

5 MISTAKES THAT DAMAGE YOUR SKIN

Your skin is the first thing people notice when they see you. When you're healthy, your skin is naturally radiant.

Here are the 5 mistakes many people make that damage their skin and what you can do instead.

These simple changes will nourish your skin so you naturally glow, from the inside out!

1. WASHING YOUR FACE WITH SOAP

Soap strips your skin's natural oils. When your natural oils are thrown out of balance, your skin is more prone to dryness, redness, and inflammation.

A better choice is using cleansing oils to cleanse your face. Check out Dr. Allegra's Apothecary's Nourishing Deep Cleansing Oil as a natural way to clean and balance your skin without stressing your skin.

2. EATING REFINED SUGAR

Processed refined sugars compromise your immune system and reduce your ability to fight infection (think more acne and rashes). Processed sugar includes cane sugar, beet sugar, corn sugar, corn syrups, and evaporated cane juice. Also avoid artificial sweeteners such as Splenda, aspartame, and Equal. These sugars increase inflammation and can increase your risk of cancer.

Better sweetener options are raw honey, maple syrup, and dates.

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3. EATING LOW-FAT

You need healthy fat to have flexible, glowing, and hydrated skin. If you don't have enough good fat, your cells can't absorb or hold on to hydration.

Healthy fats to include in your diet are cold-pressed olive oil, coconut oil, avocados, butter, tallow, lard, eggs, nuts, seeds, and fish oil.

4. USING AGAVE

Agave has more fructose than high fructose corn syrup. Fructose is hard on your liver which slows your skin's ability to heal, and can actually make your skin much worse.

Agave breaks down collagen making your skin saggy and more prone to wrinkling.

Better sweetener options are raw honey, maple syrup, and dates.

5. EATING VEGETABLE OILS

Vegetable oils increase inflammation, dehydrate your skin, and increases wrinkles. Vegetable oils include corn, soy, canola, cottonseed, and safflower oils. They have also been linked to decreased immune function, increased inflammation, liver and kidney damage.

Better fats include cold-pressed olive oil, coconut oil, butter, tallow, lard, and avocado oil.

ABOUT DR. ALLEGRA'S APOTHECARY



DR. ALLEGRA HART

Dr. Allegra Hart is licensed naturopathic physician. Dr. Allegra teaches women how to create naturally healthy, joyful, fulfilling lives.

Dr. Allegra's Apothecary was born out of a need for clean, effective skincare and supplements. Dr. Allegra's mission is to provide the highest quality, 100% natural, non-toxic, environmentally conscious, cruelty-free, skin care and supplements that are both clinically effective, and safe to use.

Each skin care product is personally formulated by Dr. Allegra to ensure the highest standards of green healthy nourishment for your skin and is safe for even the most sensitive skin types.

All products are natural, non-toxic, and cruelty-free.
Organic ingredients are used whenever possible.

Dr. Allegra only uses ingredients that are 100% FREE of:

Parabens

Synthetics

Synthetic fragrances

PEGs

Petroleum products

Formaldehyde