

Alpha Renew Hair Vitamin's Secrets:

How To Have Beautiful Skin & Hair In Four Weeks!

Your Natural Way To Real Beauty!



By

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Alpha Renew Hair Vitamins

Grow Your Hair Faster & Support Your Youthful Skin!
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Email This Free Book To Anyone Who Needs or Wants Better Hair and Skin!

Disclaimer:

The procedures and practices in this book are based on personal experience. Because each person and situation is unique, we urge the reader to check with a qualified health professional before using any procedure or practice where there is question as to its appropriateness.

We do not advocate the use of a particular diet program. I believe this information should be available to you to enhance your skin in whatever way you see fit. Because there is always some risk involved due to the nature of individual circumstance, I am not responsible for any adverse effects or consequences resulting from the use of any suggestions, preparations, procedures or practices in this book. Please do not use the book if you are unwilling to assume the risk. Feel free to consult a physician or other qualified health professional.

** Alpha Renew Hair Vitamins or any other Vitamins and supplements are meant to treat, diagnose, or cure any disease. The FDA has not evaluated these statements.

Introduction

We all want great hair, skin, and nails, right? Yet, to have the hair and skin we want, we unfortunately do all the wrong things and buy all the wrong products to have softer skin, increase our hair growth, and stop the aging process. Over the years, we got sold on miracle creams, shampoos, and injections to have great looking skin, hair, and stay younger looking.

Of course, the results have been minimal and the expenses high – that is, until now! This free and complementary e-book will show you how to naturally and with little cost, boost your hair growth, have more youthful looking skin, feel great – and for the least expensive way possible!

This Free e-book, is provided at no charge by Alpha Renew Hair Vitamins, which naturally increases your hair growth, strengthens your nails, and helps support beautiful, healthy skin. Please visit www.AlphaRenew.com for more information!

Do You Want...

- ✓ **Faster, Healthier Hair Growth?**
- ✓ **Flawless, Youthful Skin?**
- ✓ **Stronger Nails?**

Of course you do! Now, let's get started!

Our Toxic Bodies

Pollution. Stress. Fatty Diets. Exposure to cigarette smoke and smog – you name it, our bodies are filled daily with toxins – millions of them. Some toxins our bodies naturally create, and some toxins we take in from our environment, our lifestyles, and our habits. We overload our systems with toxins and wonder why we wake up with a pimple, or can't seem to grow beautiful and natural hair faster than our friends! Our toxic bodies are simply expressing what we put in them – and most of the time, without even realizing it – we damage our skin, hair, and accelerate aging. That is, until now! In this brief e-book, we will describe how you can regain your youthful look, grow marvelous beautiful hair, and feel great!

We carry our toxic loads in our bloodstream and store it in our fat cells. When we increase our fatty diets, increase our stress, and don't do much to flush them all out, we increase our toxic load and we increase the stress on your body's system. This of course, makes it that much harder for it to function at its peak performance. Its effect can be felt across the board. This goes anywhere from your digestive system to your skin and to the quality of your hair! Did you know that a single strand of hair can tell so much about you? It can tell a lot about your diet, your health, whether you have taken legal or illegal drugs, and it can of course reveal your DNA. Your hair is memory bank of all the good and bad that goes on in your body.

So we have to take time to rid ourselves of these toxins – naturally and without any crazy procedures and cleanses that you may have heard of. We don't advocate for any colonic cleanses during the process because, we feel that the research state it doesn't work as well as we would like and that it rids the body of many needed probiotic elements that are necessary for healthy skin, nails, and body. Instead, we advocate for cleansing or getting rid of our toxins in a “more natural way.” (Keep Reading!)

When we think about the quality of our skin, hair, and nails, we rarely think about our organ, the liver. Yet, the fact is that the liver plays an important role in not just our overall health, but in the health of our skin and hair too! The liver has hundreds of distinct and critical functions for our body. Let's take a quick look at one of them. The liver is the filter of our body. It removes much of the toxins that are extremely harmful, and toxic particles and gasses. So, we need to be kind to our liver and help it do its job.

We need to three basic things to help our liver detox our bodies:

- 1. Drink Plenty of Water**
- 2. “Block” un-necessary toxins from entering our body**
- 3. Increase the “good stuff”**

We will talk about all these separately and later in this book. But having a plan to support your live will help provide your body what it needs to look and feel its best!



Healthy Eating & Healthy Living

You may have heard it before, but your diet really does matter. Your nutrition really has a profound impact on our bodies and how we look and how we feel. If you want beautiful hair and incredible looking skin, then you will need to focus a bit more on what we eat!

While this may sound cliché, one of the best ways to ensure the best intake of all the goodies for a healthy body, we need to up our dosage of fresh fruits and vegetables. Juicing is the best way to age-busting nutrients that will increase your skin's radiance.

Juicing Your Way To Healthy Skin & Hair

If you follow nothing else from this book, except one thing – it should be this: drink your veggies! We can't emphasize how critical juicing is in having flawless skin! And you can't supplement going to the store and buying orange juice from concentrate – which doesn't have half the good stuff and is loaded with refined sugar! No, I am talking about investing in a juicer and creating healthy skin and hair from the power of real fruits and vegetables! Also, stay away from bottled carrot juice that you get from your local store – these are generally expensive and has generally lost much of the essential elements you need. (For the price of a couple of gallons of carrot juice you can have your very own juicer!)

To save money in the long-run and make the most of your time and energy, purchase a real juicer (with a hearty motor) and juice every single day! Personally, I like the [Juiceman's Juicer](#). You can buy it pretty much anywhere, but you can get a good deal at [Amazon.com](#).

Look... your skin, your hair, and your nails all need these critical and essential elements to be healthy. The skin needs essential vitamins and nutrients to look its best. Your hair needs critical compounds to grow long and fast!

Juicing is simply the best way to supply what your skin and hair needs to look its Best. When the body has to perform the act of breaking down our food, we often tend to lose a large percentage of the essential vitamins and

minerals through this process. Once that process is complete, it can then go on to continue extracting the liquid, otherwise known as “juice”, to feed our skin and our organs. Seriously, everyone who wants great skin and hair needs a juicer. They might be a little pricey but they are certainly cheaper than synthetic skin products and healthier anything you can get at your coffee shop tomorrow morning!



Do More Than Drink Your Juice!

Okay, you’ve got your juicer and you’re asking what’s next? Well, keep reading! Here is something interesting. Don’t swallow your juice – but chew it.

I can hear you now... “Is Jennifer crazy?” “Has this woman gone wild and lost her mind?” Well, I promise you that I haven’t lost my mind at all. Let me take a moment to explain to you the reason why. When we chew our juice we introduce saliva and the millions of enzymes into the juice right away. When we chew our juice we make it easier for our bodies to digest and have the essential elements go right into our system!

There are two things we want to accomplish while drinking our freshly squeezed juice:

1. We want our fresh juice to be around the same temperature as our body (which is why we *never* add ice to it) and;

2. We want to utilize our bodies own natural healing juice, *our saliva*, to contribute its enzymes to the breakdown and digestive process of your fresh juice and all of its nutrients.

By accomplishing the above goals, we enable our digestive system to work easier, thus receiving the maximum benefit from our miracle juice! It is also important to juice, only enough, to consume for one serving. Under no circumstance should you attempt to *save* your juice for later in the day or “tomorrow morning!” In fact, I drink my fresh juice *immediately* after I have juiced it!

When you juice, the vitamins and nutrients are very powerful, but they unfortunately, begin diminishing their effectiveness in a matter of minutes!
So, it is best to drink it immediately! ***Now, get to it!***

Here are the essentials to Juicing:

Carrots:

These have got to be my favorites! The fountain of youth has yet to be discovered, but carrot juice is the next best thing! Carrot juice is like the magic potion! The power that is contained in juicing carrots is simply unbelievable! So run to your nearest store and get an ample supply of them. Trust me, you will have *no* regrets on this purchase. Carrot juice provides healthy, beautiful and flawless skin and hair!

They help the skin reveal its beauty by providing a fresh and vibrant glow. Carrot juice is also responsible for minimizing the appearance of pores. Yes, you heard me correctly! For those of you who may be suffering with the *appearance* of large pores, carrot juice is what you need now!

With incorporating fresh carrot juice into your regular diet, you will attain baby smooth skin with ultra refined pores. And, if you happen to be who is conscious of the aging process, then carrot juice is your answer. People are constantly amazed when I proudly reveal my age to them (No, I won't do that here!). They look on with astonished amazement. Little do they know that carrot juice doubles its benefit by being a fountain of youth!

Carrot juice is loaded with nature's youthful goodness that it is great for your body in more ways than one. It is packed with vitamin A, potassium, vitamin C, vitamin B6, thiamine, folic acid, magnesium, B1, B2 and vitamin E. Put all of these elements together and you have a matrix of elements that are sure to nourish and protect the skin!

Green Apples:

The fresh juice of green apples is not only delicious, but it is packed with vitamins that are very beneficial for your skin such as vitamin A, vitamin B and vitamin C. Do yourself a favor... Put this ever so lovely fresh juice into your body as soon as you possibly can! Your skin will radiate like no other time in your life!

Ginger:

Fresh ginger juice will not only even out your skin tone, it also promotes smoothness, which are two essential keys essential to attaining beautiful flawless skin. And, if you happen to be one who suffers from acne, ginger juice (mixed with apples and carrots) will become your best friend. *How is that?* Fresh ginger juice is also a natural acne fighting ingredient! Its properties are that of an antiseptic which in turn, makes it effective in killing the bacteria that causes acne! Hold on. Wait just a second. Before you head out the door to go grab some ginger from your supermarket, *please* sit down... are you ready for this?

Fresh ginger juice will improve your circulation, as well as reduce cellulite! Just when you thought it couldn't get any better! So before you head out, how about trashing that "chemical laden cellulite remover" from under your bathroom sink! How does simple ginger *actually* perform these cures, unlike the *empty promises* of your "chemically laden products?" Simple.

Ginger contains a wide spectrum of vitamins, among which are potassium, vitamin A and niacin (vitamin B3). Okay... *now* you can get yourself ready to head out the door!

Beets:

Imagine eating nothing but junk food for one whole month straight and not being able to release it from your body. I know, I know... *not* a pretty picture! Now, imagine that all of your daily indulgences, which you have

eaten, have no way to escape. The only way for it to release itself from your body is through your skin. Imagine all of it, every single ounce of it, just oozing and dripping out of your skin!

One of its most amazing powers is its ability to cleanse the blood and the liver; it eliminates toxins from the body, therefore, eliminating the blemishes appearing on your face. Hmm... what does cleansing the liver have anything to do with the blemishes on my face, or for that matter, these stubborn five pounds that seem more and more impossible to shed?

Well, we when become guilty of eating our daily “indulgences”, everything from these “indulgences”, are passed through the liver via the bloodstream. All of our “junk” ends up in the liver. Our liver is specifically designed to remove the *natural* toxins from the blood. Let me repeat that... the natural toxins, which *do not* include food preservatives, additives and sugar (artificial sugar included), just to name a few. These would be our *unnatural* toxins, which make it that more challenging for the liver to do its job.

We have to “block” these unnatural toxins from entering our bodies in the first place. This may be the most difficult thing to do, because it requires a lifestyle change, a shopping routine change, and a taste bud realignment. But it can be done! And if you want great skin and hair, it has to be done!

Spinach:

Leave the dryness behind and take the radiance with Spinach! *Radiate* like you are in constant reflection of the Sahara Desert’s sun! Fresh spinach

juice will relieve your skin of dryness, thus improving your skin's elasticity, which is essential for maintaining your facial structure and keeping it firm.

This contribution of elasticity will have your skin looking younger than ever before! Fresh spinach juice is loaded with vitamin A, vitamin C, vitamin E, vitamin K and potassium, all which work together, keeping you vibrant and radiant. Fresh spinach juice is also rich in alkaline minerals, which cleanse the blood, thus preventing acne from forming. Allow me to make a promise to you: Incorporate spinach juice into your daily regimen; I promise you the results will show *dramatic* improvement in your skin! You will see and *feel* the amazing difference!



Cucumber:

Get yourself over to the produce section and make a hearty purchase of cucumbers. It will give your skin moisture on a whole another level; a level of moisture that the department stores could never dream of reaching! I want you to know the importance of maintaining proper moisture levels for your skin; it gives way to a beautiful and

radiant complexion!

Fresh cucumber juice is loaded with silica, vitamin C, potassium and magnesium. It cleanses your skin from the inside out, opening pores, thus releasing all the dirt and grime that is trapped in your pores. Not only does it help to clean out your pores, it improves your skin's texture as well! And, don't be surprised if you find yourself a bit slimmer around the waistline!

Due to the hydrating properties of fresh cucumber juice, it works in supplying the necessary electrolytes to the body, keeping you hydrated. This element also makes you feel "full" for a longer period of time, thus helping you shed a few extra pounds as well! Hmm... looking flawless and shedding a few pounds all at the same time? I don't even have to think twice... *I drink it!*

Vitamin A:

Have you ever been afraid of finding a wrinkle, crow's feet or sagging skin on your face, taking over and claiming your youth? Well, fear no more... vitamin A to the rescue! Vitamin A is essential for the skin to attain a stunning, youthful and captivating appearance. As we reach up in years (aging gracefully, of course, with the advice of my book), the collagen and elastin in our skin tends to weaken. By simply adding vitamin A into our diet, indulging our lovely carrot juice, we are able to help restore the elasticity and the collagen into our skin. And you know what this means... "Bye bye wrinkles... Hello forever twenty-one!"

Vitamin A is critical for the youthful maintenance of your skin, that's why [Alpha Renew Hair Vitamins](#) is packed with Vitamin A (among other essential elements for your hair and skin.

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Potassium:

Stressed minds create stress, not only on the body, but also the skin! When we stress, our bodies respond to this imbalance, seeking to gain equilibrium within. As a result, our sebaceous glands go into overdrive, producing sebum (oil) that loves to find its place to glide on our skin. This oil gets comfortable and builds itself a home on your face, otherwise known as pus-filled papules and inflamed acne.

Potassium has the natural ability to relieve our stress and anxiety levels. It also has the power of helping with the regeneration of our skin's cells, thus making our skin *glowing* and *radiant!* So, the next time stress comes knocking at your door, I'm sure you know what to do. Put up your defense by getting hold of your potassium! Not only will your mind be thankful, but your skin will be thankful as well. They will definitely show their appreciation by revealing fresh, vibrant, clear, and pimple free skin!

Vitamin C: “Just say ‘YES’ to Radiant Skin!”

Ever wonder why that woman in the produce section, picking out her oranges, pineapples and strawberries, is glowing like she just stepped off the plane from some fabulous Caribbean Island? Take my advice. I advise you to go walk yourself right over to where she is standing and pick up whatever she is having! And, as you gently place your newfound delights into your shopping cart, I want you to clear your throat and repeat after me: “I am *ready* to have great skin and hair!” Vitamin C achieves this by increasing blood circulation throughout your body. It also strengthens the capillaries that feed your skin, allowing circulation at its best! Vitamin C does more for your skin than just increasing circulation, adding a beautiful glow to your face. It also moisturizes, encourages the growth of collagen (preventing wrinkles), softens, and exfoliates and cleanses the skin all from the inside out!

The B vitamins: It’s Not As Complicated As You Think!

Okay, so there you are. It’s one week before the most important day of your life. Due to the anticipation, you start to stress out over the smallest things. This day is so important to you that you will do anything to look your absolute best. I mean *anything*! As the anticipation builds, your stress level is now approaching its comfort zone. It finds its comfort zone and targets it right across your face. And there you have it... a pimple!

That infamous pimple that reveals itself the day before your major event... Well, had you stocked up on the B vitamins, this wouldn’t have been a concern for you whatsoever. The B vitamins can help anyone in this

scenario in more ways than one. For starters, when our bodies become overwhelmed by stress, it becomes prime time for our sebaceous (oil) glands to do their work in overdrive. Those sebaceous glands simply can't wait for that opportunity! And you know what this sly guy is capable of doing? Placing ugly puss-filled pimples over your body!

Vitamin E: “Glowing Skin Is Yours”

We were all born with beautiful, smooth skin at birth. What if I told you that you could have that smooth skin again as an adult? Not only will I tell you, but when incorporating vitamin E into your juicing, your skin will see it for itself! That's right, your skin will be so smooth, and babies will see you as competition! Not only will vitamin E make your skin smooth, it will also reduce wrinkles and the harmful effects of the sun. And, we all know that skin that looks like leather is not a good look on anyone! To top off the wonderful benefit of baby smooth skin, vitamin E is also a powerful antioxidant.

And for those of you who are unfamiliar with the term antioxidant, no worries! In relation to skin, basically antioxidants slow down the aging process. And, they do so by acting as “scavengers” to the free radicals in our body as a result of our bodies using oxygen. The use of oxygen by our bodies goes on to create free radicals as a by-product – or waste. And, it's these free radicals that contribute to wrinkled, dull, lifeless, lackluster skin. We certainly don't want that happening! So, the antioxidants jump right in, eat them up, and allow you to look ageless forever!

Silica: “Youthful Skin, Here I come!”

What is one thing that children have in their glowing, radiant skin that we tend to lack as adults? Here is a hint... It’s the “glue” that keeps us together and I’m *not* talking about Elmer’s? Give up? It’s silica! Without it, our faces would literally fall apart! As we begin to age, our natural silica levels begin to decline, and unfortunately we lose the “glue” that keeps our skin together by promoting collagen production. When we incorporate silica into our daily regimen, we are left with beautiful, supple, wrinkle-free, glowing, youthful skin.

The Importance of Supplements!

As life puts its demands on us, it becomes harder for us to pay attention to our diets to make sure that we are getting all that our skin and bodies need to be getting to be healthy and radiant. Supplements are an excellent source to counteract some of the damage to our skin, due to the unhealthy food choices that we make for our skin. Please, do not confuse supplements with eating healthy. *The use of supplements is in no way, shape or form a substitute for making healthy eating choices. It simply is a way to complement and enhance all of the “good things” that we put into our bodies.* We need a healthy diet of fats, proteins and carbohydrates in order for the vitamins and supplements to be able to do the job of making your skin absolutely flawless!

The benefits that vitamins and supplements provide are truly and simply amazing! You will be doing your skin justice and an absolute wonderful service by including them in your daily regimen! We are constantly surrounded by the buzz of vitamin infused lotions and products. And although there is nothing wrong with this, we must know that our *inside* comes before our outside. We can't tend to the outside, ignoring the inside, and expect a miracle! It simply does not work that way. I don't care how much you paid for your magic potion at Macy's, if the *inside* is not right, the *outside* will be a direct reflection of everything going on inside of your body.

Grow Your Hair Faster & Support Youthful Skin Cell Regeneration!

**Alpha Renew Hair & Skin Vitamins
Will Increase Your Hair Growth and Help Your Skin Generate New and
Youthful Cells!**

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The Power in Vitamins!

The power lies in vitamins. If you take the right ones they can transform your skin and help you to put your best face forward! It is important to not only take them, but to be *diligent* in doing so. You will see the power of transformation *only* if you practice diligence. This means not taking one here and there, but actually committing yourself to taking them daily without

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skipping a beat! Supplements work over time if you are committed. Commit to making a difference to unleashing *YOU!* Practice diligence and you will see and feel the amazing and wonderful difference in your skin!

Water Soluble Vitamins versus Fat Soluble Vitamin: All Vitamins Are Not Created the Same

The *more* you have of something, does not always mean, that having *more* is the best thing to have. Before we continue, it is important for us to understand the difference between the two vitamins, water soluble and fat soluble vitamins. Vitamins that are water soluble, simply mean, that they are not stored in our bodies very well due to its properties; therefore, they need to be replenished more frequently than fat soluble vitamins.

Fat soluble vitamins do not dissolve in water. Because of their properties, they are *stored* in our bodies through our liver, as well as our fat cells. Because they are stored, we need to take extra care when we add them in as a supplement, as we do not want to put any added stress onto our dear friend, the liver. Practice diligence and always follow the appropriate dosage on the vitamin or supplement's bottle.

When it comes to bringing out my skin's natural beauty, I have a few supplement staples that are absolute must haves for me. These supplements have helped my skin develop into its absolute best. Here, I will share with you the supplements that I simply can't live without and why!

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Vitamin B Complex:

You know that wonderful feeling that comes with killing two birds with one stone? Rest assured that you will experience that same wonderful feeling with adding vitamin B complex into your daily regimen! With this power packer, you will actually be killing a few more than two birds. Vitamin B complex is loaded with goodness that isn't only good for your *skin*, but for your *mind* as well. If I can find something that is going to help give me smooth, radiant while helping me to erase stress from my mind, keeping me happy and stress free, then I am all for it!

Vitamin B complex does numerous things for the skin and body. It enhances your circulation, which is essential to attaining healthy skin. Without proper circulation the nutrients in your body will have no way of reaching the skin's surface.

Vitamin B Complex also helps keep your skin moist and smooth, which is essential to unleashing your radiant skin. It gives way for a blemish-free and luminous face. And as an *extra* bonus (as if helping us stay stress free wasn't enough), it not only helps to tone the muscles in your face, it also help to tone those muscles in your stomach as well. Not having enough of this power packer can leave your skin dry, blemished and wrinkled, and we all know we can't walk around having any of that!

Biotin:

Biotin is truly the miracle vitamin. It is also a mysterious vitamin too because it is not fat soluble, but it lives in the lower intestines. It is the vitamin that triggers hair growth. Yes, it is the element that tells your hair follicles to “grow more healthy hair.”

Biotin also does a number of important things for the body, including break down the fat we eat, get rid of toxic gasses in our bodies, and stabilize our blood sugar

Have you ever asked yourself what protects your skin from environmental elements? What is it that enables your skin to face the cold, the heat, and all of the other environmental factors? Would you go outside in the middle of winter with your sandals and shorts on? Probably not. You wouldn't because you need to protect your body and stay warm. Wearing that coat comes down to being a means of survival. So, do you think you can wrap up your skin in the same “coat” to protect it from the cold? Well, not exactly. What you can do is let biotin do its job.

Biotin helps as an aide to protect your skin so that your skin becomes healthy and radiant. Biotin helps in the formation of skin cells, which we lose rapidly, naturally, and to outside factors. Part of the reason we lose them is due to environmental factors. These cells are our skin's “coat” or protective barrier. And, when we do not have this healthy barrier to protect our beautiful skin, outside factors are able to come squeeze their way in,

trying their best to steal our shine away! So include biotin, as it provides nourishment, allowing you to reveal your healthy, smooth and radiant skin!

Alpha Renew™ Hair Vitamins Contains
833% RDA Biotin
Save 15% Now and Grow Your Hair Faster
& Support Your Skin!
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Vitamin C & Vitamin E:

Oxidation. Free radicals. Anti-oxidants. What does this all mean? I know we are *all* extremely anxious to unleash our flawless skin, but we need to take just a moment to understand a fraction of the chemistry involving our skin. Who thought we would be talking about chemistry in a skin care guide. Well, we're just going to focus on it for a moment. I promise, it won't be painful. You have my word that I will try my absolute best!

I want you to walk over to your kitchen and grab a fresh, crisp apple from out of your refrigerator. I know you *must* have one in there, *right?* As we are juicing away our flawless skin, diligently, every single day! Grab that apple, place it on the counter and cut it in half. Now walk away and go relax for five minutes or so, leaving that apple behind right there on your counter.

After about five or ten minutes have passed, I want you to go back into the kitchen and pick up that apple again.

Most likely, the apple that you are now picking up does not look like the apple that you had once left behind. For some reason, that fresh, crisp apple doesn't look nearly as appetizing as it had when you first cut it. As a matter of fact, the apple may even appear like it is starting to rot. I mean, who wants to eat a brown and spotted apple?

The once fresh and crisp apple, has fallen victim to good old oxidation. Oxidation is the breakdown of matter, as a result of chemical reactions involving oxygen. In relation to our bodies, this process occurs when the oxygen molecules come into contact with other "substances" from our living tissues. Oxidation is a process that will definitely try to rain on your parade! These drops will come drizzling down in the form of free radicals and splash themselves away in a puddle of wrinkles. These free radicals break down your skin cells and show up on your face in the form of lines, wrinkles and discoloration. And you know that anyone that *knows* they are fabulous - simply cannot have any of that happening!

As you were able to stand there and witness the apple turning brown, your skin stands as a witness to feeling and seeing wrinkles as a result of free radicals. Let's take a moment to revisit the apple for a second. Let's just say, that when we cut the apple in half, we then took some lemon juice and poured it over the apple. Well, if you were to do this and walk away, you would be pleasantly surprised to see that the apple that you came back to

revisit, would still remain in that fresh, crisp and delicious state. Well, you are *in* your skin, so don't you think that your skin will do the same? When we include antioxidants into our daily regimen, it is as if we are putting the lemon juice on the apple; our antioxidants are to our skin as the lemon juice is to the apple. Simply put, antioxidants are made to work against oxidation.

Without the antioxidants using their power to stop the free radicals dead in their tracks, they will make themselves at home, quite comfortably. Not only will these free radicals make themselves cozy and comfortable in your body, but they are also on a mission to take away your shine! That's if and only if they are allowed to stay there long enough.

So, do yourself a favor and grab some antioxidants so you can keep your shine and put your best face forward. And we all know that your best face certainly does not include wrinkles. I *know* you are much too beautiful and fabulous to allow those free radicals to have their way.

How did the lemon juice keep our apple fresh? Is it magic? Well, yes and no. The lemon juice does its work so wonderfully that it may appear that it actually is magic! Lemon juice contains ascorbic acid, which prevents the oxidation process in the apple. Ascorbic acid, you say? Now, does this sound familiar to you? Ascorbic acid, also known as vitamin C! Vitamin C is a powerful antioxidant that can do wonders for your skin. Vitamin C enhances the overall health of our skin. It makes our skin resilient, radiant, glowing, firm and even helps to reduce acne. And how could we forget? It

also helps to keep our skin youthful and wrinkle free! And I simply love staying twenty-one forever (well looking that is)!

Want to make that vitamin C even more powerful? I couple my vitamin C with Vitamin E and I am left with two major powerful antioxidants. There is a slight difference between vitamin C and vitamin E. Vitamin C is water soluble and vitamin E is fat soluble. This simply means that our bodies hold on to vitamin E a bit longer. These two power antioxidants work wonderfully together, fighting off free radicals within our bodies.

Not only does vitamin E *prevent* free radical damage, it also works to *heal* any damage that may have already occurred. As vitamin E heals the skin from the inside out, new skin cells develop to replace the damaged cells. Vitamin E continues to do its work from within by protecting your liver and flushing your body of toxins. This flushing of toxins is very helpful to our pores, making them less likely to become clogged, resulting in acne.

And, who can forget that wonderful vitamin A that we have been receiving through our daily juicing regimen? You know that vitamin A “just says ‘no’ to wrinkles?” We wouldn’t want all of our hard work to go to waste, now would we? By including vitamin E into your daily regimen, you will also be helping to *protect* the vitamin A that you are replenishing your system with. Vitamin E works with vitamin A in order to preserve it, helping our skin to reap its maximum benefit!

Essential Fatty Acids:

Essential Fatty Acids are simply those fatty acids that our bodies need, but are unable to make on their own. Essential fatty acids come in many forms, but the two I will focus on that I use for my skin are, Omega 3 and Omega 6 essential fatty acids. Your skin and your body need your help, so please do include them in your daily supplements! I bet you will be more than happy to help, because they will definitely be working on your side!

Essential fatty acids are necessary to absorb certain nutrients and to assist with the proper functioning of your skin's cells. I simply cannot imagine failing to include them in my daily supplement ritual. They play a major role in attaining and maintaining my flawless skin and I *know* that they will attain and maintain flawless skin for you! I feed my skin by including cod liver oil, fish oil, flaxseed oil, and evening primrose oil; all amazing and beneficial oils that are part of the essential fatty acids family. They should be a part of your daily regimen as well!

Cod Liver Oil:

Cod liver oil has proved itself in making its way to being my very best friend. This oil is *simply* amazing for your skin and you will be delighted; delighted in the transformation that it will deliver to your skin! I personally use Carlson Cod Liver Oil, which is lemon flavored to help mask the taste. What is most important about this brand is that it comes from the Norwegian waters, guaranteeing high quality and potency.

I also prefer that my cod liver oil liquid form; my skin absolutely loves the results! It will transform your skin from lackluster and dull to restoring your skin's natural glow, moisture and radiance. Cod liver oil is part of the Omega 3 family, as it is a special vitamin. Not only does it contain the essential fatty acids that our skin needs, it even delivers some extra "sunshine" to your flawless skin.

Cod liver oil triples its powerful effect on your skin by including both vitamin A and vitamin D (the sun vitamin) along with essential fatty acids. And who wouldn't want to have that wonderful glow from the sun? Cod Liver oil most certainly delivers "sun-kissed" glowing skin, all from the inside out! All of the components of cod liver oil work together to contribute to attaining ultra smooth, supple, youthful, wrinkle-free and radiant skin!

Fish Oil:

Fish oil is another member of the Omega 3 essential fatty acids family. I include fish oil in my daily supplement regimen, but it is important to know that I use it interchangeably with my cod liver oil. Fish oil is extremely beneficial for the skin, as it has the same properties of cod liver oil, both belonging to the Omega 3 family. However, there is a slight difference, which is important for us to take note of when including them into our daily supplement regimen. Cod liver oil contains essential fatty acids, *as well as* vitamin A and vitamin D; Fish oil contains *only* essential fatty acids. I use my cod liver oil throughout the year, until summertime arrives. I do this for the simple fact that cod liver oil contains "*the sunshine*" vitamin, known as

vitamin D. So, by increasing my time outdoors in the summer months, I wouldn't want my system to accumulate an excess of vitamin D in supplement form.

Drinking Water

Drinking water can do far more good for your skin and your body than that sugary beverage you always have in your hand! Drinking water will help you to *attain* and *maintain* that flawless face of yours. By drinking water, we are accomplishing a number of things. We're looking to go deep, deep within to unleash our flawless skin and that's exactly what water is going to help you do!

When we drink water, we are helping our skin in more ways than one. Water is powerful; it cleans our skin from the inside, out; it is necessary for proper digestion of our food and nutrients, which are necessary to attaining and maintain our clear and healthy skin; it helps in the elimination of waste; and lastly, it is your "internal facial moisturizer" lubricating and moisturizing your skin! So do you think it's necessary to drink water? Absolutely! Without it, our skin would become dry, blemished, scaly, lackluster, wrinkled and aged. So, let's raise our glasses all together and toast to this natural beauty potion!

Water is Essential For Great Skin and Hair

I want you to keep drinking and drinking until you get about $\frac{3}{4}$ of a gallon of *water* each day. Do me a favor please? Forget that notion of 8 glasses of water a day. We *have* and want to *keep* extraordinary skin, so we must do what is out of the ordinary to achieve it! Aim for 12-15 glasses/day because you and your skin are worth it. I drink about $\frac{3}{4}$ gallon of water a day, and it does so much for my skin, my energy and my body (ladies, it will get you shedding those few extra pounds as well, I promise you!).

By drinking this amount of water, your body will be able to flush out the harmful toxins that will do absolutely nothing but ruin your skin. Remember, if we don't flush our bodies of these toxins, they will certainly find another way to exit the body, and I don't think you are going to like the other "exit." These toxins will exit your body right through your skin, causing acne and blemishes.

Now, these toxins may not be the most wonderful things to talk about, but somebody has to do it! Let's face it people... going to the bathroom and completely eliminating is a *must* for a flawless face! Constipation is a no-no for radiant, flawless, ageless skin. By drinking water, we are putting in that extra punch to help our digestive system. We are helping "things" move along the way and eventually "out" of the way! If we neglect to drink water, we are allowing this "sort" of toxic buildup to remain in our bodies. These excess toxins and hormones make themselves a home by binding themselves to your "waste products."

Your Hair



Your hair is a direct reflection of your health and lifestyle. Your hair is a marker of everything you have introduced to your body – your diet and nutrition, your intake of drugs, stress, and even illness can all be traced by your hair.

If you want to increase the hair growth and texture of your hair, then you will need to increase your hair intake of all the wonderful things we talked about so far... but we also want to supplement our hair with an essential hair vitamin – that contains high quality biotin and other essential vitamins.

Alpha Renew Hair Vitamins has worked hard to create a super supplement that can increase your hair growth rate and generate healthy skin cells. The body needs biotin and a mixture of trace minerals that must be introduced into the body by nutrition and supplementation.

You have heard the saying, “Junk In – Junk Out,” right? That’s what it’s like when we eat our normal “unhealthy” diet and expect to have the best hair. What we need is to eat healthy and provide our hair with the supplements that it needs to generate, strong and healthy hair!

Three Ways To Care For Your Hair

Everyone wants great hair. No doubt, when you are having a bad hair day, you need to know that what you did last week, last month, and yesterday really determines your “bad hair day” today!

So, you want to make sure that you spend just as much time on prevention and protection than on keeping your hair clean and nicely styled. To be sure there are easy ways to increase care for your hair:

Protect your hair from the sun. Just like your skin and your CDs on the dashboard, you heat can fry your hair. If you are spending time outside then while you are styling your hair you should dab a little sunscreen on your hand and lightly rub in sunscreen.

This will protect yourself from the damaging UV rays.

To protect your hair from cuticle damage or to reduce problems with split ends, you also want to use a little dab of olive oil. Simply put a half teaspoon of olive oil into your hands and gently work into your hair. This is by far the most effective method you can use to help strengthen your hair and reduce split ends. Simply do this once a week and you will be surprised on the results!

To be sure to strengthen your hair, nutrition is extremely important. Having your hair supported with the nourishment it needs to grow fast and healthy

is important. Alpha Renew vitamins are packed with nutrients you hair needs to be long, strong, and manageable!

You Can Have Great Hair and Skin!

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You Can Have Beautiful Hair & Skin In Just Four Weeks!

Remember, drink lots of water, use a juicer every day (with fruits and vegetables of your choice, with suggestions in this book). Power your hair growth and youthful skin cell regeneration with Alpha Renew Hair Vitamins with biotin. If you have feedback or a testimonial, please send it to contact@alpharenew.com



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