



## October Newsletter 2011

I am not sure whether you would agree with me but this year has flown by very quickly yet again. As I look through my diary so far, and flip through the pages of the last 6 months, it's incredible how much I have done and accomplished. I still yet have so much to do before this year ends. That's why being organized and having a routine each day helps. Otherwise, you just lose track of what you do and time is too precious to lose.

As we get ready for summer and for those that are worried about their expanding waistline and cholesterol level accumulated during the winter months, not to worry, healthy and sensible eating is the key. Exercise is a must and discipline as well. Try to avoid too much alcohol and fatty foods. Drink lots of water and keep hydrated.

October is also the month for Cancer awareness. Many of us have heard that healthy nutrition plays an important role in preventing a number of types of cancer, and may help to reduce the spread of cancer once it has started. Populations that consume less animal food and more plant food have a lower risk of cancer. In fact, the risk of cancer in vegetarians is about 50 per cent lower than among people who eat meat on a regular basis. A diet high in animal foods, especially meat and dairy products, may fuel cancer in a number of ways.

It's a good idea also to have a health check once every two years, like pap smear, breast examination and blood test to check our cholesterol and sugar levels.

Stay healthy and happy.

Kind regards,

Karen Carraro  
Director  
11th October, 2011

Here are some of the best Age-Erasing Super foods we can indulge in and they are excellent for your health as well. They are my favourites and I swear by them. These foods are muscle building, brain enhancing, wrinkle erasing, heart strengthening, bone protecting, immunity boosting, and inflammation-fighting foods you should be eating everyday. They are also great for maintaining a healthy weight and diet.

Last but not least, they are so healthy for our skin. Remember, not only must we moisturize everyday; it's what we eat as well that boost healthy glowing skin.

### 1. Almonds

These energy-rich snacks lower bad cholesterol, thanks to plant sterols, and benefit diabetics by lowering blood sugar. They're also rich in amino acids, which bolster testosterone levels and muscle growth. Almonds are also stuffed with vitamin E, which helps defend against sun damage. In a study, volunteers who consumed 14 milligrams of the vitamin (about 20 almonds) per day and then were exposed to UV light burned less than those who took none. And because vitamin E is an antioxidant, it also works to keep your arteries free of dangerous free radicals. Low levels of vitamin E are also associated with poor memory performance and cognitive decline. I have a handful of almonds every day.

### 2. Flaxseeds

Rich in protein and fiber, these little seeds offer a payload of omega-3 fatty acids, which erase spots and iron out fine lines in the skin. A recent study of people with high cholesterol (greater than 240 mg/dL) compared statin treatment with eating 20 grams of flaxseed a day. After 60 days, those eating flaxseed did just as well as those on statins. Try sprinkling ground flaxseed on oatmeal, yogurt, and salads.

### 3. Tomatoes

There are two things you need to know about tomatoes: red are the best, because they're packed with more of the antioxidant lycopene; and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Studies show that a diet rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease, and help eliminate skin-aging free radicals caused by ultraviolet rays. Cooked tomatoes and tomato paste work best, I love tomatoes.

### 4. Sweet Potatoes

Often confused with yams, these tubers are one of the healthiest foods on the planet. In addition to countering the effects of secondhand smoke and preventing diabetes, sweet potatoes contain glutathione, an antioxidant that can enhance nutrient metabolism and immune-system health, as well as protect against Alzheimer's, Parkinson's, liver Disease, cystic fibrosis, HIV, cancer, heart attack, and stroke. What's more, they're also loaded with vitamin C, which smoothes out wrinkles by stimulating the production of collagen. A recent Study in the *American Journal of Clinical Nutrition* found that volunteers who consumed 4 milligrams of C (about half a small sweet potato) daily for 3 years decreased the appearance of wrinkles by 11 percent. Sweet potatoes are easy to cook and try baking them in the oven and sprinkle them with a bit of herbs, it's so delicious!

## [Benefits of Facial Massage](#)

It's Spring Time! Let's give your skin that extra boost and ready for Summer.

Facial massage is a treatment that helps achieve healthy, younger looking skin by slowing down the aging process. Massage is considered to be one of the oldest forms of healing. Along with numerous skin benefits, facial massage also provides relief for stress, sinus congestion, and migraine headaches. Having a facial massage on a regular basis can lead to firmer, more radiant skin by minimizing fine lines and wrinkles, moisturizing, and releasing tension.

Please book your facial with Karen on 0438 938 838. Thank you and hope to see you soon.

## [Christmas Gift Ideas](#)

As we ponder each year as to what to give to our family and friends, how about Aquabelle Skin Care's Gift packs. We can customize the Gift Packs to suit your needs. The Gift of natural and handmade products are always special, not to mention these products are better for our skin and health as well. Please email or call me for further information on our Gift Packs.

If you would like to "Host" a party for Aquabelle Skin Care, the hostess will have the choice of 2 free products from our range and a complimentary bottle of Champagne, just for you. You can do X'mas Shopping at the comfort of your own home. Please email me for more details. Thank you.  
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