

ALIGNED *Radiance*

BY *Jane Jopling*



Hi there! I'm Jane, a Holistic Skincare Therapist and Founder of The Aligned Radiance Method.

I teach women who just want to know what the heck to use on their skin, how to take care of it properly, nourish their skin, and prevent premature ageing skin from the inside out.

I spent ten years as an esthetician and found a lot of my clients were frustrated. Not just because they were spending a lot of money, but because they were forking over \$200, \$300 or more dollars for topical treatments and skincare regimes with minimal impact. The products and treatments were not giving them the long-term visible results they desired.

I decided to dig deeper. I looked beyond the superficial topical treatments. I went back to school, studied nutrition, took a deep dive into healing and nourishing the skin. I learned science-based protocols that can repair skin, prevent future damage, protect the skin, naturally slow down the skin's ageing, and create radiant, healthy, glowing skin.

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This motivated me to create The Aligned Radiance Method, a step-by-step method that gives women the plan, tools and strategies to repair and improve their skin.

I created this *Reveal your Radiant Skin Guide* as a starting point in your healthy skin journey. The guide will be a resource for you to help guide you through the foundational principles of radiant skin.

What does this mean?

The health of your skin reflects the health of your body. These changes are about shifting your body and behaviours towards wellness.

Your skin and its health are within your control. We need to stop treating all skincare concerns topically and treat the root cause of the problem for true change and lasting results.

If you make changes to your gut microbiome and skin microbiome, you will see the results manifested in supple, glowing skin.

Where Should You Start?

Try these 10 simple skin saver steps.

1. Eat More **Berries**. Berries keep your skin firm, build connective tissue and protect your skin from damage. Regularly enjoy raspberries, blueberries, strawberries, blackberries and cherries. Add berries to your smoothies as part of your breakfast with coconut yogurt in a

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breakfast parfait, sprinkled on salads, or eat with some chocolate or nuts as a sweet treat when you crave sweets.

2. Have a big **fatty salad** every day. Vary the greens (spinach, romaine, arugula, kale, swiss chard) and add quality proteins. Supercharge your salads with healthy fats (avocados, olive oil, nuts + seeds).
3. Add **fermented foods** to your diet. Add foods like kimchi, sauerkraut, coconut kefir, kombucha. Start slow and small, adding a teaspoon or two per day working up to 2-3 tablespoons.
4. Add **Fish** to the menu. Try adding clean and sustainable fish like wild-caught salmon, sardines, and mackerel to your diet twice per week for the omega-3 fats and anti-inflammatory benefits. Fish contains antioxidants that protect your skin. Salmon also contains selenium, which helps with skin elasticity.
5. Look for **hidden sugars**. Sugar is a big beauty betrayer wreaking havoc on your body's ability to create collagen -- the building block of great skin. They are hiding in everything and are listed by many names other than sugar. Check out your yogurts, granola bars, boxed cereals... even the ones you think are healthy. It may be listed as something that sounds healthy like, brown rice sugar, maltodextrin, cane juice, agave, dextrose, glucose, fructose, fruit juice concentrate, or barley malt syrup. Try swapping out packaged foods for whole foods when possible. Look for the cleanest forms of natural sweeteners like raw honey, maple syrup, stevia or monk fruit.

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6. Clean up your **topical routine**. No new laws have been introduced since 1937 to protect women from thousands of harmful chemicals in skincare. Check your hair care, body care, and skincare. Use the [Environmental Working Group](#) to test all of your current products. Ideally, they have the seal of approval or score between 0 and 1.
7. Consider **reducing or eliminating dairy** temporarily for at least six weeks to see if your skin responds favourably. Some great swaps include nut mylk such as unsweetened almond instead of cow's milk. Try coconut kefir yogurt as a swap for traditional yogurt. If you love butter, try Ghee, this clarified butter has no lactose or casein, making it less inflammatory.
8. If you are experiencing redness, dryness, or sensitivity, **reduce your cleansing to nighttime only and gently exfoliate just once per week** to allow the skin microbiome to heal. Keep products as clean as possible and to a minimum enabling your body to heal.
9. Look for **simple stress management techniques** that you can incorporate daily. Try a 1 minute of deep breathing gratitude practice before a meal, or 5 minutes of meditation upon waking, or a 15-minute walk outside after lunch or dinner.
10. Snack on superfoods like green tea, dark chocolate, seaweed and walnuts. By adding in instead of taking away, you will not feel deprived and will see the reward from these superfoods in your radiant complexion.

Bonus Recipe



Luminous Skin Smoothie

¾ cup unsweetened nut/seed mylk

½ cup of water

1 tablespoon coconut kefir yogurt

1 scoop clean protein powder

½ cup of frozen blueberries

1 handful of organic spinach

1 teaspoon hemp hearts

1 teaspoon flax seeds

1 serving of collagen powder

* Blend + enjoy

If you are looking for more information on how to take back your power, finally learn how to care for your specific skin needs, age with grace and fix your skincare concerns for good, join the [Radiant Women](#) FaceBook community.

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Medical Disclaimer

All information contained within this guide is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems – nor is it intended to replace the advice of a qualified medical practitioner, health practitioner, or fitness professional. No action should be taken solely on the contents of this guide.