

Glowing Skin Starts in the Kitchen—Not in a Bottle

What if the healthiest skincare routine wasn't in a bottle... but in your kitchen?

The average woman applies **over 100 chemicals** to her body before breakfast. Many of those ingredients—from **hormone-disrupting parabens to carcinogenic fragrances**—don't belong on your skin... or in your bloodstream.

What goes on your body ends up in your body.

A Simple, Natural Routine That Works:

- **No lotion or makeup remover:** Just cold-pressed organic coconut oil.
- **No commercial body wash:** Coconut oil cleanses and moisturizes
- **No conditioner:** Olive or coconut oil as a leave-in twice a month
- **No synthetic exfoliants:** She scrubs with Himalayan salt, eucalyptus oil, and coconut oil.
- **No pimple creams:** She keeps her skin clear by cutting sugar, because sugar feeds yeast, and yeast drives acne.

Skincare rule:

"If I wouldn't eat it, I wouldn't put it on my skin."

Why These Natural Swaps Work:

- **Coconut oil** contains **lauric acid**, a fatty acid with antimicrobial properties proven to fight skin pathogens.
- **Himalayan salt** improves circulation and exfoliates dead skin.
- **Sugar** is a key driver of **inflammation, hormonal imbalance, and acne**. Reducing it supports healthier skin from within.

Do Natural Products Really Work?

Yes—and often better.

But it's not just about what you put *on* your skin.

Your skin is an organ. It reflects what's happening *inside* your body.

Real food, hydration, healthy fats, and blood sugar balance make a bigger difference than any serum ever could.

Try This Minimalist, Skin-Loving Routine:

- Moisturize with **organic coconut oil** after showering
- Deep condition with **olive oil** twice monthly
- Exfoliate with a mix of **Himalayan salt + coconut + eucalyptus oil**
- Cut added sugar to calm inflammation and reduce breakouts
- Explore clean brands like **Primally Pure** for non-toxic skincare

Glowing Skin Comes From Biology—Not a Bottle

- Swap toxic products for natural alternatives.
- Support your skin from the inside out.
- And remember: **If you don't eat it, don't put it on your skin.**

Based on insights from Dr. Mark Hyman, MD