



THE ULTIMATE

CLEAR SKIN DIET GUIDE

— NUTRITION PLAN INCLUDED —

DaniEli

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**EAT CLEAN. GLOW
BRIGHT. A SIMPLE
GUIDE TO CLEAR,
RADIANT SKIN**

☀️ PLUS — UNLOCK
YOUR BONUS
RECOMMENDATIONS AT
THE BACK OF THE
BOOK!

DISCLAIMER

This guide is intended for informational and educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. The content within The Clear Skin Diet Guide, including nutritional recommendations, dietary guidelines, recipes, and lifestyle tips, is designed to support general skin health and overall well-being, and is not intended to treat, cure, or prevent any specific skin condition or disease.

While every effort has been made to ensure accuracy, each person's health journey is unique. Individual results may vary depending on factors such as current health status, underlying medical conditions, medications, allergies, and lifestyle choices.

Before making any changes to your diet, **supplement routine**, or lifestyle—especially if you are pregnant, breastfeeding, taking medication, or have a diagnosed medical condition—please consult with a qualified healthcare professional or registered dietitian.

This guide includes general recipe measurements and estimated nutrition values (such as grams, ml, or serving sizes) for convenience. However, measurements may vary slightly based on product brand, preparation method, and personal taste. It is the reader's responsibility to verify ingredient suitability and ensure food safety based on their own health needs or food intolerances.

By using this guide, you acknowledge that:
You are responsible for your own health decisions. This guide does not replace professional medical or dermatological advice. The author and publisher are not liable for any adverse reactions, outcomes, or misuse of the information provided.

"Your skin is your best **accessory**,
nourish it from the inside out."

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WELCOME TO THE THE CLEAR SKIN DIET GUIDE!

YOUR JOURNEY TO RADIANT, HEALTHY SKIN STARTS HERE

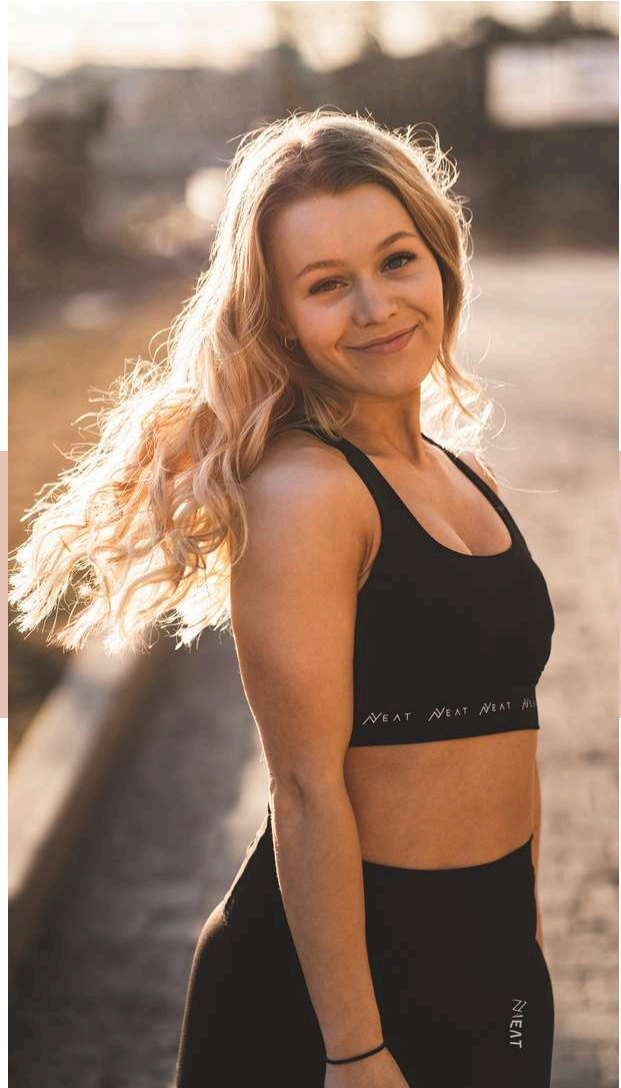
If you're here, you've probably been dealing with frustrating skin issues like breakouts, irritation, dullness, or flare-ups that just won't go away. Maybe you've tried all the creams, cleansers, and miracle products... and nothing seems to stick.

I want you to know: you're not alone, and you're not doing anything wrong. In fact, what's often missing in the skincare conversation is one powerful truth: Clear skin starts from within.

This guide is designed to help you understand how your diet, gut health, hormones, and daily habits affect your skin - and how you can start making simple, nourishing changes that work with your body (not against it).

INSIDE, YOU'LL DISCOVER

- The best foods for glowing, healthy skin
- Common triggers and what to eat instead
- A simple, flexible meal plan + recipes you'll actually enjoy
- Lifestyle triggers that affect your skin and why (think: stress, sleep, and hydration)
- How to support your skin gently through daily lifestyle triggers



UNDERSTANDING THE SKIN AND ITS NEEDS

THE BASICS OF SKIN HEALTH

The skin is more than just a protective barrier—it is an intricate organ that requires specific nutrients and care to maintain its health. The skin has multiple layers, each playing a distinct role in protecting the body from external stressors like pollutants, bacteria, UV rays, and physical trauma.

The primary layers include:

Epidermis

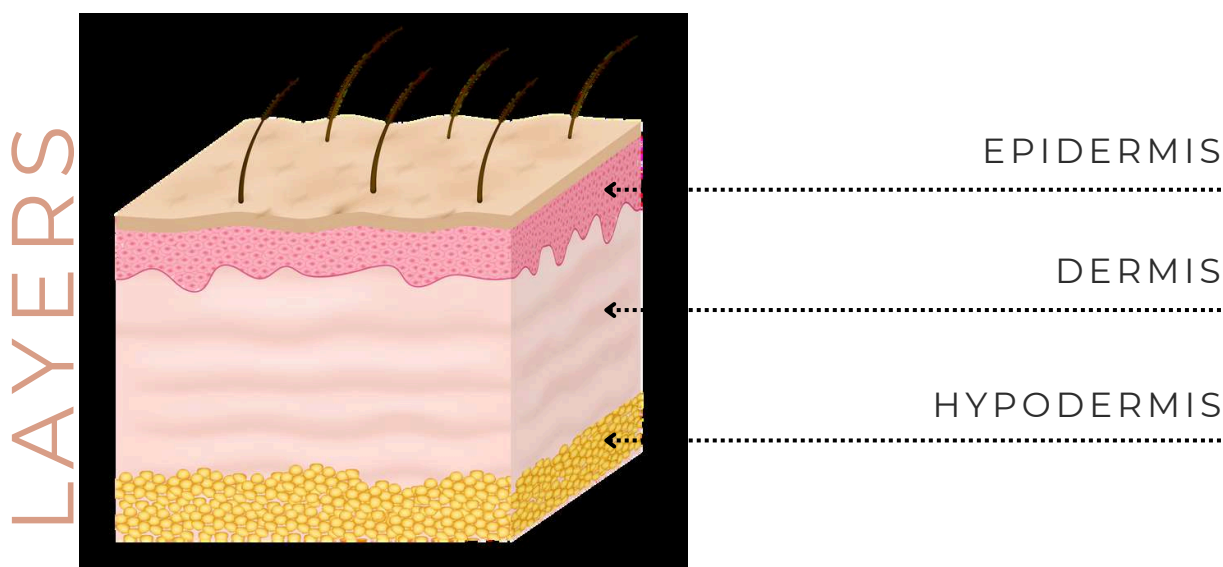
The outermost layer, responsible for preventing water loss and acting as a barrier to harmful elements.

Dermis

Located beneath the epidermis, this layer houses the skin's collagen and elastin fibers, responsible for skin structure, elasticity, and strength.

Hypodermis

(subcutaneous layer): The deepest layer, which acts as insulation and energy storage.



Nutrients like Vitamin A, Vitamin C, zinc, and omega-3 fatty acids are vital for healthy skin cell turnover, collagen production, and reducing oxidative damage.

COMMON SKIN CONCERNS

Many clients struggle with skin conditions that affect their appearance and self-esteem. Some of the **most** common skin issues include:

1

Acne: Characterized by pimples, cysts, and blackheads, acne is often caused by hormonal imbalances, inflammation, and poor diet. It is most common among teenagers but can affect adults as well.

2

Eczema (Atopic Dermatitis): This condition causes itchy, inflamed patches of skin and can be triggered by food allergies or environmental irritants.

3

Rosacea: A chronic condition marked by redness, visible blood vessels, and sometimes acne-like breakouts, usually affecting the face.

4

Psoriasis: An autoimmune condition that leads to rapid skin cell turnover, creating thick, scaly patches on the skin.



Acne

Urticaria

Eczema

Pityriasis

Psoriasis

Lichen Planus

Hives

Understanding these skin concerns helps determine the specific nutritional approaches needed to address them.

THE LINK BETWEEN DIET AND SKIN

Diet plays a key role in skin health by providing the nutrients needed to repair, regenerate, and protect skin cells. Deficiencies in certain vitamins and minerals (like Vitamin A, Vitamin E, and zinc) can weaken the skin's ability to protect itself, leading to conditions such as acne, dryness, and irritation. Additionally, a poor diet – rich in processed foods, sugar, and unhealthy fats – can increase inflammation in the body, which exacerbates skin conditions.

THE ROLE OF INFLAMMATION IN SKIN HEALTH

CHRONIC INFLAMMATION AND SKIN CONDITIONS

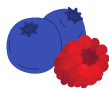
Chronic inflammation is often the root cause of many skin issues, including acne, eczema, and rosacea. When the body experiences long-term inflammation, it can lead to an overproduction of sebum (oil) in the skin, clogged pores, and a compromised skin barrier. This sets the stage for conditions like acne and eczema flare-ups. **Fight inflammation with our best supplement.**

Inflammation can also disrupt the skin's natural healing process, leading to delayed recovery and persistent skin irritation.

HOW DO YOU BATTLE INFLAMMATION?

➤ ANTI-INFLAMMATORY FOODS

An anti-inflammatory diet can play a significant role in reducing inflammation throughout the body, including the skin. Try to incorporate the following anti-inflammatory foods into your diet:



Omega-3 Fatty Acids	Berries	Leafy Greens	Turmeric and Ginger	Olive Oil
Found in fatty fish (salmon, mackerel), chia seeds, walnuts, and flaxseeds, omega-3s are powerful anti-inflammatory agents that help reduce skin redness and swelling.	Rich in antioxidants, particularly Vitamin C, berries like blueberries, raspberries, and strawberries help combat oxidative stress and promote skin healing.	Spinach, kale, and Swiss chard are high in vitamins and minerals that support skin health and reduce inflammation.	These spices contain compounds (curcumin and gingerol, respectively) that have potent anti-inflammatory effects, which can benefit the skin by reducing irritation and redness.	Packed with polyphenols, olive oil can help reduce skin inflammation and support overall skin health.

AVOIDING INFLAMMATORY TRIGGERS

Certain foods can worsen inflammation and irritate the skin.

These include:



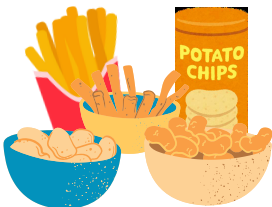
Refined Sugars: Excess sugar can increase insulin levels, leading to increased oil production and clogged pores, which may trigger acne breakouts.



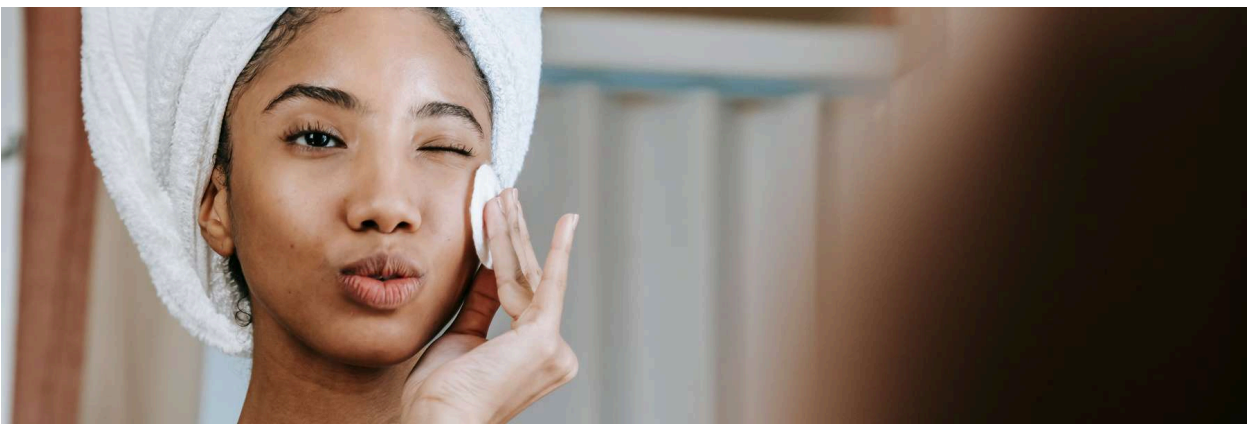
Dairy: Some individuals are sensitive to dairy, which may cause inflammation and skin flare-ups. This can vary from person to person, so it's often worth experimenting with dairy elimination to see if skin health improves.



Processed Foods: High in unhealthy fats and refined carbohydrates, processed foods can promote systemic inflammation and negatively affect skin health.



Trans Fats: Found in partially hydrogenated oils and processed snacks, these fats contribute to inflammation and are linked to conditions like acne and rosacea.



KEY NUTRIENTS FOR CLEAR SKIN

VITAMINS AND MINERALS

Several vitamins and minerals are essential for skin health, and ensuring your clients get enough of them will go a long way in supporting clear, radiant skin.

1 VITAMIN A

This vitamin is crucial for skin cell turnover and preventing clogged pores, which can lead to acne. It also supports the skin's natural barrier. Foods high in Vitamin A include sweet potatoes, carrots, spinach, and kale.

2 VITAMIN C

Known for its antioxidant properties, Vitamin C helps protect the skin from oxidative stress and promotes collagen production, which is essential for skin structure and elasticity. Include citrus fruits, bell peppers, strawberries, and broccoli in your diet.

3 VITAMIN E

A powerful antioxidant that helps protect the skin from UV damage and maintains skin moisture. Sources of Vitamin E include almonds, sunflower seeds, avocados, and leafy greens.









4 ZINC

Zinc supports immune function and promotes skin healing. It is especially beneficial for those with acne-prone skin. Foods rich in zinc include pumpkin seeds, chickpeas, lentils, and cashews.

5 BIOTIN (VITAMIN B7)

Known for its role in maintaining healthy skin, hair, and nails. Include biotin-rich foods like eggs, almonds, and avocados in your diet to help improve skin health.

FOOD CHECKLIST FOR **CLEAR SKIN**

	Fatty Fish (Salmon, Mackerel, Sardines)	<input type="checkbox"/>
	Avocados	<input type="checkbox"/>
	Sweet Potatoes	<input type="checkbox"/>
	Walnuts	<input type="checkbox"/>
	Green Tea	<input type="checkbox"/>
	Berries (Blueberries, Strawberries, Raspberries)	<input type="checkbox"/>
	Spinach & Leafy Greens	<input type="checkbox"/>
	Nuts & Seeds (Almonds, Sunflower Seeds, Chia Seeds)	<input type="checkbox"/>

AVOID/MINIMIZE



Dairy (Milk, Cheese, Ice Cream)



Excessive Caffeine (Coffee, Energy Drinks, Some Teas)



Artificial Additives (Preservatives, Artificial Sweeteners, Food Dyes)



High-Glycemic Carbs (White Bread, Pasta, White Rice)



Fried Foods



Alcohol



Processed & Fast Foods (Burgers, Fries, Chips)

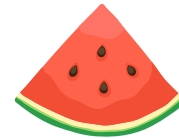


Sugary Foods (Candy, Soda, Pastries)

THE IMPORTANCE OF HYDRATION

Adequate hydration is key to maintaining **healthy skin**. Water helps flush toxins from the body, reduces dryness, and supports cellular functions that keep the skin plump and smooth. Dry skin is more likely to develop fine lines, irritation, and redness. Drinking at least 8 cups (64 ounces) of water daily is ideal for the skin, but drink more if you are physically active or live in a hot climate. Water alone isn't enough to properly hydrate your body. Electrolytes are a crucial part of being fully hydrated...and healthy! Amplify your hydration with **Hydration Amplifier**.

➤ Additionally, water-rich foods like cucumbers, watermelon, and celery can help boost hydration.



TIPS TO STAY HYDRATED:



Start your morning with a glass of water.



Carry a water bottle wherever you go.



Use: **Hydration Amplifier!**



Eat more high-water foods (watermelon, cucumber, oranges).



Set reminders on your phone to drink every hour.



Use a Large Water Bottle & Mark It with Time Goals

THE POWER OF A PLANT-BASED DIET FOR SKIN HEALTH

WHY PLANTS ARE KEY TO CLEAR SKIN

A plant-based diet offers a wide array of nutrients that support healthy skin. Plants are rich in antioxidants, vitamins, and minerals that help combat free radicals, reduce inflammation, and support skin regeneration. Plant-based foods are also generally lower in unhealthy fats and processed sugars, which are common contributors to skin problems.

FOCUS ON WHOLE, UNPROCESSED FOODS

To support skin health, prioritize whole, plant-based, unprocessed foods from the food checklist. These foods are nutrient-dense and free of artificial additives, preservatives, and unhealthy fats.



REDUCING/REMOVING DAIRY FOR BETTER SKIN

For some individuals, dairy products can trigger acne or other skin issues. Dairy contains hormones and bioactive molecules that may contribute to inflammation and hormone imbalances, both of which can negatively affect the skin. A plant-based or dairy-free approach can often lead to clearer skin. Recommend trying non-dairy milk (such as almond, oat, or coconut milk) and dairy-free alternatives like yogurt and cheese.



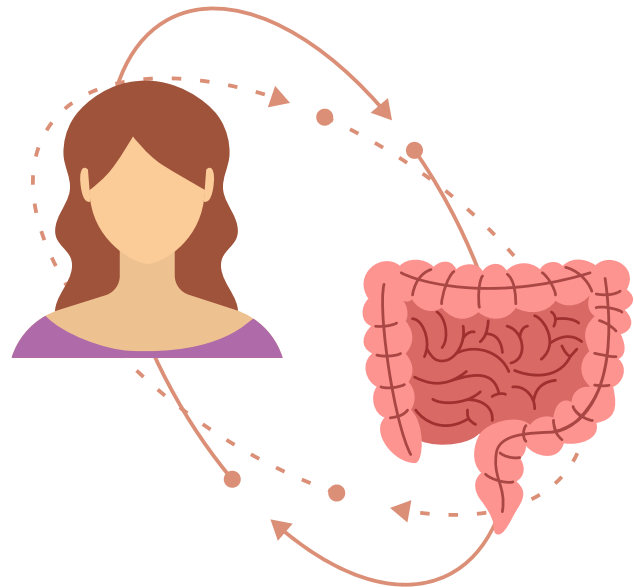
GUT HEALTH AND ITS CONNECTION TO SKIN

THE GUT-SKIN AXIS

The gut and skin are intricately connected via what is known as the gut-skin axis. This communication network involves the immune system, hormones, and inflammatory responses. When the gut is out of balance - due to poor diet, stress, or antibiotics - it can lead to systemic inflammation, which often shows up on the skin.

Common signs of poor gut health that can manifest in the skin include:

- Acne (especially cystic acne)
- Rosacea
- Eczema
- Psoriasis
- Dull, dry, or flaky skin



A healthy gut microbiome helps manage inflammation, absorb nutrients, and eliminate toxins - all essential for clear skin.



PROBIOTICS AND PREBIOTICS

Balancing the gut microbiome is key to healthy, glowing skin. You can help improve your gut health through the regular intake of:

Probiotics (live beneficial bacteria):
Found in fermented foods like sauerkraut, kimchi, kefir, kombucha, miso, and probiotic yogurts/dairy-free yoghurts.



Prebiotics (fibers that feed beneficial bacteria):
Found in garlic, onions, leeks, asparagus, bananas, oats, and flaxseeds.



Consider a high-quality probiotic supplement, especially if you have a history of frequent digestive issues or inflammatory skin conditions. Our Recommended Probiotic Gut Support formula is designed with delayed-release capsules to ensure that the probiotics survive stomach acid and reach your intestines where they are most effective. Improve digestion, enhance immunity, and enhance your energy and vibrance with the highest quality gut health product on the market. Click here for-> [Probiotic Gut Support.](#)



GLUTEN AND GUT HEALTH

Gluten is a protein found in wheat, barley, and rye. While not inherently harmful to everyone, gluten can contribute to skin issues in individuals with:

- Celiac disease
- Non-celiac gluten sensitivity
- Autoimmune conditions (e.g., Hashimoto's, psoriasis)

For those particularly sensitive, gluten can trigger intestinal permeability (aka "leaky gut"), where undigested food particles and toxins leak into the bloodstream and cause widespread inflammation. This can manifest as acne, eczema, or other skin flare-ups.

If you have (or suspect you have) gluten sensitivity or struggle with persistent skin issues: try a 4–6 week gluten elimination to assess its impact on your skin.

Whole food gluten-free options include:



Quinoa



Brown rice



Sweet potatoes



Buckwheat



Gluten-free oats



If your skin improves, consider keeping gluten out or reintroducing it slowly to test tolerance.




NUTRITION PLAN


CREATING A
CLEAR SKIN
MEAL PLAN

TAILORING THE PLAN TO YOUR NEEDS


One-size-fits-all doesn't work in nutrition, especially when it comes to skin. You'll want to personalize your clear skin plan based on factors like:

- 

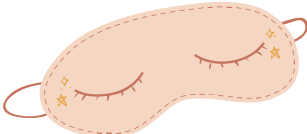
1

Skin type
(oily, dry, combination, sensitive)
- 

2

Known intolerances
(dairy, gluten, etc.)
- 

3

Digestive issues
(bloating, irregular bowel movements)
- 

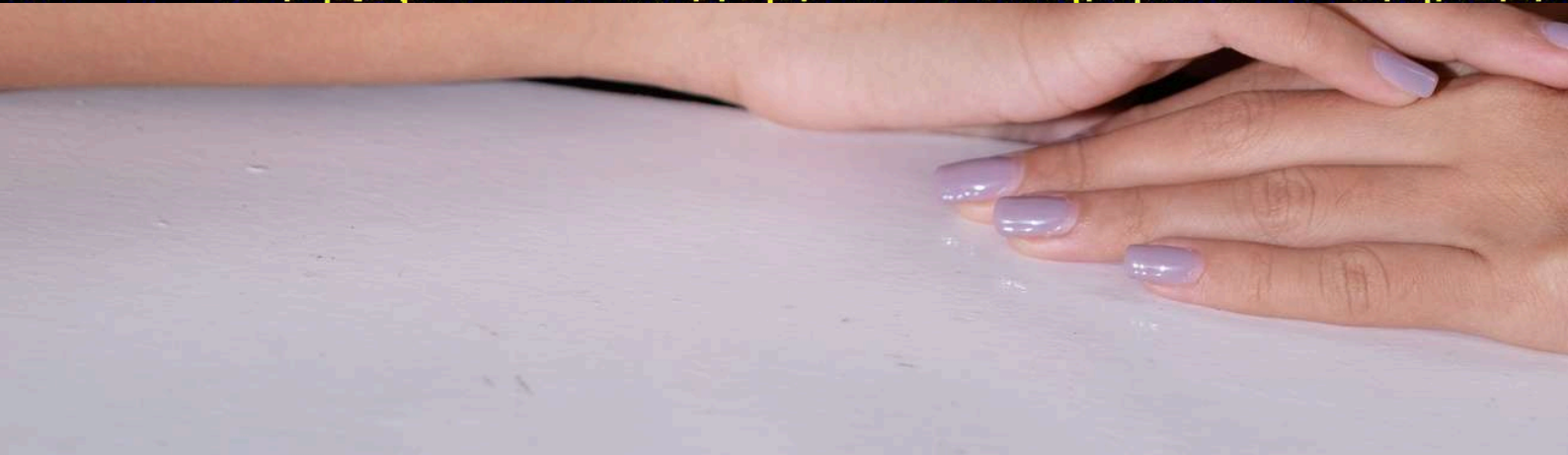
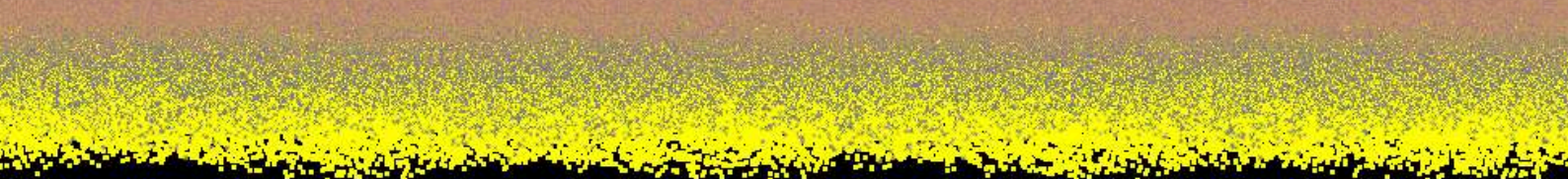
4

Lifestyle
(stress levels, sleep quality, exercise frequency)

TIPS

- Start with an elimination approach (remove dairy, gluten, sugar, and processed foods).
- Focus on adding anti-inflammatory and gut-friendly foods.
- Reintroduce potential triggers one at a time to gauge skin reactions.

BONUS SAMPLE
3-DAY MEAL PLAN
FOR CLEAR SKIN



GLUTEN AND DAIRY-FREE PLAN

DAY 1:



Breakfast

Green smoothie bowl: spinach, banana, frozen mango, chia seeds, unsweetened almond milk, and a scoop of plant-based protein



Lunch

Grilled chicken quinoa bowl with arugula, cucumber, cherry tomatoes, pumpkin seeds, and olive oil-lemon dressing



Dinner

Baked salmon with roasted sweet potatoes and steamed broccoli, sprinkled with hemp seeds



Snacks

Sliced cucumber and hummus and a handful of walnuts and blueberries

GLUTEN AND DAIRY-FREE PLAN

DAY 2:



Breakfast

Overnight oats made with gluten-free oats, almond milk, chia seeds, cinnamon, and berries



Lunch

Lentil and vegetable soup with a side of mixed greens and avocado slices



Dinner

Stir-fried tofu with bell peppers, carrots, bok choy, and tamari (gluten-free soy sauce) over brown rice



Snacks

Apple slices with almond butter and roasted chickpeas with turmeric

GLUTEN AND DAIRY-FREE PLAN

DAY 3:



Breakfast

Chia pudding with coconut milk, topped with kiwi and pumpkin seeds



Lunch

Wild rice salad with roasted butternut squash, kale, cranberries, and sunflower seeds



Dinner

Turkey lettuce wraps with avocado, shredded carrots, and tahini dressing



Snacks

Celery sticks with guacamole and a small smoothie with kefir (dairy-free) and frozen berries

RECIPES:

GLOWING GREEN SMOOTHIE BOWL

(All gluten-free, dairy-free, and skin-nourishing!)



PREP
5 MIN



CHILL
10+ MIN



SERVINGS
1-2

INGREDIENTS

- 1 frozen banana (120g)
- ½ avocado (75g)
- 1 cup spinach or kale (30g)
- ½ cup frozen pineapple or mango (80g)
- 1 tbsp chia seeds (12g)
- 1 cup unsweetened almond or coconut milk (240ml)
- Optional: [1 scoop vegan protein powder](#) (30g)

Toppings:

- Sliced kiwi (70g)
- Pumpkin seeds (1 tbsp / 10g)
- Coconut flakes (1 tbsp / 7g)
- Blueberries (¼ cup / 40g)

INSTRUCTIONS

- Blend all base ingredients until smooth and creamy.
- Pour into a bowl and add your favorite toppings.
- Eat with a spoon and enjoy that glow-up from the inside out!

TIP

For thicker texture, chill for even longer. 1-2 hours creates a creamy, thicker texture, OR, the freezer for 20 minutes!

WHY IT'S GREAT FOR SKIN:

Packed with Vitamin C, fiber, antioxidants, and healthy fats - this bowl supports collagen production, fights inflammation, and nourishes your gut.

RECIPES:

OMEGA-3 POWER BOWL

(All gluten-free, dairy-free, and skin-nourishing!)



PREP
10 MIN



COOK
12 MIN



SERVINGS
1

INGREDIENTS

- 1 fillet wild-caught salmon (120–150g) (or tofu: 150g)
- ½ cup cooked quinoa (90g cooked / 45g dry)
- 1 cup steamed broccoli (150g)
- ½ avocado, sliced (75g)
- Handful of arugula or baby spinach (30g)
- 1 tbsp ground flaxseeds (10g)

Dressing:

- 2 tbsp tahini (30g)
- 1 tbsp lemon juice (15ml)
- 1 tsp maple syrup or honey (5g)
- 1 clove garlic, minced (3g)
- 2 tbsp water (30ml)
- Pinch of sea salt

INSTRUCTIONS

- Bake or grill salmon with olive oil, sea salt, and black pepper (10–12 mins at 400°F).
- Assemble bowl with quinoa, veggies, avocado, and salmon.
- Drizzle with dressing and sprinkle flaxseeds on top.

TIP

Cook quinoa in bulk ahead of time for quicker assembly. Otherwise, allow an extra 10 minutes if cooking quinoa fresh!

WHY IT'S GREAT FOR SKIN:

Omega-3s from salmon and flaxseeds reduce redness and irritation. Antioxidants from the veggies boost skin repair.

RECIPES:

SKIN-SOOTHING SOUP

(All gluten-free, dairy-free, and skin-nourishing!)



PREP
10 MIN



COOK
30 MIN



SERVINGS
3-4

INGREDIENTS

- 1 tbsp olive oil (15ml)
- 1 onion, chopped (100g)
- 2 garlic cloves, minced (6g)
- 1-inch piece fresh ginger, grated (10g)
- 1 large sweet potato, peeled & cubed (250g)
- ¾ cup red lentils, rinsed (130g)
- 1 tsp turmeric (3g)
- ½ tsp ground cumin (1g)
- 4 cups veggie broth (960ml)
- 1 cup coconut milk (240ml)
- Salt & pepper to taste
- Fresh cilantro for garnish (optional)

INSTRUCTIONS

- In a large pot, heat olive oil. Sauté onion, garlic, and ginger until fragrant.
- Add sweet potato, lentils, turmeric, and cumin. Stir well.
- Pour in broth and bring to a boil. Reduce heat and simmer 20–25 mins.
- Stir in coconut milk, blend half for a creamy texture (optional).
- Season to taste and garnish with cilantro.

TIP

This soup stores well and can be doubled for batch cooking!

WHY IT'S GREAT FOR SKIN:

Rich in beta-carotene (Vitamin A), zinc, and fiber - this cozy soup reduces inflammation and supports skin cell regeneration.

RECIPES:

BERRY-COCONUT CHIA PUDDING

(All gluten-free, dairy-free, and skin-nourishing!)



PREP
5 MIN



CHILL
6+ HRS



SERVINGS
2

INGREDIENTS

- ¼ cup chia seeds (40g)
- 1 cup unsweetened coconut milk (240ml)
- ½ tsp vanilla extract (2ml)
- ½ tbsp maple syrup or raw honey (7g)
- ½ cup mixed berries (75g)

INSTRUCTIONS

- Mix chia seeds, coconut milk, vanilla, and sweetener in a jar.
- Stir well, let sit for 5 minutes, then stir again to avoid clumps.
- Refrigerate for at least 4 hours or overnight.
- Top with berries before serving. Optional: sprinkle hemp or sunflower seeds.

TIP

Perfect for make-ahead breakfasts or snacks! The longer it's chilling in the fridge, the thicker it gets!

WHY IT'S GREAT FOR SKIN:

Chia seeds are rich in omega-3s and fiber, berries are antioxidant powerhouses, and coconut milk hydrates from the inside out.

LIFESTYLE FACTORS FOR SKIN HEALTH

SLEEP AND SKIN REPAIR

Sleep is when the body repairs itself, including skin. During deep sleep, collagen production increases, blood flow improves, and cortisol levels (the stress hormone) decrease. **Magnesium** improves sleep by 50%.

Sleep **deprivation** can lead to:

Dull complexion

Puffiness and dark circles

Acne flare-ups

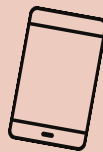
Increased sensitivity



It is important to consistently get 7-9 hours of sleep: try a relaxing bedtime ritual



Set a sleep schedule - go to bed/wake up at the same time daily.



Limit screens 30-60 mins before bed - blue light disrupts melatonin.



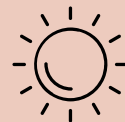
Avoid caffeine after 2-3 PM - it stays in your system for 6+ hours.



Keep your bedroom cool & dark - ideal sleep temperature: 16-20°C (60-68°F).



Do a relaxing bedtime routine - stretch, read, or meditate before bed.



Get morning sunlight - it helps regulate your sleep cycle for better rest!

STRESS MANAGEMENT

Chronic stress leads to elevated cortisol, which can increase oil production and inflammation - both of which exacerbate skin issues. If you struggle with stress-related skin problems, try:



Daily walks in nature



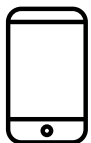
Yoga or gentle movement



Journaling



Deep breathing exercises



Meditation apps (e.g., Calm or Headspace)



SUN EXPOSURE AND SKIN PROTECTION

While small amounts of sunlight help with Vitamin D production (great for skin and immunity) and help sleep, excessive sun exposure can damage skin cells and accelerate aging. Try:



Wearing SPF daily (even on cloudy days)

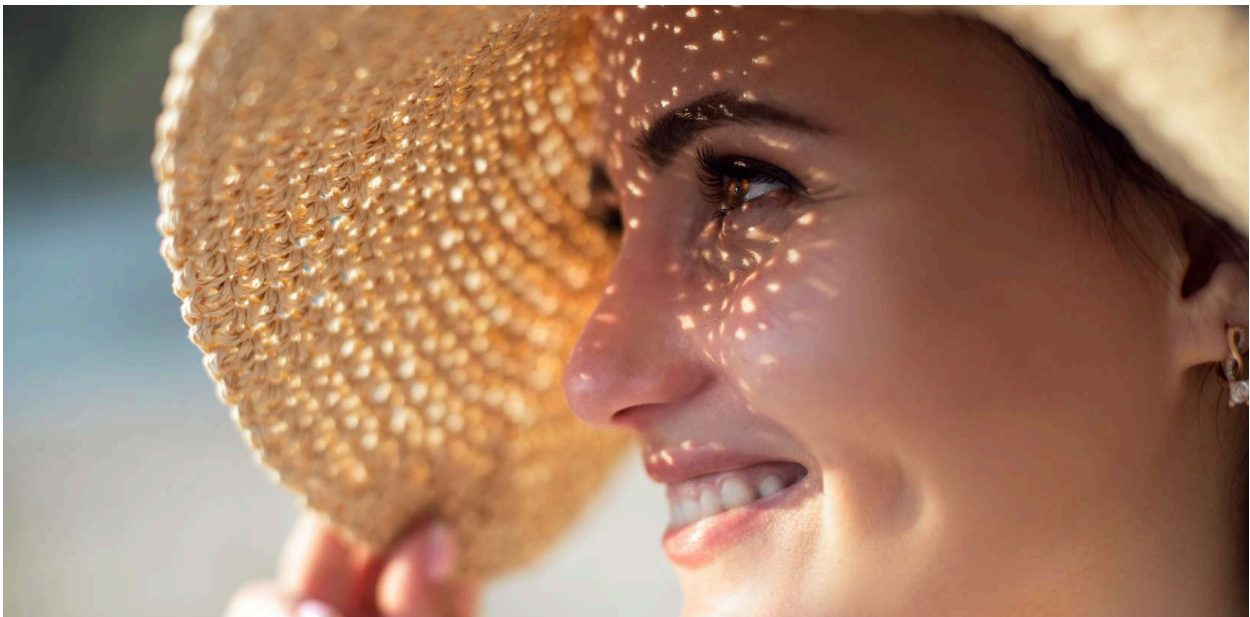


Opting for natural, non-comedogenic sunscreens



Wearing hats and protective clothing when in direct sunlight

If you are acne-prone : Look for sunscreens labeled “non-comedogenic” to avoid clogged pores.







PREMIUM SKIN CARE INSIDE & OUT

Looking for a skin care routine that truly works? LiveGood offers a powerful combination of clean, high-quality topical formulas and internal supplements that support skin health, hydration, elasticity, and glow – naturally and affordably.

Skin Care Pack




Your Complete Clean Beauty Routine

Includes 4 high-performance products:

-  [VitaGlow Hydrating Moisturizer](#)
- With Ceramides, Blue Lotus Oil & Sea Algae Extracts – deeply nourishes while protecting the skin’s moisture barrier.
-  [Herbal Radiance Enriched Toner](#)
- Botanical blend of Watercress, Sage, Burdock Root & Ivy – calms irritation, balances oils, and refreshes your complexion.
-  [Instant Youth Wrinkle Eraser](#)
- Visibly reduces fine lines in 90 seconds – a quick lift for a youthful look anytime.
-  [Ageless Renewal Anti-Aging Serum](#)
- Stimulates collagen, boosts regeneration, and fights signs of aging with natural antioxidants.

Premium Supplements Recommended for Healthy Skin

Support beauty with premium-grade superfoods and collagen formulas:

-  [Collagen Peptides](#)
 - Type I & III hydrolyzed collagen for skin, hair, and nails
 - Enhances elasticity, firmness & hydration
 - Clinically backed for visible improvements
-  [Organic Super Reds](#)
 - Boosts circulation & natural collagen production
 - Antioxidant-rich blend with beets, pomegranate & acai
 - Supports youthful, vibrant skin tone
-  [Organic Super Greens](#)
 - Detoxifies and reduces skin inflammation
 - Spirulina, wheatgrass & chlorella for deep skin nourishment
 - Promotes a healthy, balanced complexion

UNLOCK YOUR PERSONALIZED HEALTH ASSESSMENT

It's Free – and It Could Change Your Life

Feeling overwhelmed about your health? Not sure what your body really needs? Our **Health Assessment Report** is a quick, free tool designed to give you personalized insights into your current health – and exactly what to do next.

💡 Why Take the Health Assessment?

- ✅ Personalized Health Insights
- Learn how you're doing in key areas like stress, heart health, and immunity.
- 🕒 Fast & Simple
- Takes just a few minutes – and could help you make life-changing improvements.
- 🧬 Tailored Recommendations
- Get expert-backed advice based on your goals: lose weight, build muscle, boost energy, or just feel better.
- 💰 100% Free
- No cost, no pressure – just clarity and direction.

💬 What People Are Saying:

“The personalized tips were spot on, and I’ve never felt better!”

– Sarah

“It was quick, easy, and incredibly insightful.”

– James

“Dr. Ryan’s guidance helped me finally understand what my body needs.”

– Emily

🚀 How It Works:

1. Answer a Few Questions
2. Just a couple minutes to complete.
3. Get Your Personalized Report
4. A clear analysis of 10 key health areas.
5. Follow Expert Recommendations
6. Take simple steps to transform your health.

👉 **Start Now**

Take the Free Questionnaire

Let us guide you to a healthier, happier you – starting today.

THANK YOU LET'S BEGIN!

HEALING SKIN FROM WITHIN

Thank you for choosing
The Clear Skin Diet Guide!

Skin is a mirror of internal health. Achieving clear skin is a holistic process that involves eating real, whole foods, minimizing triggers (like dairy, gluten, and sugar), supporting gut health, taking supplements, and managing stress and lifestyle habits.

Remember:

- Results take time - usually 4-8 weeks to see noticeable changes.
- Consistency is key.
- Your skin journey is unique - listen to your body and adjust accordingly.

**YOU'VE
GOT THIS!**