

GET A GLOW UP - NATURALLY

THE
HEALTH
HUB

SKIN GLOW
CHALLENGE

GLOW. BEAUTY.
WELLNESS.

WELCOME



Welcome to the HEALTH HUB 4 WEEK SKIN GLOW CHALLENGE and CONGRATULATIONS on making such a beautiful investment in yourself!

Let's start with why you're here.

Maybe it's ACNE. Maybe you're noticing your skin changing from age and damage. Maybe you just want that bright glowing skin that you remember.

I want to tell you something, your skin can transform in days and weeks. If you follow this program, stay consistent with your whole food nutrition support (Juice Plus) and follow the GLOW GUIDES, you'll start to notice changes in the direction you want to go.

BUT.....

Just as you can't lift weights one time to be strong, you can't use these principles for a short time and expect miracles. Our intention here is to give you the simple tools and straight forward education on why and how your skin can continue to improve over time.

And of course, there may be some deeper seeded gut issues that need extra love and attention in the future, but this guide is going to give you the foundation to get started on that internal and external healing journey to take you to dewy, gorgeous skin. You just need to trust this guide and your incredible bodies innate desire to heal.

Let's dive in!

To start you off, lets rate where you're at right now so that you can check your progress. Fill in this Health Analysis for your own records so you can track your progress, not only over the next 4 weeks but for the next 4 months of your skin transformation.

HEALTH ANALYSIS FORM

Rate your energy out of 10 -

+ Morning

+ Mid Day

+ Evening



Current Weight?

Weight one year ago?

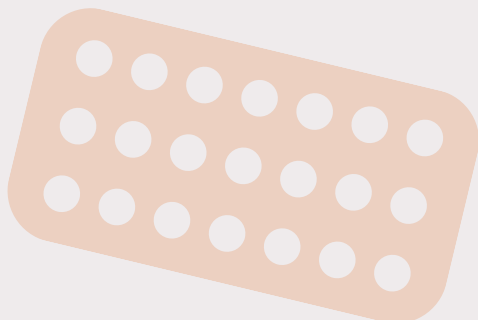
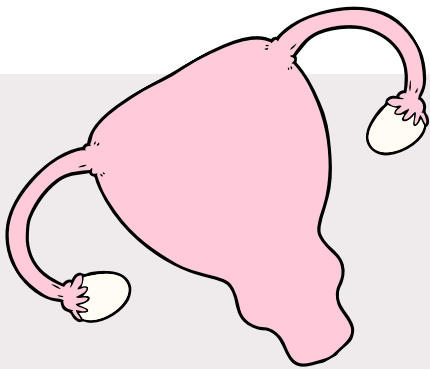
What are your main health and skin concerns? Do you crave sugar, coffee or cigarettes?

How is your sleep? How many hours? Do you wake often?

Any pain, stiffness or inflammation in the body?

Constipation/diarrhoea/gas?

Allergies or sensitives?



Womens Health

Are your periods regular?

How many days is your flow?

How many days is your total cycle?

Painful or Symptomatic (rate out of ten)?

Birth control history?

Do you experience yeast infections or UTI?

REMINDER :: Take a before photo before you start!

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*Glowing skin is
always in.*

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DETOX GUIDE

ARE YOU
READY TO
GET
GLOWING?

GLOW TIPS

These are principles we recommend you live by each day of the challenge. Now, don't feel overwhelmed, these become habits over time and I want you to remember that this short burst of flooding your body with the love and care it desires can change your skin for LIFE. And the issues that plague you now will become the seeds to which your confidence and glow will BLOOM.

SWEAT

Sweat does so many amazing things for the skin. It's a self-cooling system and flushes out grime and any impurities. And let's clear up a myth -

GLOW MYTH -
Sweat causes acne.

**TIP #1 SWEAT
EVERYDAY.**

UNTRUE. Sweat actually helps prevent it. The issue occurs when you allow dirt and oil to trap into the pores by allowing sweat to dry on the skin. We're going to talk about good sweating, with no toxins on your face and as a mini detox every day.

PLUS, sweat usually gets your blood pumping to your face, increasing circulation and boosting oxygen and nutrients to the surface of the skin, supporting the boost of collagen levels. Regular sweating and exercise actually has anti-ageing properties.

During your **SKIN GLOW CHALLENGE**, we recommend you sweat every day. The best way to do this is obviously by exercising daily. A brisk walk in the morning, some HIIT training, a Health Hub workout in your living room. But if for some reason you can't get that body moving one day, you can either opt for a warm epsom salt bath or a gentle face steam (simply by getting a bowl of hot water and some beautiful essential oils and popping your face over it, not touching, with a towel to keep in the heat). If you're lucky enough to have a health centre near by with an infrared sauna, this will work wonders! Just 1-2 times per week during the program will boost your results massively.

And the final way to get sweaty, good old fashioned sex. Your partner will be happy to know it's a recommended part of the program!

Please be aware to avoid wearing make up while you're sweating and clean your face with cool water when you're finished to remove any bacteria.

GLOW TIPS

HYDRATE

I'm sure you're sick of hearing it but proper hydration will do wonders for your skin. And if at the end of this 4 week challenge, if you've committed to the recommended amount of water per day, that alone could see you with marked improvements!

Why hydrate? Because our bodies are more than 50% water, it's one of the most important energy sources we encompass. Drinking water can help you slow the ageing process, improve the appearance of your skin by keeping it plump and supple and also rid your skin of toxins!

Lack of hydration will turn your skin dry and flakey, and dry skin has less resilience and is more prone to wrinkling. When your skin is dehydrated, it can over stimulate the production of certain oils which explains why dehydrated skin can be prone to breakouts. Sometime you just need more hydration to address the problem.

But, just skulling litres of water isn't going to completely cut it. There are a few things you want to be aware of -

The quality of your water

We recommend filtered spring water. Water straight from the tap is filled with certain contaminants but most importantly, chlorine which is not ideal for healthy skin. When shopping for a filter please look for something that removes all chlorine. If you want to take your health and skin to the next level, we recommend: [Hydrogen Health](https://www.hydrogenhealth.net.au/products/hydrogen-health-water-bottle) (<https://www.hydrogenhealth.net.au/products/hydrogen-health-water-bottle>) **Water Bottles**. You can carry them with you and filter on the go. Use the code GRATITUDE for 15% off yours, its a true investment in your long term skin and health.

HYDROGEN HEALTH
@HYDROGENHEALTHOFFICIAL



GLOW TIPS

HYDRATE

THE AMOUNT YOUR ABSORBING

If you're finding your guzzling water but running to the bathroom every 5 minutes, you might not be absorbing it. But never fear, there is a simple way to remedy this issue.

SALT

Sodium Chloride in salt is a major hydration booster, which is why hospitals use it for people who are dehydrated often. By adding a few tiny flakes of Himalayan Pink Salt to your morning lemon water, you can help support your body to soak in all the goodness from your H₂O.

WHAT ITS STORED IN

Steer clear from plastics drink bottles and choose instead a stainless steel or glass bottle. These days, most plastic bottles state that they don't contain BPA, but they are still made using BPS which is just as bad. Especially when a water bottle overheats, it leaches these toxic chemicals into your water and ultimately into your system. Exposure to these chemicals is a concern as it's shown there are possible health effects on the brain and that it can also affect children's behaviour. If you don't choose to invest in a self filtering water bottle, stainless steel is the next best option.

BOTTOM LINE ::

Drink good quality, filtered spring water with a pinch of pink salt (if needed) out of a glass or steel drink bottle. Two litres is a good amount to aim for, remembering that caffeine and sugar will require you to drink more to make up for the dehydration that these things can contribute to.

GLOW TIPS

REMOVE TOXINS

This is where it can get confusing. We often believe that our skin is bad and we need to remedy it with creams, gels and serums on our face. But a cycle occurs here, where these products might have ingredients that are loading up your liver, causing it stress while trying to filter out the ingredients that are man made and not recognisable to the human body (remember, you absorb all that you put on your skin).

MYTH -
Skin care fixes skin problems.

So, you add more products to your skin, which is getting worse, and wondering why NOTHING will work! When the truth is, your liver load and toxicity is the cause of your skin issues. It's all internal. And instead of cleaning and detoxing the body to help the skin, you add more synthetic, heavily fragranced products to your skin, which travels through your system into your liver to be filtered out and the trauma of it all shows up in your skin, because your body isn't coping with the toxic load.

So when it comes to healing your skin, **LESS IS MORE!**

We're going to teach you how to cleanse your body to heal your skin. But if you're still putting on the products that causing the issues, you won't see the results as quickly.

In this program we'll provide you with natural alternatives (that you can eat!) and also brands that we align with in the Health Hub that are great to use in our program. We will explain to you the benefits of what we're using and give you some handy WARNING WORDS below to avoid when buying skincare and make up.

:: WARNING WORDS ::

Avoid products with these ingredients

SLS (SODIUM LAURYL SULFATE)

PHthalates

PARABENS

PEG (POLYETHYLENE GLYCOL)

TOLUENE

FORMALDEHYDE

ARTIFICIAL FRAGRANCE PERFUME

TRICLOSAN

And plenty more.... but for now lets start there.

GLOW TIPS

REMOVE TOXINS

Some brands and companies that we adore for their clean and skin friendly views on beauty and skincare -

- + MOOGOO Skin Care
- + Esmi

Our recommendation isn't to go and throw out your entire beauty cabinet and start again. That would be expensive and annoying. But when you run out of an item, make sure the next one you buy is well researched and skin friendly. Get curious as to what brands you're buying and look around for some alternatives that could help your skin, liver, gut and overall confidence!

NOURISH

Nourish. Nourish. Nourish.

The first anti ageing food you'll want to reduce is sugar. Sugar is the cause of most acne, premature ageing, dullness and (of course) weight issues.

You are what you eat. You are also what you ate, ate. So quality, if you're consuming animal products over the 4 week Challenge, is crucial. We recommend only organic. Grass fed and finished meats, pastured eggs and chicken and wild caught fish is highly preferred for the best results

.And, of course, coming up next is your **INNER BEAUTY** guide to help you with learning the foods that feed your skin and a whole bunch of recipes to use over the next 4 weeks.

But I want to stress before you head into this next section, the way you nourish your inner body will have a stronger effect on your skin than anything. Of course we will help you to see how you can externally help it to feel and look better, but what you put inside is number one!

“

*GOOD MOOD.
GOOD SKIN.
GOOD DAY...*

#LOVEYOURSKIN

INNER BEAUTY GUIDE

BEAUTY FOODS

- + **OILY FISH** - high in omega 3 which fights free radical damage
- + **EGGS**
- + **AVOCADOS** - evidence shows that avocados contain compounds that may protect your skin from sun damage.
- + **COCONUT OIL**
- + **OLIVES AND OLIVE OIL** - high source of vitamin E which repairs connective tissue.
- + **WALNUTS** - high in omega 3 and contain moderate levels of zinc.
- + **PUMPKIN SEEDS** - high in zinc which regulates the activity of the oil glands and wound healing. Low zinc is associated with acne.
- + **BRAZIL NUTS** - selenium which protects the skin from sun damage and preserves elasticity.
- + **SUNFLOWER SEEDS**
- + **SWEET POTATO** - high in beta carotene and magnesium which can act as anti inflammatory agents. Be sure to eat the skin.
- + **CAPSICUM** - Vitamin C which is needed to make collagen which is the most abundant protein in the body which gives your skin structure and elasticity
- + **BROCCOLI**
- + **GREEN TEA**
- + **BERRIES** - Full of antioxidants that fight free radicals.
- + **CITRUS FRUITS** - full of Vitamin C which is reported to correlate with less wrinkles.
- + **EDAMAME** - linoleic acid (the most abundant fatty acid in the skin) and a study of over 4000 women showed that those with a diet rich in Linoleic acid has less skin thinning.

SKIN FOOD

BEAUTIFYING BANANA SMOOTHIE



INGREDIENTS

- + 1 Banana
- + ½ Avocado
- + ¾ Cup Almond or Coconut Milk
- + 2 Medjool Dates - Pitted
- + 1 tbsp Chia Seeds
- + 1 tsp Raw Cacao Powder

METHOD

1. Place all ingredients into a blender and whizz together until smooth.

SKIN FOOD

GREEN GLOW SMOOTHIE

INGREDIENTS

- + 1 Handful Fresh Kale (remove leaves from stalks)
- + 1 Handful Fresh Spinach or Frozen Cubes
- + 1/3 Cucumber
- + 1/2 Cup Frozen Pineapple
- + 1/2 Frozen Banana
- + 1/2 Avocado (Optional)
- + 1 tbsp Chia Seeds
- + Juice of half a Lemon
- + Ice Cubes
- + Coconut Water to cover

METHOD

1. Add all ingredients to a blender.
2. Add enough coconut water to get it to your preferred consistency. If you want to enjoy this as a smoothie bowl, add less water and top with fresh cut fruit! Or if you want it drinkable, add more water.
3. Blend it up and enjoy!

SKIN FOOD

BERRY BEAUTIFUL

Serves 2



INGREDIENTS

- + 1 cup Berries
- + 1/4 Avocado or 1 tbs Tahini
- + 1 ½ Cups Almond or Coconut Milk
- + Small handful Baby Spinach
- + Pinch of Cinnamon
- + 1-2 tbs Collagen
- + 1 scoop Juice Plus Vanilla Protein
- + Handful of Ice to blend

METHOD

1. Combine all the ingredients in a high-speed blender.
2. Blend until smooth and creamy.
3. Divide between 2 serving glasses.
4. ENJOY.

SKIN FOOD



SUPER GREEN SMOOTHIE

INGREDIENTS

- + 4 Celery Stalks
- + 1 small Cucumber
- + 1 cup Kale (stalk removed)
- + 1/2 Green Apple
- + Juice from 1/2 lime
- + 1 tbs Coconut Oil
- + 1 cup Pineapple
- + 1/2 cup Almond or Coconut Milk

METHOD

1. Add all chopped ingredients into a high speed blender and cover with almond milk. Add water if you want to thin it out or make it last longer through the day.
2. Blend until smooth.

SKIN FOOD

SKIN SALAD DRESSING



INGREDIENTS

- + 1 Lime, juiced
- + 1 Avocado
- + 1 tbsp Apple Cider Vinegar
- + Cayenne Pepper
- + 1 tsp Raw Honey
- + 1 handful fresh, soft herbs (works best with Dill, Parsley or Basil Leaves)
- + 1/4 tsp Sea Salt

METHOD

1. To make the dressing, add to the blender lime juice, avocado, cayenne pepper, vinegar, honey, herbs and salt.
2. Blend until smooth. If too chunky, add a dash of water to thin out.
3. Add Himalayan salt and pepper to taste. In a large bowl, arrange your desired salad ingredients, loads of greens and some fresh raw vegetables.
4. Dollop dressing generously on your salad. Mix through before eating.

SKIN FOOD

VITALITY SALAD

Serves 2

INGREDIENTS

- + 1 Small Sweet Potato, cut into chunks and roasted sea salt and pepper to taste
- + 60 g (2 oz) Massaged Kale
- + 2 tbs Cold Pressed Avocado Oil
- + 1 Lemon
- + 1 Ripe Tomato, sliced
- + 1/2 Chopped Cucumber
- + 1/4 Red Onion, finely sliced
- + 2 tbs Pumpkin Seeds
- + 1 Avocado
- + 4 generous tbs Hommus

METHOD

1. Remove tough stems from the kale leaves and wash well. Shred finely and place into a large bowl.
2. Add 1 tbs avocado oil and a pinch of sea salt, squeeze of lemon juice and a little cracked black pepper then massage through the kale leaves for 1 minute until softened.
3. Spoon hommus into 2 serving bowls.
4. Arrange the kale, tomato and sweet potato in seperate piles over the hommus.
5. Add half an avocado onto each salad and sprinkle with pumpkin seeds.
6. Drizzle with the rest of the avocado oil and lemon juice before serving. Enjoy.

SKIN FOOD

SPICED QUINOA AND CARROT SALAD



INGREDIENTS

- + 1/2 cup Quinoa
- + 1 tsp Ground Cumin
- + 1 tsp Smoked Paprika
- + 1 tsp Ground Coriander
- + 4 Carrots
- + 1 tbs Honey
- + Juice of 1/2 a Lemon
- + 2 tbs Olive Oil
- + 1/2 cup Almonds
- + 1/2 cup Sultanas/Raisins

METHOD

1. Start by rinsing your quinoa under water for 30 seconds.
2. Strain and add to a saucepan with 1 cup of water and spices. Season with a little salt and bring to the boil.
3. Once boiling, lower to a simmer and cook covered for 12 minutes.
4. While quinoa is cooking, ribbon your carrots and combine in a large bowl with honey, lemon and olive oil.
5. Toss all ingredients together and let cool or eat warm. This can be stored in the fridge, covered.

SKIN FOOD

LEMON SALMON

Serves 4

INGREDIENTS

- + 1/2 cup Olive Oil
- + 2 tbsp fresh Basil, chopped
- + 2 tbsp fresh Rosemary, chopped
- + 2 tbsp fresh Parsley, chopped
- + 4 tbsp Lemon Juice, fresh squeezed
- + 2 tbsp Lemon Zest, fresh grated
- + 3 Cloves Garlic, crushed
- + 1 tsp Salt and 1 tsp Black Pepper
- + 1kg Salmon
- + 1 Lemon

METHOD

1. Preheat the oven to 175°C.
2. Add the olive oil to a small mixing bowl. Add the basil, rosemary, parsley, lemon juice, lemon zest, garlic, salt and pepper.
3. Place the salmon skin side down in a shallow baking dish. Top with the lemon herb mixture.
4. Thinly slice the additional lemon and place on top of the salmon.
5. Place the salmon in the oven to bake for 15-20 minutes.
6. Serve with salad of your choice!

SKIN FOOD

ASPARAGUS SOUP



INGREDIENTS

- | | |
|---------------------------|------------------------|
| + 1 tbs Coconut Oil | + 600 ml Water |
| + 1 Onion - diced | + 6 Asparagus Spears |
| + 2 Sticks Celery - diced | + 1 tbs Coconut Yogurt |
| + 1 Bulb Garlic - halved | + Dried Chilli Flakes |
| + 1 Leek - diced | + Almond Flakes |
| + 1 Large Potato - diced | + Pumpkin Seeds |
| | + Ground Pepper |

METHOD

1. Heat coconut oil in a large pot over medium high heat. Cook onion, celery and garlic until tender then add in the potato and leek.
2. After 5 minutes, cover with boiling water and simmer for 10 minutes.
3. Add in the asparagus and cook for a further 5 minutes. Allow to cool slightly and blend with a stick blender until smooth.
4. Check for seasoning. Mix through coconut yogurt and chilli flakes. Sprinkle over almond flakes and pumpkin seeds to serve.

SKIN FOOD



QUINOA WITH ROASTED PUMPKIN

INGREDIENTS

- + 3 cups peeled, cored and diced Butternut Squash
 - + 1 tbs Olive Oil
 - + 1/4 tsp Nutmeg
 - + pinch of Salt
 - + 1 cup Quinoa
 - + 2 cups Water
 - + 1/2 cup Dried Cranberries
 - + 1/2 cup Toasted Pepitas or Pumpkin Seeds
- For the Vinaigrette:
- + 2 tbs Olive Oil
 - + 1 tbs Apple Cider Vinegar
 - + 1/2 tsp Water
 - + 1 tbs Maple syru
 - + pinch Salt + Pepper

METHOD

1. Preheat the oven to 200*. Place butternut squash on a large baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with nutmeg. Toss until squash is well coated.
2. Roast the squash for 30 minutes, stirring once, until tender.
3. While the butternut squash roasts cook the quinoa. In a medium pot, bring quinoa and water to a boil, reduce the heat and simmer, covered until all the water has been absorbed; about 20 minutes.
4. Remove from the heat and fluff with a fork. In a large bowl, combine quinoa, roasted butternut squash, dried cranberries, and toasted pepitas. In a small bowl, whisk together the olive oil, cider vinegar, water, and maple syrup. Season with salt and pepper, to taste. Drizzle over quinoa salad. Toss until ingredients are well dressed. Serve warm or chilled.

SKIN FOOD

QUINOA VEGETABLE CURRY



INGREDIENTS

- + 1 cup Quinoa, rinsed
- + 2 cups Baby Green Beans
- + 1 Head Cauliflower Chopped into Florets
- + 4 Carrots, peeled, thinly sliced
- + 3/4 cup Chopped Coriander
- + 1 1/2 tbs Coconut Oil
- + 2 tsp Grated Fresh Ginger
- + 1/2 cup Cashews
- + 2 cups Vegetable Stock or Water
- + 1 Large Onion cut into strips
- + 2 tsp Cumin Seeds
- + 1 tsp Turmeric Powder
- + 1 cup Coconut Milk
- + 2 tsp Minced Garlic
- + 2 tsp Ground Coriander

METHOD

1. Bring a saucepan of water to the boil and add quinoa - cook for 5 minutes.
2. Add green beans and cook for a further 5 minutes. Now drain and set aside in a colander.
3. In a frying pan saute garlic, ginger, onions in coconut oil, push to one side and toast cumin, coriander and turmeric for a couple of minutes, stirring consistently.
4. Add cauliflower, cashews and carrots and stir fry for a couple of minutes then add stock and bring to boil.
5. Then reduce heat to simmer and stir through coconut milk cook for 10-15 mins.
6. Remove from stove and stir coriander through and then fold in quinoa and green beans.

SKIN FOOD

KINDA RAW BROCCOLI SALAD

INGREDIENTS

- + 1- 2 Heads Broccoli - chopped small
- + 1/4 cup Cranberries or Sultanas
- + 4 thin slices of Lemon cut into 8ths
- + 1/2 cup Almonds, Cashews or Pepitas
- + Dill to taste
- + Olive Oil
- + Salt and Pepper

Dressing

- + 2 tbs Olive Oil
- +1.5 tsp Dijon Mustard
- + 1 tsp Balsamic Vinegar
- + Juice of half a Lemon
- + 1 Clove Garlic - minced
- + 2 tbs Honey
- + Salt



METHOD

1. Preheat your oven to 200 degrees. Place half the chopped broccoli on a baking sheet and coat in coconut or olive oil and salt. Roast for 20 mins, shaking at halfway.
2. Place raw broccoli, sultanas/raisins, lemon and dill in a bowl and mix to combine. Spread nuts on a tray and place in oven with broccoli for 8 mins.
3. Combine all dressing ingredients in a jar and shake to combine.
4. When broccoli and nuts are done, mix through and coat with dressing to taste (not all of it, check to your taste). This will last up to 2 days in the fridge with dressing.

SKIN FOOD



STUFFED CAPSICUM

INGREDIENTS

- + 2 Red Capsicums
- + 1/3 cup Red Onion, chopped into small pieces
- + 2 Button Mushrooms, chopped into small pieces
- + 1 can Sustainably Caught Tuna in Olive Oil
- + 1/2 cup chopped Cherry Tomatoes
- + 1/4 cup chopped and pitted Kalamata Olives
- + 1/4 cup Goats Feta
- + 1 tbs fresh Lemon Juice
- + 1 tsp extra Virgin Olive Oil
- + 1/2 tsp Dijon Mustard
- + 1/2 tsp Dried Parsley
- + 1/2 tsp Dried Oregano, crushed red pepper (optional) and freshly ground black pepper sea salt

METHOD

1. Preheat oven to 175C. Place whole peppers onto a baking tray sheet and roast for 5-7 minutes, turning once mid-way through. Watch the peppers carefully so you don't completely char them.
2. Remove from the heat, and place on a plate to cool. While waiting for the peppers to cool, make your tuna filling.
3. Heat 1 tbs coconut oil in a pan and sauté the onions and mushrooms until soft and fragrant, sprinkle with sea salt and black pepper while cooking. Add cooked onion and mushroom into a medium size mixing bowl. Add tuna, tomatoes, olives, goats feta, lemon juice, olive oil, mustard, parsley and oregano to the bowl as well. Break apart tuna with a fork and stir all the ingredients together.
4. Season to taste with crushed red pepper and ground pepper (it should not need any additional salt). Once the capsicum are cool enough to handle, carefully cut the peppers in half, remove seeds and membranes (be careful as it may still be hot inside).
5. Lay the 4 pepper halves on the baking stone and fill with the tuna mixture. You should have just enough tuna to fill the 4 pepper halves. If you have extra, you can eat it on the side or save it for later.
6. Place peppers in the oven for 10-15 minutes, until warm all the way through. Remove from oven, serve and enjoy.

SKIN GUIDE

CLEAN HOMMUS RECIPE

SNACK SUGGESTIONS

- + Raw Nuts (except peanuts)
- + Fruit (limit one piece per day)
- + Carrot and Celery Sticks and Clean Hummus
- + Krumbed Foods Beauty Bites (see 'Product Picks' for discount code)
- + Berries
- + 1/2 Avocado with Salt and Pepper
- + 1 Boiled Egg
- + Left over Smoothie
- + Chia Pudding
- + 2 Squares 70-90% Dark Chocolate



INGREDIENTS

- + 1 can Chickpeas - drained
- + 1/3 cup Tahini
- + Juice from 1/2 Lemon
- + 1/4 cup Organic Olive Oil
- + 2 Cloves Garlic
- + 1/2 tsp Paprika
- + 1 tsp Salt

METHOD

1. Place all ingredients in a food processor and blitz until smooth, add a few tbs water if needed.
2. Check for seasoning and add salt and pepper if needed.

SKIN FOOD

HOW TO PLATE UP E-BOOK

Breakfast Suggestions

- + Poached Eggs on Sauted Greens with Avocado and Olive Oil - pg 14
- + Grilled Vegetable Stack with Haloumi - pg 15
- + Minty Madness Smoothie Bowl - pg 17
- + Smashed Avocado and Poached Eggs with Sauteed Veg - pg 18
- + Seasonal Winter Porridge - pg 19

Lunch Suggestions

- + Super Seasonal Salad with Finely Sliced Kangaroo - pg 21
- + Grilled Fish with Green Salad and Infused Lemon Oil - pg 22
- + Sprouted Grain Open Sandwich with Grilled Vegetable and Goats Cheese - pg 23
- + Asian Slaw with Toasted Almonds and Avocado - pg 24
- + Quinoa Salad with Pine Nuts, Currants, and Yoghurt Dressing - pg 25
- + Orange and Fennel Salad - pg 26
- + Warm Sweet Potato and Lentil Salad pg 27
- + Alkalising Salad - pg 28
- + Mexican Bowl - pg 29
- + Quail Egg and Quinoa Salad - pg 30

Dinner Suggestions

- + Warm Orange and Duck Salad with Lime Dressing - pg 31
- + Roasted Lemon Chicken with Super Seasonal Salad - pg 32
- + Magic Bone Broth packed full of Vegetables - pg 33
- + Grass Fed Organic Steak with Roasted Vegetables - pg 34
- + Lentil Dahl with Tzatziki and Coriander Cucumber Salad - pg 35
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- + Roasted Red Vegetable Soup - pg 37
- + Grass Fed Veal Osso Bucco with Artichoke and Broad Beans - pg 38
- + Gratitude Bowl - pg 39

SKIN FOOD

HOW TO PLATE UP E-BOOK

SNACK SUGGESTIONS

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- + Vegetable Crudites with Hummus -pg 43
- + How to Make a good Nut Butter - pg 44
- + Apple with Almond Butter- pg 45
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- + How to make a simple Vegetable Stock - pg 47
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JUICE SUGGESTIONS

- + pg 52 and pg 53

DELICIOUS DINNERS E-BOOK

- + Sweet Potato Fish Cakes - pg 12
- + Rustic Pumpkin Soup - pg 16
- + Raw Pad Thai - pg 22

SLOW COOKING E-BOOK

- + Apple and Berry Oats - pg 1
- + Bone Broth - pg 2
- + Mushroom & Pumpkin Brown Rice Congee - pg 3
- + Lime and Coconut Fish Stew - pg 5
- + Delicious Chicken - pg 15

COMPLETE GUIDE E-BOOK

- + Chia and Hemp Seed Pudding - pg 5
- + Vanilla Berry Smoothie - pg 12
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- + Spiced Chai, Turmeric and Ginger Elixir - pg 19

RADIANCE PLANNER

~ GLOW HACKS DAILY CHECKLIST ~

HYDRATION

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SWEAT

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TOXIN FREE PRODUCTS

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JUICE PLUS CAPSULES

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RADIANCE PLANNER

BREAKFAST

SNACKS

LUNCH

DINNER

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Berry Beautiful Smoothie

Vegetable Crudites with Hommus

Alkalisig Salad

Quinoa with Roasted Pumpkin

M

Poached Eggs on Sauted Greens, with Avocado and Olive Oil

Raw Protein Balls

Vitality Salad

Asparagus Soup

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Beautifying Banana Smoothie

Home made Coconut Yoghurt with Nut Butter

Super Seasonal Salad with finely slice Kangaroo

Raw Pad Thai

W

Grilled Vegetable Stack with Haloumi

Apple with Almond Butter

Kinda Raw Broccoli Salad

Delicious Chicken

T

Green Glow Smoothie

Chia and Hemp Seed Pudding

Sprouted Grain Open Sandwich with Grilled Vegetable and Goats Cheese

Sweet Potato Fish Cakes

F

Apple and Berry Oats

Super Green Smoothie

Mexican Bowl

Stuffed Capsicum

S

Minty Madness Smoothiw Bowl

2 Squares 70%-90% Dark Chocolate

Spiced Quinoa and Carrot Salad

Grass Fed Organic Steak with Roasted Vegetables

RADIANCE PLANNER

~ CREATE YOUR OWN ~

BREAKFAST

SNACKS

LUNCH

DINNER

S

M

T

W

T

F

S

PRODUCT PICKS

MooGoo

@MOOGOOSKINCARE

MooGoo has grown to over 40 products to help with lots of different skin and scalp problems and sold throughout the world. From dealing with irritable skin and itchy scalps to natural sun care products and a baby range for the little ones. And most recently, a natural dental range. MooGoo's ingredient philosophy has always remained the same: To make effective products using healthy ingredients, that we are comfortable using on ourselves and our loved ones

Use code: GRATITUDE for 15% off

CLICK HERE: <https://moogoo.com.au>



@ESMISKINMINERALS

Start your journey to beautiful skin with esmi's range of high quality and ethically sourced skincare products. This vegan and cruelty free range includes a variety of serums, masks, cleansers, foundations and accessories. Talk to their skin specialist team who will guide you through your FREE personal Skin Care Plan.

Use code: AGLOW for 10% off

CLICK HERE: <https://www.esmi.com.au/>

bellabronzetan

@BELLABRONZETANS

The Bella Bronze Tan ingredients are derived from their very own salon quality formula. With no hidden nasties, like parabens or preservatives, our solutions are super fine, luxurious and instant! Developed and manufactured in Australia with skin firming technology, our fast drying, unscented, organic and natural blend is suitable for all skin types.

Use code: BELLA15 for 15% off

CLICK HERE: <https://bellabronzetan.com.au/shop/>

PRODUCT PICKS

EDIBLE BEAUTY™
AUSTRALIA

@EDIBLEBEAUTYAU

Edible Beauty™ Australia uses the highest quality pure, botanical and wildcrafted ingredients to create a range of beauty products that is both therapeutic and luxurious. Created by naturopath and nutritionist Anna Mitsios, this range is an evolution of her love of herbal and natural ingredients.

Use code: SKINGLOW20 to receive 20% off (code valid until end of March 2020)

CLICK HERE: <https://ediblebeautyaustralia.com>

krumbled FOODS

@KRUMBLEDFOODS

Beauty Bites™ are Australia's first and only collagen bars to combine 5 illuminating and age-defying ingredients in a convenient, single daily dose to help women (and men) look and feel beautiful from the inside out. Beauty Bites™ collagen snack bars are designed to help support glowing skin, healthy hair, stronger nails and gut health. Real beauty food for real results.

Each of their Habitual Beauty Rose Quartz Facial Roller's are known to be ethically sourced + are all handmade from genuine stone. Each stone is unique so the colour will vary from very light to dark pink.

Use Code: HEALTHHUB for 20% off

CLICK HERE:

<https://krumbledfoods.com/collections/beauty-tools>

<https://krumbledfoods.com/collections/beauty-bites>

SUMMER SALT BODY

@SUMMER_SALT

Offering a range of all natural and vegan friendly products to help keep your skin glowing and healthy. With a selection of scrubs, soaks, oils, serums, balms, lotions, masks, a crystal inspired range and more, there's always something for everyone!

Use code HEALTHHUB for 20% off

CLICK HERE: <https://www.summersaltbody.com>

SKIN TALK

~ DAILY AFFIRMATIONS ~

Print this and have it on your mirror, say the whole thing out loud every single morning and night.

I LOVE MY SKIN

I AM RADIANT

I AM GLOWING

MY SKIN KNOWS HOW TO HEAL

I AM BEAUTIFUL

“

I nourish myself daily, inside and out, and I make choices that reflect the respect I have for myself. I cherish the earth suit I've been gifted and will constantly love and appreciate it.

I am beautiful.

”

MY SKIN IS HEALTHY

MY SKIN IS CLEAR AND BALANCED

MY SKIN IS SUPPLE AND SMOOTH

I LOVE MY SKIN

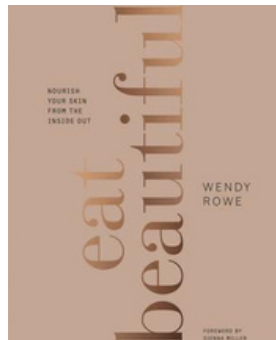
I TAKE CARE OF MY SKIN AND BODY

I AM BEAUTIFUL

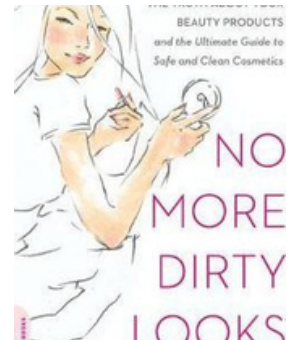
SKIN READS

If you're super committed to taking your skin health to the next level (or you love to geek out like us and get deep into a topic that excites you), then below is a list of Hub approved reads to take your GLOW even further!

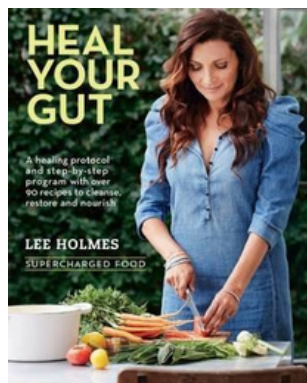
EAT BEAUTIFUL
By Wendy Rowe



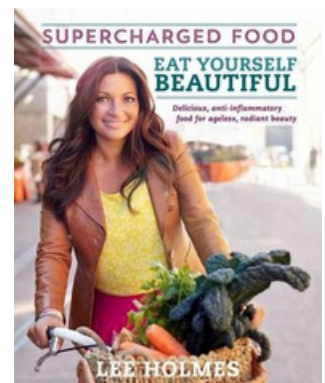
NO MORE DIRTY LOOKS
By Siobhan O Conner and Alexandra Spunt



HEAL YOUR GUT
By Lee Holmes



EAT YOURSELF BEAUTIFUL
By Lee Holmes



GOOP CLEAN BEAUTY
By The Editors of Goop



THE BEAUTY CHEF
By Carla Oats



THE NEXT 12 WEEKS

~ TO DO ~



Continue to take your Juice Plus Fruit, Vegetable and Berry capsules plus your Omegas DAILY!

Sweat 5 - 7 times per week.

Continue to swap out your beauty products for more natural alternatives.

Focus on foods high in vitamin C, collagen and good quality proteins.

If possible, continue to eat only from our recipe books and recommended snacks. You may add in some more sweet treats, but still avoid packaged sweets and choose from the list on the next page.

Practice RADICAL SELF LOVE! Your skin is never going to heal from negative energy and insults. Tell yourself daily I am beautiful, I am radiant, I am enough!



12 WEEK MAINTENANCE PROGRAM



CONGRATULATIONS on the last 4 weeks of taking care and loving on the skin you're in!

What's so beautiful about our earth suit is that our skin renews and regenerates every 27 days. What this means is that over the last month of taking care of yourself you're actually starting to see the results of this new cycle of health.

But... some of the issues that may be contributing to your less than desirable skin conditions can come from places deeper than that top layer, namely your gut health and the health of your internal cells. So the next 3 months will not only lock in the beautiful changes that you've made to your skin routine, but also allow you to see the FULL results of what you've been doing.

DISCLAIMER. It's what we do everyday that is more impactful than what we do sometimes. So we want to help you to create habits that are long lasting and sustainable. Eating collagen boosting foods and cutting out toxins sometimes is helpful but not going to allow you to see the full results that you're after. Using these habits daily is highly recommended.

Some of you may have seen some detox symptoms come up, like your skin getting worse before it gets better, maybe some headaches from cutting out sugar and coffee. But if you're able to push through the hard times, you get rewarded massively afterwards..

DETOX GUIDE



We just wanted to reassure those that are going through detox symptoms once newly starting Juice Plus+ that this is a VERY common and a positive thing! It is great that you are listening to your body and we want you to keep doing that. If you have never detoxed before and you make some new changes your body will go through this process. We promise that if you get through this hurdle your body will thank you for it!

We wouldn't advise stopping mid way, if you can have faith with us to go a little longer. Here is some info from a very well respected Dr, Dr Mitra Ray, on the detox phase of Juice Plus+ and what is occurring in your body.

So you get started with Juice Plus+ and suddenly you find that you don't feel so good. You may feel tired or sluggish; you may have bloating, gas, diarrhoea, constipation, flu-like symptoms, bad breath etc., and you are wondering why you got talked into this in the first place. Don't worry, the only physiological reason for why Juice Plus+ would make you feel bad is that you are detoxifying. Congratulations, you are on your way to better health.

What you have to understand about detoxification is that the body is constantly trying to detoxify itself from endogenous substances such as its own dead tissue, cholesterol and uric acid. It is also trying to eliminate exogenous substances such as microbes, dioxin, PCB and other chemical residues. We live in a world of environmental pollution - everything from toxic chemicals to radiation. Furthermore, we have moved from a nomadic lifestyle of eating 600 hundred different plants - which is still typical for today's rare nomadic societies - to a sedentary life and a diet seriously lacking in that level of variety of plant-life.

The body is a miraculous machine and when it is operating optimally, it can repair damaged tissue and cleanse dead material out of the body as well as foreign chemical pollutants. This is done by the numerous biochemical reactions that require a whole plethora of enzymes. However, without the variety of plant matter in the modern diet, for most of us, this process of detoxification remains incomplete.

DETOX GUIDE



This is because with our modern diet, we do not get enough vegetables and fruits in our diet to adequately nourish all the cells to make their full complement of enzymes to facilitate all the possible trillions of biochemical reactions that the body wants to engage in to operate optimally.

For instance, the liver is a powerhouse organ for detoxification. There are, what scientists call, phase I and phase II enzymes that help in this process (and some believe there is yet another phase III set of enzymes). Phase I enzymes are involved in what I'll call the first stage in "tagging" foreign substances for removal in the body. These enzymes unfortunately also generate loads of free radicals in the process and this can lead to secondary damage to the cells. Here an adequate supply of antioxidants being present is critical to prevent such damage (and Juice Plus+ can provide them). Now it gets a little more complicated because this tagging of foreign substances such that body can remove them requires phase II enzymes to complete the process and this also requires a higher level of nutrient intake.

Now when a person gets on Juice Plus+ – with nutrients from over 25 different plants in the Orchard, Garden and Vineyard blend, the liver becomes very happy as it can finally make all the enzymes necessary to get the job done. This relative increase in the cleansing reactions can show up as excess gas, bloating, constipation or diarrhoea, since the liver dumps toxins into the bowel to be excreted.

The other major system in the body involved in cleansing is the lymphatic system.

Most people don't know that there is twice as much lymph fluid in your body as blood. The lymph continuously bathes each cell and drains away the debris in a circulatory system powered only by your breathing and movement. If the movement of the lymph stopped entirely you would die in a matter of hours. The lymph system's primary function is to isolate infection and cellular detritus from the rest of the body and deal with it. This process is happening all over the body all the time..

DETOX GUIDE



Amazingly, the lymphatic system has no central pump but depends on muscle contraction and manual manipulation to move fluid. Just as an aside, deep breathing is another essential way we can enhance movement of lymph through our bodies.

Now when you get on Juice Plus+, you might also experience your lymphatic system getting very active in removing debris. You may feel weak, or you may feel like you have the flu, or just swollen glands. You need not worry as this is a good sign that your lymphatic system is hard at work cleaning out your entire body. The consequences of not cleansing the body are actually far more severe, long-lasting and symptoms get worse with time. Imagine you can have a clean running river of lymphatic fluid running through the body with optimal nutrition or you can have debris piling up in the river and blockages over time and, because the lymph cleanses nearly every cell in your body, symptoms of chronic lymph blockage are diverse such as allergies and food sensitivities, frequent cold and flu infections, joint pain, headaches and migraines, menstrual cramps, arthritis, fibrocystic breasts, breast tenderness, sinusitis, GI issues, muscle cramping, tissue swelling, fatigue, mental fuzziness, mood irregularities, depression, parasites, skin breakouts, and acne to name a few.

It is best to try to rest, breathe deeply, and drink lots of water to help the body eliminate toxins as quickly as possible and then you can enjoy the long term benefits of Juice Plus+.

If you have a hectic workload you might want to back off on Juice Plus+ and take a smaller dosage for a short period and then work your way back up to 2 fruits, veggies and vineyard capsules. The most important thing to remember is to not quit as once you are through this phase, you will experience the long term results with Juice Plus+.

-Dr. Mitra Ray