



The Foods You Should Be Eating For Your Skin Type

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We've said it before and we'll say it again- beauty starts on the inside, with diet being the most important. We don't just eat so our stomach's stop growling or to satisfy our tastebuds (okay, *sometimes* we eat at the pleasure of of our tastebuds), we eat to fuel our body with the nutrients it needs to function at its very best, which includes to have healthy, clear skin. And while there are foods we should all eat for healthy skin, your specific skintype can benefit from some foods more than others. So follow the link below where holistic celebrity facialist [Susan Ciminelli](#) outlines exactly who should be eating what.

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