



THE RADIANT SKIN CHECKLIST

*THIS DETAILED CHECKLIST WILL GUIDE YOU TO
HOLISTICALLY DO ALL YOU CAN TO SLOW DOWN AND
PREVENT FUTURE PREMATURE AGEING SKIN.*



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HOLISTIC SKIN COACH





FOOD FIRST PREVENTION

Prevention is the best and most effective way to work against extrinsic skin ageing effects. Change your diet to be full of skin-loving foods that will help prevent further damage. The best strategy to protect yourself from the harmful effects of free radicals is a well-regulated lifestyle with a skin-loving diet.



SKIN LOVING NUTRITION

A diet rich in antioxidants and carotenoids. Add foods with bright pigments like yellow, red and orange. Try adding yams, kale, spinach, watermelon, bell peppers, tomatoes, mango, oranges, and carrots to your menu.



FLAVONOIDS

Flavonoids are found in plant foods and are rich in antioxidants that help reduce oxidative stress. Oxidation contributes to ageing. Consume green tea, blueberries, dark chocolate, apples, red wine, leafy greens, almonds, black beans, peppers and onions.





OMEGA 3

Omega-3 fatty acids are essential. Meaning we do not produce them. You have to consume them. For skin health, they help to reduce systemic inflammation, help to manage oil production. Try adding **flax seeds, chia seeds, fatty fish like salmon, mackerel, walnuts, hemp seeds and sardines.**



VITAMINS

In particular, vitamins A, C, D, E play an integral role in the health of your skin. They impact cellular regeneration, collagen production, protection against sun damage, keeping the skin supple, and fighting signs of ageing. So add foods like **salmon, cod liver oil, tuna, pumpkin, sweet potatoes, citrus fruits, red peppers, spinach, broccoli, almonds, hazelnuts, leafy greens and eggs** to your diet.



PROTEIN

Eating foods rich in protein provide valuable anti-ageing effects. Protein supplies the body with the amino acids it requires to make keratin, one of the structural proteins in our skin. Add high-quality **fish, chicken, beef, rice, pea protein, eggs, lentils and seeds** to your diet.





PROBIOTICS

Reinoculate your gut with probiotics. You can introduce great food sources slowly to improve skin health, including **Kefir, Sauerkraut, Kombucha, Coconut Kefir, Natto, Kvass, Raw Cheese, Miso, and Tempeh.**



CLEAN SKINCARE

The skin is the largest organ in the body, and it can absorb toxins that can lead to sensitivities, allergies and other serious health issues. Sixty percent of what you apply topically can enter the bloodstream. So start analyzing your product's ingredients. The top 5 ingredients to avoid are **Phthalates, Toluene, BHA + BHT, Propylene Glycol and Fragrance.**



LIFESTYLE

This matters too! Get adequate sleep, and move your body every day. If you can, **sweat** for detoxification purposes every day. **Stay hydrated.** Find time to **relax**, meditate, journal, or do deep breathing exercises as stress contributes to poor skin health.



TARGET INGREDIENTS

There are certain ingredients you can add to your topical skincare routine to boost skin renewal.

For repairing skin damage, exfoliating and stimulating, try ingredients like:

- Buckachiol
- Willow Bark
- Stabilized Vitamin C
- Ceramides
- Hyaluronic acid



12 HOUR FAST

Much research suggests youth-restoring benefits to longer spans between your last meal of the day and your first meal of the next day. In addition, the 12 hour fast is safe for most women and will **allow for better cell maintenance**. For example, if you finish dinner at 8 pm, your next meal would be at 8 am.



BALANCE BLOOD SUGAR

High levels of blood sugar are the main culprit in the process of **glycation**, the breakdown of collagen leading to early onset of wrinkles, decreased skin elasticity and sagging thin skin. This is why managing blood sugar is a win-win plan for health and skin. Eat high sugar foods sparingly.



SKIN LOVING RECIPES

Brain Food Trail Mix

- 1 cup unsweetened large coconut flakes
- 1 cup of raw almonds
- 1 cup raw walnuts
- 1 cup cashews (I use roasted and lightly salted)
- ½ cup raw sunflower seeds
- 1 cup dried goji berries
- ¾ cup dark chocolate chips

Place coconut flakes in a small skillet on the stove. Toast over medium-low heat, until lightly golden and fragrant, gently stirring often. This should take only 2 or 3 minutes; watch the coconut carefully, so it doesn't burn. Let cool before mixing with other trail mix ingredients. Place toasted coconut and all remaining ingredients in a large bowl or storage container; stir to mix. Store trail mix in an airtight container at room temperature.



Inflammation Busting Smoothie

- 1 ½ cups coconut water
- ½ cup fresh or frozen pineapple
- ½ an orange
- 1 teaspoon chopped fresh ginger
- ½ teaspoon turmeric powder or fresh
- 1 scoop of clean protein powder
- Ice

Combine coconut water, pineapple, orange, ginger, turmeric and ice in a blender. Blend on high for one minute until smooth. Pour into glasses and serve immediately. Enjoy!

Creamy Matcha Latte

- 1 tsp Matcha powder
- 1 tsp coconut butter
- 1 tsp organic vanilla
- 1 cup hot water
- 1 tsp honey or maple syrup (option)
- 1 Scoop of collagen

Blend in a blender adding the collagen in the last 10 seconds



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