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By Lisa Schweitzer Tags: Recipes, Skin And Nutrition, Beauty Food



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## Recipes for Beautiful Skin

*Packed with good-for-your-beauty ingredients, these recipes will fill you up and renew your skin.*

We love the idea of multitasking, especially when it comes to cooking. Why not prepare meals that nourish you inside and out, and happen to taste delicious?

We asked Susan Ciminelli, renowned esthetician and author of "The Ciminelli Solution: A 7 Day Plan For Radiant Skin" for advice on cooking and eating for optimal skin health.

"A lot of women won't take the time to cook for themselves, but if they do they will be rewarded with longevity. If you rely on takeout and processed foods, you will eventually have inflammatory disease," says Ciminelli.

Cooking with fresh foods and herbs will fight inflammation and the enlarged pores, acne, dullness and puffy eyes that can come with it. "Your skin is an eliminative organ...garbage in, garbage out," explains Ciminelli. "So whatever your body can't use (waste) will lead to breakouts or other inflammatory skin issues."

Try these nourishing recipes at home for clear, beautiful skin and improved energy.

### RECIPES FOR BEAUTIFUL SKIN

- Recipes for Beautiful Skin
- Immune-Boosting Chickpea and Roasted Garlic Soup
- Detoxifying Adzuki Bean Soup
- Skin-Boosting Antioxidant Salad
- Anti-Aging Grilled Zucchini & Asparagus Salad
- Wrinkle-Fighting Tofu Casserole
- Salmon with Tomato and Basil

