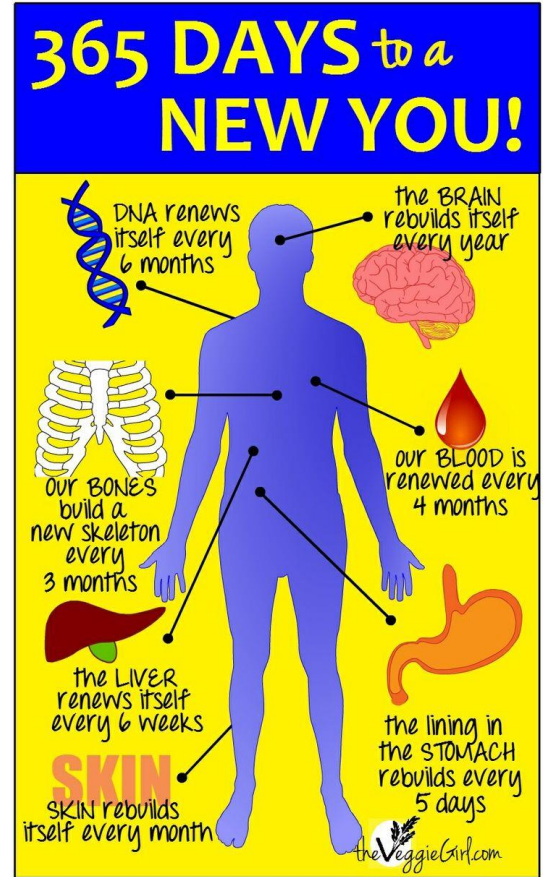


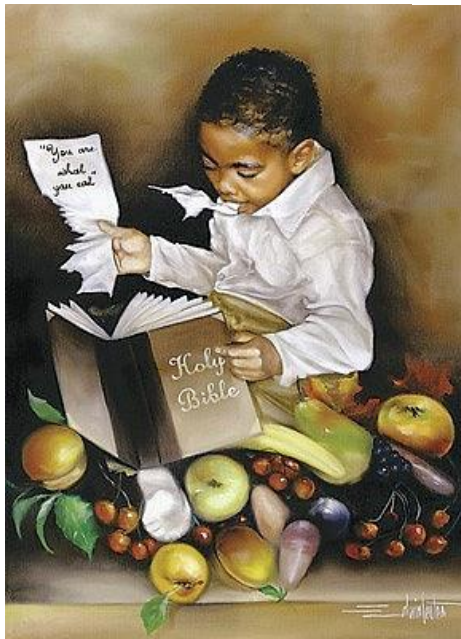
# You Are What You Eat You Are the Choices You Make You Are God's Precious Child

By Renee Lea-Currie, Ph.D.  
 November 19, 2016

**WHAT YOU  
 EAT IN  
 PRIVATE  
 YOU WEAR IN  
 PUBLIC**



**If you eat how you've always eaten, you will weigh what you always weighed**



## Is It Better to Look Good or To Feel Good?

That is the question. But if you take care of your temple, then you will look good no matter what the standard of beauty in your area. If you feel good, you are more attractive and express the welcoming spirit of God. You are what you eat and the choices you make. If your cosmetics are good enough to eat, then they are will contribute to beauty inside and outside. What key nutrients are good for my hair, skin, and anti-aging health? Where do I find them? You find them in God's original life plan. Genesis 1 29-30 *Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.*

Vitamin/Mineral/Nutrient	What It Does	Food Sources
Vitamin A	Skin repair & wound healing, UV skin protection	Eggs, milk, fortified cereals
Biotin ( a B vitamin)	Creates cells of skin, hair and nail cells	Bananas, eggs, oatmeal, rice
Vitamin C	reduces the damage caused by free radicals, a harmful byproduct of sunlight, smoke, and pollution. Free radicals gobble up collagen and	Citrus fruits, vegetables potatoes

	elastin, the fibers that support skin structure, causing wrinkles and other signs of aging.	
Vitamin E	Protects against sun damage	Nuts, eggs, green vegetables
Vitamin K	Prevents bruising, helps blood clot, heart healthy , protects against sun damage	Leafy greens (esp. kale & spinach), fermented foods
Folic acid	Healthy hair	Leafy greens, whole grains, oranges
Essential amino acids ( building blocks of protein)	Needed for hair follicle and nail bed cell growth = stronger hair and nails	lean meats, legumes, soy, nuts and seeds
Iron	Stronger hair especially when consumed with a source of vitamin C	Beans, lentils
Lycopene	Protects from skin and prostate cancer	Apricots, pink grapefruit, watermelon and tomatoes
Niacin (a B vitamin)	helps skin retain moisture, so your complexion looks more plump and younger looking	Whole grains
Water	Hydration= less wrinkles	Water that tastes good to you

N S C S K I N C A N C E R S S  
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 BEAUTY  
 LIGHT  
 AVOCADO  
 NUTS  
 SEEDS  
 WHOLE GRAINS  
 LEAFY GREENS  
 SKIN CANCER  
 FREE RADICALS  
 ANTIOXIDANTS

Can you name all 11 TBT newsletter topics in 2016?

**SPECIAL PRIZE**