



Drink Your Greens

By Kay Morgan

Who doesn't remember their mother always commanding, "Eat your vegetables!" Although not always an easy task when presented with Brussels sprouts or spinach, modern research continues to back her up. Every weight loss regimen, every sensible diet craze—even the revised food pyramid—all stress the importance of fresh vegetables. So why are Americans not listening? Could the reason be because they cannot order their greens at the drive-thru window? According to Dr. Julia Hunter of Skin Fitness Plus in Beverly Hills, "As a nation, we are vitamin and mineral deficient, which negatively impacts our health and longevity. Our skin and our bodies would greatly benefit from supplementation." So how do we obtain these necessary nutrients?

"While Americans eat approximately 25 percent more food than they once did 30 years ago, they are getting only calories and virtually zero nutrients in these foods," notes Dr. Hunter. "Even organic, raw and fresh fruits and vegetables are greatly lacking in nutrients, as they are generally grown in soils depleted of vitamins and minerals from over-farming. This is a large reason as to why we are subject to more diseases at a younger age, are chronically fatigued, and experience rapid aging." Most of the highly processed foods we eat today are considered acid forming. The acid is absorbed into the bloodstream, thus causing inflammation and contributing to osteoporosis. This process encourages yeast and fungal overgrowth, slows the metabolism, taxes the immune system and ages the body.

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In response to this very modern problem, nutritionists have come up with a way to obtain the required daily serving of vegetables. Now, Americans can literally drink their greens with greens formulas. Containing an organic blend of fruits and vegetables, along with trace minerals and essential fatty acids, greens formulas supply the body with a sufficient source of vitamins, minerals, amino acids, enzymes, cell salts, plant proteins and fibers. "By adding these essential nutrients back into your diet, your natural pH level will be restored. Over time, your body will respond by being less ill and more energetic, and your metabolic rate will normalize. Consequently, your skin will experience less acne, rosacea and aging," says Dr. Hunter.

A daily serving of greens will help your body to flush out toxins and remain in its ideal alkaline state. **Balance** by CosMedix Cosmeceuticals—a healthy, energizing drink for both the skin and the body—contains a delicious blend of 44 unique fruit and vegetable extracts and essential fats, in addition to 67 trace minerals. Balance cleanses and soothes the colon and the bowels; clarifies and illuminates the skin; and provides over 20 daily servings of fruits and vegetables.

Let's face it: Americans will continue to eat fast food, drink sodas and consume an unhealthy amount of fats and acids. As fewer and fewer people have access to truly fresh, nutrient-rich sources of vegetables, greens formulas can quench their body's thirst for adequate nutrition. And perhaps a new generation will instead hear their mothers say, "Drink your vegetables!"

Restore by CosMedix is another beneficial formula from the SKINutrition line that eliminates toxic buildup and restores the "good" bacteria that is vital to colon health. Containing 739 grams of essential fiber, this invigorating blend of herbs and probiotics works to improve immunity and nutrient absorption, resulting in increased energy and healthy, glowing skin.

