

ashley's better nutrition, simplified lesson

## YOUR BIGGEST DAILY DIET MISTAKE

### MAY NOT BE A FOOD



Your skin is your body's largest organ.

What goes on your skin mostly goes into your body, directly

Because your body doesn't "digest" these ingredients, they don't go through the normal vetting – safe, needed, keep vs irritating, useless, eliminate – that the digestive system puts foods through, but rather allows most of what goes on the skin to enter into your body.

SO, what if your skincare – soap, lotion, shaving cream, shampoo, deodorant, blush, lip gloss and sunscreen for example contained ingredients that don't optimize your health or worse, *interfere with your body's health functioning?*

The European Union bans or restricts over 1300 chemicals in skincare: The US? 11.

The last time we updated our cosmetics act in the US women couldn't vote, there were no mobile phones, and there was no such thing as rock n' roll... yeah that's right, our cosmetics act is from 1938...



### WHAT DOES THIS MEAN FOR YOU AND YOUR HEALTH?

We know that better nutrition enables better health. But even better nutrition can only do so much...

It's not enough to "If you are going to dairy, dairy right" (per my earlier nutrition lesson) or to eat a rainbow of organic vegetables daily, or to nutrient balance at your nutrition pit stops. If you are applying chemicals (this includes pretty smells generically labeled as "fragrance") to your body daily, often twice daily, they are likely interfering with your better nutrition bites. And that is one reason we all know people who eat well, exercise, even meditate and do yoga and still have health issues.

Because my job is not to stress you out, enter *Better Beauty*.

Because we do want to look and feel beautiful, which requires not just better nutrition for our insides, better protection for our outsides, but also products that work to enable our external beauty as well. In the pursuit of beauty we don't want and can't afford to choose products that compromise our health.

BETTER BEAUTY =  
SAFE, NUTRITIOUS +  
EFFECTIVE PRODUCTS



Today's lesson comes with this recipe for getting better beauty from your food (like broccoli, chocolate and hemp), from your supplements (stressed about better beauty or life in general? Avoid wrinkles and headaches with magnesium and other key nutrients while skipping supplements that can irritate or harm your systems), and from your skincare...and it's all prepared and [ready for you to consume HERE](#).

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simplified

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