate, encourage and can promote healing, as well as contribute to delight and satisfaction in living. **BEAUTIFUL SKIN MEANS GOOD HEALTH!**

**Beautiful Skin and Digestion.** What does beautiful skin have to do with intestinal health? What does digestion have to do with glowing, radiant skin and healthy bones and hair?

Everything! Food fuels the body and the process of digestion is closely linked to our outside appearance. A “beautiful skin diet” in our opinion consists of a diet rich in the elements that keep us clean, restore elasticity to the skin and heal scar tissue. These nutrients abound in raw plant foods – the dark, green leafy vegetables that are so rich in the properties that help us maintain a clean digestive system, which enables us to restore our health and promote elasticity to the skin. These nutrients can also provide mineral density to bones and benefit our hair and teeth.

**Skin and Liver Relationship.** Did you know that the condition of your skin also reflects how well your liver is processing the fats and oils entering your system? The skin is the body’s largest organ. A clear, soft, luminous skin is an indication of a diet rich in raw plant foods that deliver a myriad of antioxidants to the skin and also indicates how well the liver (which performs over 500 functions) is doing its job.

**Acne and Unhealthy Looking Skin.** Americans are large consumers of processed foods, including donuts, cookies, soft drinks, hamburgers, fries and hotdogs are teenagers and young adults. Acne is a condition that often arises from such a diet consisting of these sugars and bad fats, as a result of the liver being overloaded and throwing off what it cannot process onto the skin. Acne is a direct result of consuming hydrogenated oils, polyunsaturated oils, chemically treated oils, etc. that increase the burden on the liver to break down and metabolize these foods. Having no place else to go, these undigested elements find their way into the blood stream and consequently, the skin, resulting in acne – a skin condition caused by free radicals. By implementing more live foods and less processed foods into the diet, we provide live enzymes that are needed to fuel our bodies.

**Beautiful Healthy Skin and Colonics.** In line with healthy assimilation of food, we believe that a clean colon is vitally important to this process and is absolutely necessary before any healing can begin. Colon hydrotherapy soaks, loosens and removes the debris that clings to the intestinal lining. According to studies, many Americans may be carrying as much as 20 to 40 lbs. of impacted fecal matter in their colon and also suffer from some sort of dysfunction of the colon.

**People who suffer from a variety of skin disorders benefit greatly from a series of colon hydrotherapy sessions, as unhealthy skin is generally a sign of digestive disorders.**

## **IT IS AT THE COLON THAT ALL HEALING MUST BEGIN!**

**A clean colon will also allow for the body to better absorb the healing properties of vitamins, minerals and other nutrients.**

### **More About the Benefits of Colon Hydrotherapy.**

We feel that colon hydrotherapy is one of the most valuable therapies for the body and, therefore, absolutely vital to good health in general. Why? Because colon hydrotherapy removes the toxins which have been accumulated and have putrefied, causing impaction of the intestines. Symptoms of colon dysfunction are too numerous to mention here, but include: constipation, allergies, indigestion, anxiety, bad breath, fatigue, poor appetite, lack of focus and headaches. A series of Colon Hydrotherapy sessions can restore good health and vitality.

### **General Recommendations for Healthy Skin:**

- 1) Eliminate simple sugars, all soda pops and artificial sweeteners
- 2) Eat a diet high in fiber
- 3) Reduce or eliminate fast foods, junk food, fried foods, etc.
- 4) Wheatgrass juice does a body a lot more good than milk – limit your intake of milk to 1 glass per day or eliminate it from your diet.
- 5) Schedule a cleansing program to help detoxify your system.

In addition, the Reno Alternative Health Care Center now carries a complete all natural, raw organic beauty skin care line developed by the Amazon Herb Company that is designed to heal injured, inflamed, damaged skin and replenish the nutrients needed for a younger, more youthful looking skin. To find out more about the extraordinary benefits of colon hydrotherapy and to get started on a healthy lifestyle, call Reno Alternative Health Care Center, 775-827-6888 and visit our website at [www.rahcc.com](http://www.rahcc.com) for more information about colonics. Let us help you get started on a healthy and beautiful lifestyle today!

### **Suggested Juicing Recepte/Skin**

#### **“Ginger Hopper”**

**¼ inch slice ginger root**  
**4-5 carrots, greens removed**  
**½ apple, seeded**

**Push ginger through hopper  
with carrots and apple**

**Carol’s pix**

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**Call for your appointment today!**

“I believe a healthy colon along with good nutrition is the key to beautiful, healthy skin.”