



Professional Skincare

Way of Life lecture Notes Nov 9, 2011

Healthy Skin with Peggy Humphries

Supplements

Alpha Lipoic Acid
~Country Life
~Life Extension

Grape Seed
~NOW

Resveratrol
~Life Extension
~Country Life
~Health Force Nutritionals

A C E S
~ Carlsons

Vitamin C
~ Health Force Nutritionals

CO Q 10 + B complex
~New Chapter

Chlorella
~Sun Food

Chlorophyll
~ World Organics

Probiotics
~Jarrow AF 10 Billion
~Dr. Ohhira's

B Complex
~ Life Extension

Co Q 10
~MRM
~New Chapter
~Health Force Nutritionals

Selenium
~Country Life

Green Super Food
~Health Force Nutritionals

Spirulina
~Health Force Nutritionals

Omega Fatty Acids
~Supreme 7 oil
~Nordic Naturals

Vitamin E ~Country Life

Books

~Eating for Beauty by David Wolfe

~Nourishing Traditions by Sally Fallon

~Jeanne Rose's Book of Herbs by Jeanne Rose



Professional Skincare

Skincare Products

~Dr. Hauschka
~Devita
~Lavera

Essential Oils

by Elizabeth Van Buren
~Rose
~Neroli

~Sandalwood
~Lavender

Carrier Oils

~Grape Seed oil
~Sea Buckthorn Oil
~Rose Hip Seed Oil
~Jojoba Oil

Vitamin A

Carrots, pumpkin, sweet potatoes, butternut squash,, mangoes, spinach, cantaloupe, all greens including kale and swiss chard

Vitamin C

oranges, grapefruit, papayas, strawberries, kiwis, red and green peppers, cantaloupes, tomatoes, broccoli, mangoes, brussels sprouts, cauliflower, kale

Vitamin E

spinach, almonds, sunflower seeds, hazelnuts, wheat germ

Selenium

oysters, tuna, brazil nuts

CoQ10

organ meats, whole grains, oily fish such as salmon, tuna

Glucosamine

shells of shrimp, lobster, crabs ~ vegie sources avocado, soy

Grape Seed Oil

Alpha Lipoic Acid

spinach, broccoli, peas, brewers yeast, brussels sprouts, rice bran, organ meats

Omega Fatty Acids

avocados, almonds, almond oil, rosemary oil, olives, olive oil, hazelnut oil(hemp oil, pumpkin oil, sesame oil, borage oil, poppy seed oil, sunflower oil and seeds, flax seed oil) is available in a blend called Supreme 7