

BLUEBERRY AS A SUPERFOOD ACCORDING TO A SKIN CARE EXPERT



Blueberry As A Superfood According To A Skin Care Expert

According to skin care legend Dr. Perricone, the blueberry is a superfood with many health benefits and should be made a staple of every diet. Here's why...

Often times, when we think of superfoods we think of spinach, grapes, green tea and other vegetables and extracts that are primarily listed for their levels of antioxidants.

Did you know that the blueberry is one of the most nutritious and powerful superfoods?



According to Dr. Perricone, one of the world's foremost skin care experts, "Blueberry along with the acai berry have one of the highest known levels of antioxidants of any food."

Higher than red wine and green tea combined. It is full of amino acids, vitamins, and antioxidants, and essential fatty acids.

Whole, fresh blueberries are best, but pure blueberry juice and combination blueberry and pomegranate juice can be found at your local grocery store in the produce section.



Blueberries have many uses as blueberry extract has been used in ancient herbal and medicinal treatments for thousands of years.

Many skin care treatments now use blends of blueberry extracts along with other herbs to help revitalize the skin and hasten healing.

These treatments have been clinically proven to decrease healing time for skin peels (especially deeper skin peels like the TCA skin peel).



They have also shown marked ability at reducing scarring in wound and burn treatment, although more research is needed.

Dr. Perricone in his best-selling book *The Perricone Prescription* states that for optimum skin care one should regularly eat high antioxidant foods like blueberry, acai, pomegranate, and spinach.

These foods with their high concentrations of antioxidants and nutrients help combat and can even reverse the aging process.



With the right diet full of antioxidant rich foods one can virtually stop wrinkles in their tracks. A good diet along with a good skin care regimen can produce amazing results.

A good skin care regimen includes a mild cleanser (no soap as it is too harsh and will dry out your skin), a moisturizer packed with antioxidant extracts, and skin peels to increase exfoliation and reduce oily build up (which can lead to acne).

It is also a good idea to use a high SPF sun protectant.



The leading medical colleges are currently researching high percentage antioxidant extracts like blueberry for anti-cancer properties and possible and promising treatments.

In clinical settings there is evidence that these antioxidant rich foods do have a marked effect on several types of cancer.

In addition to anti-cancer properties, the blueberry has shown a positive effect on the nervous system, and increase in cognitive function and reasoning, and an increase in muscle function and regeneration.



Truly the blueberry has many current and promising functions and, as a superfood like acai according to Dr. Perricone, should be made a staple of every diet for additional health, great skin care and longevity.



There are many things you can do to aid your own healing and live the healthiest life you possibly can.

You will find out more from the information you get in the Global Healing Exchange membership area.

Take a look around and find the best holistic treatment for you.

**This Ebook Was Written For
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