

Want Healthy Glowing Skin?

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Want Healthy Glowing Skin?

By Kenia Morales

Want Healthy Glowing Skin?

by: **Kenia Morales**

Stay hydrated– drink 8–12 glasses of water a day.

Avoid or limit your toxins intake this includes alcohol, coffee, spicy food, drugs, limit sugar intake etc.

Get rid off dead skin cells; exfoliate regularly at least once a week.

Kenia Morales is the publisher of online magazine

<http://kpatra.com>

"For Every Aspect of Today's

Woman. Visit her site to find a variety of women related issues and topics".

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What Diet Your Skin Needs: Find Out!

By Jasdeep

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Here is the list of the rules:

List of Vitamins essential for your glowing skin and their sources (natural) :

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- 1) Vitamin C : It can be easily found in all citric fruits like orange etc.
- 2) Vitamin A : Sources for Vitamin A are papaya , orange , egg yolk etc .

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