

# Targeted Needs: Healthy Glowing Skin Guide

The following is a simplified health program to help support the body in healing naturally. Please be advised that the lifestyle changes and supplements suggested are not intended to treat or cure any disease. Rather, they are meant to support the body's ability to heal itself. If you are pregnant, breastfeeding, or under 18 please refer to <https://livepure.com/faq/ingredients/are-your-products-okay-for-children/> and consult with your health care provider for product recommendations and dosage.

## Healthy Glowing Skin

In order to achieve and maintain healthy skin, it is important to adopt healthy habits that address the body, both inside and out. In addition to exercising regularly, managing stress, and getting enough sleep, it's crucial to eat right and stay hydrated. Healthy foods provide your body with the building blocks it needs to heal wounds, maintain elasticity and vibrance, and balance the bacteria in your skin. Dermatologists recommend you eat plenty of leafy, green vegetables, and consume a variety of fruits and vegetables each day. It is also important to consume healthy fatty acids from a variety of sources. Normal inflammatory processes are thought to be a key culprit behind skin aging. This, along with poor internal health, can also worsen the signs of acne and other skin complaints. Proper supplementation can help fill in the nutritional gaps that are missing from our foods in order to achieve and maintain healthy glowing skin.

## Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for Healthy Glowing Skin. Below are recommendations to help your body achieve and maintain optimal health. **NOTE: Please be sure to take LivePURE products at least 1 hour away from prescription medication.**

Top Priority Products		Additional Products	
Daily Detox Mila® Acai	Organic Sulfur Hydrate Mie	Daily Build GoYin Cleanse	Goji Skin Defense**

## HEALTHY GLOWING SKIN PRODUCT GUIDE

EARLY MORNING + 16 oz of water	BREAKFAST + 16 oz of water	LUNCH + 16 oz of water	MID-AFTERNOON + 16 oz of water	DINNER + 16 oz of water	EVENING
Organic Sulfur Daily Detox Hydrate	Mila® Acai Daily Build GoYin Goji	Mie		Mila®	Organic Sulfur Cleanse

**For the healthiest skin utilize the Cencia Skincare line & the Peptides.**

Skin Defense\*\* A dual-action clarifying spray. A clean, effective alternative for modern skin protection.

\*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

# Top Priority Products for Healthy Glowing Skin

All Foundational Core products are recommended for general health purposes. The Core products include Daily Build, GoYin, and Cleanse.

## Daily Detox

The botanicals in Daily Detox support the 3 phases of detoxification. The liver, GI tract, lungs and kidneys are involved in phase 1 where toxic substances are broken down and neutralized. In phase 2, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, leading to phase 3 where they are transported and eliminated from the body. One of the key benefits of eliminating toxins is reducing the signs of aging.

**Recommended Use:** Take 2 capsules in the morning, preferably with food.

## Mila®

Clinical studies have shown a direct correlation between consuming Omega-3 and 6 fatty acids and healthy skin. Omega-6 Fatty Acids are building blocks of cell membranes. They may help prevent skin dryness to maintain healthy and hydrated skin. Omega-3 Fatty Acids nourish your skin, are important for radiance, and add softness to your complexion.

**Recommended Use:** Add 2 tablespoons of Mila® to your favorite beverages, yogurt, salads, cereals, smoothies, and recipes. **Children:** Start with 1 tablespoon one time per day. Feel free to pre-soak to hydrate seeds prior to ingestion if bloating or constipation become an issue due to the increased fiber.

## Acai

Acai is considered a superfruit due to its high antioxidant levels. Antioxidants are important because they protect the body from free radicals. Antioxidants are also important in the fight against aging and are commonly used in beauty products; therefore, acai is known by some as the “beauty berry.” Therefore, Acai is an excellent food source to help maintain healthy cells, reduce the visible signs of aging, and may enhance skin radiance and softness.

**Recommended Use:** Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

## Organic Sulfur

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Both of these amino acids are present in your skin, hair, and nails where they help to make these tissues strong and flexible. Sulfur helps maintain a healthy inflammatory response within the body which promotes overall skin health.

**Recommended Use:** Mix one level teaspoon into warm water or drink of your choice to dissolve crystals and consume. Take twice daily. Organic sulfur works best when taken between meals on an empty stomach. May choose to increase daily use amount over time to achieve desired results.

## Hydrate

Hydrate contains the correct balance of vital nutrients and electrolytes that the body requires in order to pull water and vitamins effectively into the cells, thus promoting radiant skin and supports overall skin health.

**Recommended Use:** Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. **Mie** Your must-have refreshing beauty drink for glowing skin from the inside out. Look and feel more beautiful with professional grade collagen peptides and clinically tested, Korean Beauty probiotics. This product is enhanced with Hyaluronic Acid, Vitamin C, Biotin and Copper for the ultimate beauty punch.

**Recommended Use:** Mix one packet daily with 8 fl. oz. of cold water. Stir well or shake. Delicious over ice or served in a smoothie.

# Additional Products for Healthy Glowing Skin

## Daily Build

Not getting adequate amounts of vitamins and minerals can be contributing factors for unhealthy skin. A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. This liquid vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, trace mineral blend, bio-protection blend, Phyto-fruit complex, neuroprotective blend, Phyto-vegetable blend, superfood blend, and an Optisorb blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and setting the stage for optimal results. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and glowing skin.

**Recommended Use:** Take one fluid ounce serving daily in conjunction with a well-balanced diet. Take with food. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.

## GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a systemic whole-body balance, which helps optimize physical and mental health. GoYin contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall wellbeing. This comprehensive formulation helps to regulate stress hormones, which can affect the skin if they become imbalanced.

**Recommended Use:** For 12 Years of Age and Older: take 1-2 fluid ounces on an empty stomach in the morning and afternoon or as directed by your healthcare provider. For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily. Take on an empty stomach in the morning or the evening or as directed by your healthcare provider. Additional servings may be taken throughout the day if desired.

## Cleanse

Environmental toxins can influence skin health. This cleanse is formulated to help support all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow and minimize toxic build up which may contribute to blemishes and dull skin.

**Recommended Use:** Take one full squeeze of dropper (1 ml, or about 24 drops) in 2-4 fluid ounces of water or juice. Increase to twice daily if needed. Do not exceed 4 servings per day. Intended for short-term use (7-10 days) every 2 months. Transition to use of Daily Detox for everyday support. If you choose the capsule option, recommended use would be 4 capsules daily with 8 fluid ounces of water. Increase by 2 capsules each day, if needed, and do not exceed 8 capsules in 24 hours. Intended for short-term use (7-10 days) every two months.

## Goji

This super fruit is an important whole natural food source that contains many vitamins, including Vitamin C. The antioxidant properties of Vitamin C (ascorbic acid) and its role in collagen synthesis make Vitamin C a vital molecule for skin health. Dietary and ascorbic acid have beneficial effects on skin cells, and some studies have shown that Vitamin C may help protect the skin against ultraviolet (UV)-induced photodamage.

**Recommended Use:** Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

## Skin Defense

Defend yourself from the outside in against unpredictable elements in our environment, while providing immediate care and hydration for your skin. The safe, stable, and natural ingredients also allow you to effectively manage minor wounds without harming delicate cells that aid in recovery. Hypochlorous acid (HOCL), a key ingredient in Skin Defense, is a naturally occurring chemical our white blood cells produce every day to fight off bacteria, superbugs, and viruses. It has also been shown in testing to be effective against Coronavirus and similar viruses. HOCL is even in many disinfectants on the EPA's list for use against Covid-19.

**Recommended Use:** Spray on skin to cleanse. Safe for the management of minor cuts, burns, or skin irritations caused by cuts, burns, scrapes, rashes, insect bites, dry skin, or blisters. Thoroughly clean area and dress as needed. Saturate the dressing with solution and apply directly over area. Safe for use around mouth, nose, ears, and eyes.

# FOOD, DIETARY & LIFESTYLE RECOMMENDATIONS

- **Seasonal Plant-Based Foundation:** Eat a diet rich in vegetables, sprouted whole grains, beans, and legumes that are in season
- **Smart Fruit Selection:** If eating fruit, choose low-glycemic options like berries.
- **Carbohydrate Awareness:** Avoid 'simple' carbohydrates like white rice, white potatoes (yams or sweet potatoes are excellent alternatives), and processed baked goods.
- **The Protein Essential:** Prioritize high-quality, lean protein by consuming approximately 4–6 oz at each meal. Consistent intake provides essential amino acids that support:
- **Metabolic Health:** Helps maintain blood sugar levels already within a normal range and aids in sustainable weight management.
- **Mental & Physical Resilience:** Supports brain health and helps the body manage the physiological effects of stress.
- **Vitality:** Promotes strong bones, improves endurance, and provides steady energy throughout the day.
- **Hormonal Balance:** Supports key aspects of both men's and women's health.
- **Healthy Fats:** Incorporate healthy fats from avocados, nuts, seeds, eggs, and wild-caught fish.
- **Hydration:** Drink at least half your body weight in ounces of water every day (increase this amount if you are following a detox protocol).
- **Dairy Nuance:** Limit dairy consumption, preferring organic, plain yogurt or kefir for probiotic support.
- **Food Combining:** To optimize digestion, avoid eating starches (grains, potatoes, cereals, corn, etc.) in the same meal as proteins (fish, chicken, beef, eggs, nuts, seeds, etc.). Protein is digested first and takes longer to process; combining them can slow the digestive flow.
- **Purity in Sourcing:** Avoid alcohol, chemical caffeine, soda, processed sugar, and artificial sweeteners (such as aspartame, sucralose, or ace-K). Eliminate preservatives like nitrates, nitrites, and MSG, as well as artificial colorings and hydrogenated oils.
- **Quality Meats:** Red meat (if permitted) and other animal proteins should be organic and grass-fed/pasture-raised. Natural meats contain the proper balance of "good" fats, are more nutrient-dense, and contain CLA (conjugated linoleic acid), which supports the body's natural defenses.
- **Specific Avoidances:** Avoid pork, as it can be difficult to digest.
- **Never use vegetable or corn oils for cooking, as heating them can promote inflammation; avoid fried foods for the same reason.**
- **Blood Sugar Strategy:** If consuming sweets or simple carbs, always pair them with a portion of protein to help slow the release of sugar into the bloodstream.
- **Tobacco Cessation:** If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, and may damage vessel lining.
- **Mindful Digestion:** Chew food thoroughly—this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- **The Protein Foundation:** Consume approximately 4–6 oz of lean protein at each meal. This acts as your daily foundation for metabolic balance, brain health, bone strength, and sustained energy levels.
- **Practice Satiety:** Eat until satiated, but not full. Stop when you are between the two; you should not feel pressure in your stomach region after eating.
- **Restorative Sleep:** Get plenty of sleep (7–9 hours per night).
- **Strategic Fasting:** Do not eat after 9:00 PM to allow the liver to rest during its peak recovery window (10:00 PM–2:00 AM).
- **Physical Activity:** Engage in at least 30 minutes of moderate-intensity physical activity daily. Incorporate strength training to support healthy blood pressure and bone density.
- **Stress Management:** Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching. Consider taking a walk, reading an inspiring book, or taking a warm bath with lavender.

## Important Disclosures

- **Medical Disclaimer:** *This guide is for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or dietary changes.*
- **Results Disclosure:** *Individual results may vary. Recommendations are based on general nutritional principles; your specific protein and caloric needs may differ based on activity level, age, and health status.*

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