



JoJo's Natural Market

Largest Selection of Nutritional Supplements in Northern Michigan

1459 S. Otsego Avenue
Gaylord, MI 49735

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www.jojosnaturalmarket.com

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Healthy grilling

The ground is starting to thaw which means it's time to fire up the grill. There has been talk recently about grilling and cancer causing HCA and PAH. These chemicals are formed by putting food (mostly meat) in contact with intense heat. To reduce your risk keep your grill clean, trim off excess fat, use marinades based on olive oils and/or citrus juices, avoid flare-ups, don't over cook foods, and add herbs such as basil, mint, rosemary, thyme, oregano, and sage to add flavor and reduce HCA formation in food. Follow these tips for safe and healthy grilling.



Rethink your skincare

When we think of skincare we think face wash, lotions and exfoliators, however, most of what appears on our skin is the result of what's going on with our health on the inside. Here are a few changes you can make to give your skin a healthier appearance.

First stay hydrated! Beyond flushing waste out of your body and helping your vital organs function properly, hydrating also helps nourish your skin (which is, in fact, the largest organ of your body). If you want to fight off wrinkles and give your outer layer a healthy glow, don't allow yourself to get dehydrated.

Consider doing a total body cleanse. When you have toxic build up in your body it can cause medical issues such as poor circulation, swelling, stress, digestive disorders, headaches and yes it can cause poor skin.

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A total body cleanse is a great way to start getting healthy from the inside out.

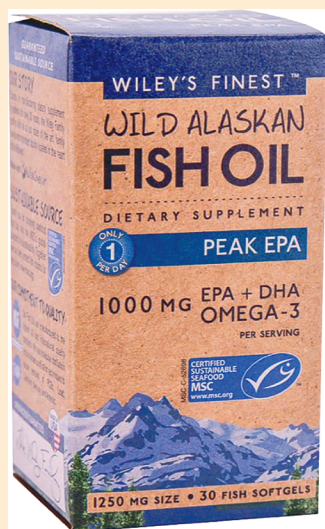
Add collagen to your daily routine. Collagen is a major component of your skin. It helps to strengthen the skin and may assist in elasticity and hydration. Our bodies start to produce less collagen as early as in our 20's so it's important to supplement with bone broth or collagen supplement. Also, vitamin C plays a major roll in the production of pro-collagen so make sure your eating those berries and citrus fruits or taking a vitamin C supplement.

Consume healthy fats, to little fats in your body can result in wrinkles and dry skin. Focus on monounsaturated or polyunsaturated fats from nuts, seed, avocados and from fish. These help your skin stay firm, flexible, and hydrated.

Eating a clean organic diet consisting of fruits, vegetables and meats that are non-GMO, and free of Antibiotics and Hormones will help you obtain whole body wellness.

I'm not saying your skincare routine doesn't matter, using toxic free face and body wash, toner, exfoliator, and lotion is great for your skin. Skincare products containing charcoal are amazing for drawing out toxins. What I am say is that if your skincare routine isn't giving you the results you desire, it may be time to go a little deeper and start looking at your entire healthcare routine.

Remember that toxins build up over the years, getting rid of these unwanted substances in your body is not going to happen overnight. Be patient and give your body the time it needs to adjust, you will feel amazing and it will be worth it!



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