The Beauty of Food

Simple Foods In Your Kitchen That Make You Look & Feel More Beautiful In Minutes!

by Hanan

FOREWORD BY JON DANA BENSON
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“How is everything?”

I glanced up from my overdone eggs and light brown coffee to greet the eyes of an exotic girl with an alien accent. She possessed a smile that illuminated an already sunny morning.

“Great, thanks!”

I was being seductively polite, especially considering the lack of sleep from the Bohemian Austin nightlife. To worsen the matter, thanks to an overbooking fiasco at my preferred hotel, I was stranded at a Holiday Inn breakfast buffet with coffee weaker than Pee Wee Herman after an induced coma.

Still, I didn’t want this mysterious sounding beauty to scurry off just yet. Something about her made me want to know more, and it wasn’t just the alluring surface. There was something beneath the eyes that betrayed her superficial small talk and let her depth of character peek out.

She simply did not belong here, and I wanted to know why.

Everyone and everything seemed to be clamoring for something less intrusive than the information I was after. Empty coffee cups, half-finished plates of food, and the ubiquitous complainer—none of these legitimate working concerns factored into my mounting curiosity.
“Where are you from? I can't place the accent,” I said, searching for the mystery phrase that would hold this girl’s attention amidst the semi-crowded backdrop of hectic business travelers, moms with toddlers, and an ample supply of black-haired blondes with unnatural holes about their faces.

“Guess!”

Oh, the girl has spunk, I thought to myself.

“Brazil?”

“Ha, no, not quite.” she said, as her accent grew thicker and even more out of the norm.

“Well, you look a bit Spanish... but that's too obvious, and the accent is definitely not a fit... how about Italy?”

“No, I'm from Baghdad.”

“Get the (blank) out of here!”

My native New Yorker tongue was making an early entrance. The moment I said the words, I realized I probably just offended her entire lineage, despite my noble intentions. Why stop there, I thought, being the boy genius I am at 7:30 in the morning and consuming less-than-optimal fuel.

“Okay... where's your burka?”

Mind you, that was a semi-serious question. Hanan was the first Iraqi girl I had ever spoken to for any length of time who was not wearing a burka or, at the minimum, a hijab, the customary Muslim headscarf. I honestly thought that everyone from Baghdad was, by
default, a devout Muslim—just as, I would soon come to know, she thought everyone from Texas looked like Clint Eastwood before her arrival.

“I’m not a Muslim,” she replied, again laughing with an infectious smile that detailed her happiness of just being in the moment. “I’m just a girl from Iraq. Have you never seen that before?”

“No, I haven’t. I just assumed… sorry. So, no camel, either?” (Of course, that a thin attempt at wit. Sad to say, I actually believed at that time there were as many camels in Baghdad as there were horses in Texas. It had to be true. It was on the news.)

Hanan was now laughing loud enough to draw the attention of her none-too-happy boss. “Camels? Are you serious? There are no camels in Baghdad!”

I could see I had quite a learning curve ahead of me, assuming this beautiful creature would give me the chance at a worthwhile conversation.

She did just that.

Hanan and I have spent a lot of time since that awkward first meeting talking, living, growing, and, frankly, suffering. That certain “something” I felt at our first encounter was her unique combination of outer beauty and inner strength—a strength I have yet to see matched by anyone in my life. It’s a strength that would see me through a serious illness, and help us form an intercultural relationship that has stood the test of its fair share of trials.
This was a pain, and a display of continuous strength, that was completely foreign to me, at least in the way she gracefully went about her life in spite of it all. It was not suppression. I have seen that many times before, and in people with far less in the loss column. It was not a false hope, a pious faith, or superstition of any variety.

It was beauty, in its purest form. Physical, emotional, and spiritual beauty exudes from Hanan like honey from the hills of her ancient homeland.

Hanan's interest in physical beauty began at an early age. The natural remedies and routines of the Middle Eastern culture, most of which is contained within these pages, were passed down to her from a line of royal heritage. Yep—the waitress at the Holiday Inn was, and is, a descendant from the blood of queens. I didn’t know about this until about a year after we met. That degree of modesty must be another facet of her inner strength, and a display of her commitment to connection.

Over the years, I’ve seen Hanan take wonderful care of herself, using simple, everyday foods as the chief source of her beauty regimen. Rather than simply consuming these foods, she would concoct interesting mixtures and apply them topically to her hair, her face, her hands, and her body. Apparently, this is customary for those from prestigious families in the Middle East. All I know for sure is that they work.

Most people would not have survived the ordeal Hanan went through, let alone look like a million bucks in the process. From having to be a caretaker to her cancer-stricken mother at a very
early age, to the incredible devastation of her life, her career, and her family due to the ravages of war, to the journey here as a lowly refugee, her life is a testimony to the power of the human spirit. One would think such a life would take its toll on youthful beauty, but Hanan grows more stunning each passing year.

She was given every opportunity to betray her sense of self—to be flaunted on the arms of wealth American men as a ticket out of the poor end of town, or sell her body for the pleasure of others. In every instance, she refused. She remained true to the memory of her parents, the values they instilled within her, and to something that so few of us really possess—a genuine love of self.

Her secrets of natural beauty, and a near supernatural self-love, are contained within these pages.

Ladies, you are in for a treat. The Beauty of Food is far more than a treatise on natural beauty. This is an outpouring of both inner and outer love from a soul that brings radiance to everything and everyone it touches. Herein lies a simple path that can elucidate your physical features and awaken your beauty within, giving you the ideal balance of elegance and strength for decades to come.

Here’s to your beauty, in all its forms—and to the Tempean beauty of the author herself.

Jon Dana Benson

January 2012—Malibu, California
Introduction
Beauty Secrets From Persian Princesses
There is no such thing as an ugly woman.

You deserve to love yourself and accept who you are!

All women are beautiful. You are beautiful, you are fabulous, we all are beautiful but the question is how do I reflect this beauty on my face, hair, body and soul? The answer is easy and doesn't need a lot of effort and money. All you need is few minutes of your time each day. Yes, just a few minutes each day so let's get started right now!

The skin types vary from person to person. Some have dry skin; some have oily skin while others have normal skin. My goal here is to help you to get the perfect skin you are looking for by using cheap available materials you most likely already have available at home. Yes, everyday household or kitchen items are the thing you can use to create glowing and healthy skin.

Not only can you treat your skin, no matter what type it may be, you can treat your hair with food items as well. No matter what
products you find out there you will find a home treatment that is just as effective or even more so. For instance, women have been using Knox gelatin for many, many years to strengthen their nails. When they say beauty comes from the inside it is not just about the soul of a woman. The foods you eat affect the health of your body including your nails, skin and hair.

When it comes to choosing products for your face, skin, nails and hair you probably have found there are unlimited sources of products all claiming to be better than the next. Some are extremely expensive and tough to fit into the average budget today and others that may be cheap really do not do the job as you might expect. What do you do? The reason I am writing this book is to share with you my own beauty secrets that have worked well for myself and will be easy on your budget.

We all realize that taking good care of our health is a very important task but did you know that eating correctly and exercising is also a way to bring out your natural beauty? What I am about to share with you is not one of the latest fads that celebrities use or some ridiculously expensive new tonic that celebrities say they use.
Foods that Improve your Appearance from the Inside Out
Foods that will improve your general health will also improve your healthy appearance. A healthy glow is always a very attractive quality. Of course there are the obvious choices like eating plenty of green leafy vegetables. These are considered complex carbohydrates or ‘slow’ carbs which are excellent for your body. They take a long time to be processed in your system and contain vitamins and iron that is essential for healthy skin, nails and hair. Using balance in your diet with a combination of both complex and simple carbohydrates, proteins, grains, fruits and good fats will not only bring health to your body but will enhance your outer beauty.

You want to eat foods every day that contain vitamins, minerals, antioxidants and iron to keep your body healthy and to keep it functioning correctly. Digestive problems can cause your body to build up toxins in the system that in an effort to leave the body can cause blemishes. Unsightly blemishes are not a good look for any woman.

Consuming the following foods will not only help your overall health but will specifically help your outer appearance.

Supple Skin

**Apple cider vinegar** will really do wonderful things for your system. Some say it helps your body process sugar and fat which helps in weight control. For your skin it is wonderful because it helps to give it that supple quality. The experts say that it also helps in the shedding of dead skin. You can mix a teaspoon to a tablespoon in your juice or drink it straight if you can tolerate the taste. Organic apple cider vinegar is the optimum choice.
**Prevent Premature Aging**

**Carrots:** Vegetables like the green leafy ones we mentioned and other vegetables like carrots are important. The carotene in carrots is said to help to prevent premature aging. Known for their ability to improve eyesight they are also great for regulating the sugars in your body, detoxifying your liver which will help to prevent blemishes. Carrots are also a good source for the vitamins your body needs for healthy skin and hair. *Carrots contain a large amount of vitamin A plus other nutrients that are wonderful nourishing agents for the skin and do prevent dry skin. The list of benefits from eating carrots is impressive.*

**Apples:** Have you heard the expression, “an apple a day keeps the doctor away”? For skin that is youthful in appearance, you cannot beat the benefits of eating apples, especially Red Delicious and Granny Smith. Not only will eating apples help with the elasticity of your skin but can help to protect damage to your skin from UV rays. Apples contain procyanidin B-2 which is known to promote hair growth and help in the prevention of cell damage.

**Urinary Tract Health**

**Cranberries:** Consuming cranberry juice or eating cranberries will help with your urinary tract health.

**Prevent Wrinkles**

**Garlic** is something you can eat to help stop your skin from wrinkling because it restores tissues.

Another great food for preventing wrinkles from forming is **Sweet Potatoes**. They are loaded with vitamin A which does wonders for your skin in general. Your skin will be smoother and clearer. Sweet potatoes do not have the starch that the white potato has so it is a much healthier choice all around.

Foods that have natural bacteria like **Hard Cheeses** can prevent cavities and help stop bacteria growth in the mouth.
Other foods containing natural bacteria like **Yogurt** can help with your digestive health. Sugar can actually add to the problems of a yeast infection. The yogurt also is great for fighting tooth decay and helps to keep your teeth whiter.

**Vitamins A, C and potassium (great for skin and hair):** Consuming citrus type fruits will help the body form collagen which holds the skin cells together. *Be sure to include citrus fruit in your daily diet for its other health benefits like lots of vitamin C.*

**Tomatoes** which are a fruit rather than a vegetable like most think are also great for the skin and contain quantities of vitamins A, C and potassium.

**Bananas** are also a good source of potassium. Actually, you might want to go bananas for bananas because of all of their great benefits. They contain natural oils and vitamins that help both your skin and your hair.

- **Hair care:** Bananas help to protect the elasticity of the hair which prevents the ends from splitting and it makes the hair soft and strong preventing breakage. Bananas keep the hair shiny and help it grow. They control dandruff and are great for repairing damaged hair while adding volume to the hair.

- **Skin care:** Actually just rubbing the peel of the banana on the skin, especially where there are any irritations like acne or insect bites can be very beneficial. Using the pulp of the banana directly on the face by mashing it up and spreading it on will help to make the skin soft and supple as well.

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End Blemishes

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Try to include some **wheat germ** in your daily diet. It will help to get rid of unsightly blemishes besides provide many health benefits for your overall health. It is easy to add a couple tablespoons to your cereal or yogurt in the morning. It has a very mild nutty flavor so it is a pleasant addition.
More General Health Tips

Before moving on to specific health treatments, let’s talk for a minute about getting proper exercise. Of course everyone knows that exercising every day is important to weight control but when you exercise you perspire. This actually clears the body of toxins that can cause blemishes and pimples. Toxins can only be released through the liver, the kidneys and the pores of the skin. As the toxins are released through the pores they will remain on the skin unless you wash them off after exercising. Failure to do this will increase your chances of getting a fungal or bacterial infection. Here are a few more things to consider:

• Exercise also tones the body and skin and the more it is toned the better it will look and feel. The appearance of cellulite can be lessened by toning the muscles. The firmer and stronger the muscles the more elastic the skin will appear.

• The blood flow and the oxygen level of the body is increased with exercise which in turn flows to the skin. If you are diabetic you will greatly benefit from regular exercise as this will reduce the risk of problems with the skin that can eventually lead to the amputation of limbs.

• Exercise does relieve stress and advantages of this do extend to the complexion. Some experts say that stress will cause acne or at least cause flare-ups. Regular workouts can help make skin problems manageable.

Exercising helps the skin produce more of it natural oils which will keep your skin looking healthy, glowing and supple.
The skin is the largest organ of the body and as we have discussed, caring for your skin begins with the healthy foods you eat. The outward appearance of the skin needs to be cared for on a regular basis. Skin that is smooth, supple and glowing in appearance is a thing of beauty. Caring for your skin does not need to take hours of your time each day nor does it need to cost thousands of dollars each year. My methods are a simple, safe and practical approach to caring for your skin using natural ingredients. You will use different foods and household items you most likely already have on hand. Here are a few of my favorite beauty secrets for keeping your skin, face and eyes looking amazing.

The diet book “Every Other Day Diet”, by best selling author Jon Benson has helped me a lot. I have found it very impressive and using the diet made me feel energetic and full of life. I still enjoy the foods but more importantly I was motivated to find how every day foods can not only make you healthier on the inside but can make your appearance healthier. The body wants healthy foods and I was determined to understand what my body wants for both inner and outer beauty. The following are recipes for making facial masks using common foods you most likely already have in your kitchen.
Follow these easy steps to get the pores clean and to have refreshed healthy looking skin:

1. Wash your hands before touching your face and remove your make up before washing your face.

2. Do not use hot water to wash your face. Use warm water and always try to finish up with cold water.

3. Massage some soap in circular motions all over your face. Start with your forehead, your nose and then your cheeks. Rinse your face with cold water and make sure you wash it off good.

4. Dry your face with a soft towel and do not rub your face with the towel but just tap it over your face.

Ways to Make Facial Masks at Home

Facial Masks are beneficial for many reasons but the most important is to draw out the toxins that are buried in the pores of your skin. Regular cleansing of the skin will only remove the surface layer of dirt that collects so using a facial mask after cleansing your face but before toning will greatly improve the overall health and glow of your skin. When applying any mask be sure to avoid the area around the eyes and the mouth. Use your fingers to gently spread a thin layer of the mask mixture to the skin, give it time to do its magic and then remove it with clear water and a soft cloth.

While you wait for the mask to work it is best to relax your body and mind. Listen to some soothing music or meditate. This is also a good time to treat your eyes with kindness. Place cucumbers on the eyes to protect them and restore moisture. If you have dark circles you may want to try using used black tea bags or even green, white, or Chamomile tea bags that have been squeezed to remove excess water. Just place them over your eyes to remove puffiness and dark circles. This should be done two times per week.
The following is a list of easy homemade facial masks that can enhance health of your skin.

**The 50-Cent Botox Alternative:**

**Nature’s Face Lift!!**

This is one time it is good to have egg on your face. The egg white is the best mask to lift your face. Eggs are very rich in the protein Albumen which is known to be nature’s face lift. This is probably my favorite treatment because it is simple and works wonders. I have even found that my male friends are amazed at how well this works. Take an egg, crack it open to get the egg white and keep the yolk to use for something else later. Add a few drops of lemon juice and mix for a few seconds. Use a cotton ball to spread it over your face. Be sure to avoid using this mixture around the eyes, mouth and neck. Try to listen to relaxing, soft music while you lay down with your eyes closed. Leave the mask on for 20 minutes and then wash in nice cold water. For the best results you should use this mask twice a week. This mask really works well for oily skin.

There is yet another way to use your eggs as a facial mask and that is using the yolk of the egg only. This one will lift the face and smooth out any wrinkles plus help to prevent dry skin. Use two egg yolks and a teaspoon of sugar. Whisk the egg yolks until you have a consistent mixture and then you can slowly whisk in the sugar. You can apply this mixture in the same way as the egg whites but leave it on for 25 minutes. Then with warm water and a clean, soft cloth remove the egg. **This same treatment works for the neck as well!**
**Shiny Alive Skin**

The Olive oil gives your skin a beautiful alive and shining appearance. This is pretty straightforward. Put Olive oil on your face and neck keeping it there 10 minutes or longer if it is needed. There should not be any excess to remove.

**Clean Your Face**

Milk is a great source of calcium but it is also a great way to clean your face. It is said that Cleopatra enjoyed milk and honey baths. During the 16th century milk baths became very popular among the nobility of England. Today it is very inexpensive to use in your bath water. Apply milk to your face for a minute and then massage your face gently to get rid of dead cells. This will make your skin more alive and soft. Finish by washing your face in nice cold water afterward.

Green Tea – Boil green tea for 3 minutes and leave to cool down. Then wash your face. The green tea helps the freshness and clarity of the skin and also helps to get rid of bacteria. It also helps to relax muscles around the eyes which help to diminish the wrinkles around the eyes.
Besides using cucumbers or used tea bags for your dark circles you can try using potato slices placed over your eyes. This will help get rid of stress and tiredness. Potato slices can remove the puffiness under your eyes that spending long working days can create or that staring at a computer screen for hours on end will cause. Keep the slices on your eyes for 10 minutes.

Honey is one of the best moisturizers for your skin. Spread it over your face for 5 minutes as a face mask. Do this twice a week as a regular regime.

Oranges are rich in vitamin C and do wonders for your skin. Dip a cotton ball into orange juice and wipe the face and neck every day. This will help to moisturize and revitalize your skin. Oranges not only taste delicious but are used in the manufacture of a lot of cosmetics because of their ability to revive and soften dry and cracked skin.
Dry Skin

Almond oil helps protect the skin from the sun. You can use almond oil in conjunction with an avocado mask making this great for any skin type but especially good for dry skin. Avocado contains the right amount of essential fatty acids, and it’s good for dry skin. Use the meat from one half of a ripe avocado and mash it up. To this add about 6 teaspoons of sweet almond oil and mix it into the avocado mash. You can add essential oils if you wish. Add a couple of tablespoons of plain yogurt and mix until you get a good consistency. You can also add some honey which is a great moisturizer. Pat this onto your face with a cotton ball or sea sponge and leave it set for about 20 minutes. Finish by washing the face with lukewarm water which helps the mask give the skin youth and vitality.

Minimize The Pores

Tomatoes are the most important natural substance that helps minimize the pores of the face. Prepare the mask by taking the fruit of the tomato and the peel of half a lemon and mashing them both well. Then mix the two with a few drops of lemon juice. This is a mask that is placed on the face for 15 minutes and then washed with warm water. You can use this mask once a week.
Repairing Discolored Skin

For brightening fair skin as well as fading dark spots you can use $\frac{1}{2}$ ground cucumber, egg white and 2 scoops of powdered milk. Mix all the materials together and then apply this substance to your face. Leave the mixture for 20 minutes and then wash your face with warm water. You can use this treatment twice a week. Cucumber improves blood circulation making fair skin brighter, and over time will naturally lighten the complexion of darker skin. For this reason it works wonders on fading dark spots for both fair, medium and dark complexions. For discolorations on the body try using sweet almond oil. This will help to whiten dark spots and soften dry skin areas of the body.

Treating Acne And Pimples

This is very simple. Mix together one teaspoon of fresh lemon juice with one teaspoon of ground cinnamon. Use a cotton ball or swab to apply to the affected areas and leave it sit for 15 minutes. Then you can gently wash it off with cold water.
What Makes Wrinkles Appear On The Skin?

The appearance of wrinkles depends on the degree of exposure to harmful rays and generally women are less prone to skin damage than men. Women usually start with the appearance of wrinkles around age 35. However the onset of mental illness and physical conditions can effect the appearance of the skin, causing wrinkles to show up at an earlier age.

Stand-out Foods for Anti-Wrinkle/Anti-Aging Beauty Enhancement

**Grape Antioxidant:** There is an antioxidant agent contained in grape juice and seeds when transformed into sugars, tannins, vitamins and fruit acids that work on the smoothness of the skin. They create a peel to get rid of dead cells. The substances found in grape seeds tighten the skin and also fight free radicals that affect the skin tissue.

**Recipe:** To make a mask to use as an anti-wrinkle agents mash grapes with honey (cluster of black grapes, washed well) and apply the mixture on the skin and leave for 20 minutes. Then rinse with warm water before applying moisturizing cream.

**Bananas:** Bananas are one of the materials that help to prevent wrinkles. Mix a banana with two tablespoons milk and after mixed well apply it to the face. Leave the mask on the face for 15 minutes and then finish with warm water.

**Tomatoes against wrinkles:** The secret is the lycopene in tomatoes is great for keeping your skin bright and works well as anti-wrinkle agent. Tomatoes clean the skin and are a gentle way to remove facial lines.

**Recipe:** Mash two pieces of tomato after removing the seeds; mix them with the juice of half a lemon and a tablespoon of olive oil and apply this dough to the skin. Leave for 15 minutes and then rinse with warm water.
Lemons benefits and uses:

• Folk medicine used lemon juice and the rind. Lemons have been used in history against the following diseases; scurvy, jaundice, tuberculosis, tachycardia, hemorrhoids, leprosy and against worms.

• Lemon contains both vitamin C and flavonoids that increase the body's immunities. Because these materials are antioxidants, they protect the stomach from cancer while flavonoids aid in Vitamin C absorption. The amount of vitamin C in the rinds in three times greater than the pulp.

• Lemons are rich in vitamin C which helps iron absorption within the digestive system and is one of the protectors of the body's cells against oxidative symptoms.

• Because lemons are rich in fiber they can help lower the cholesterol in the blood (LDL).

• Lemon is included in many of the refreshing recipes for skin lightening and skin tightening.

• Lemon acts as a disinfectant to the skin and works to reduce the swelling of the pores without causing dryness in the skin.

Fresh Melon: Watermelon is rich as special care product for the skin. Melon contains a large proportion of beta carotene, which gives preeminence to the skin. As a good tonic for the skin, melon will save the skin from appearing pale and gray in color.

Recipe: Cut a piece of fresh melon in half and remove seeds from half of it and put it in a blender with 100 grams of cheese, eggs (20 or 40% fat). At the end of the day put this mixture on your skin and then rinse with water or mineral Baltonak. Store this mixture in a wet location.
Peach fruit: Peaches are rich in vitamin A which is resistant to aging skin and adds a touch of brightness to pale skin. It is also rich in vitamin B.

Recipe: To make a mask, mash essential pieces of fresh peach with two tablespoons of fresh raw whipping cream. Put the mask on the neck and leave 20 minutes. Then rinse with warm water and put on a moisturizer. This mask is great for skin that lacks vitality and can be repeated once a week.

Cucumber Cleanser: Cucumbers contain a large amount of the mineral zinc, a natural cleansing property. Cucumbers also have a large proportion of the mineral zinc which is a cleanser for the face.

Recipe: Cut the skin off the cucumbers and then cut thin slices. Put them on the face and neck and then leave for 20 minutes. Remove the slices and rinse your face with Baltonak or mineral water.
Three Sun Rays and Your Skin
When the skin is exposed to the sun's harmful rays it can cause burns and skin irritation. This causes increased thickness of the skin and changes the immune functions. When the immune functions are compromised the result may be injury, optical aging, skin cancer and other diseases.

According to doctors, the sun is a source of UV rays responsible for skin diseases caused by prolonged exposure. When UV rays are in prolonged contact with skin optical absorption of photos (radiation) can occur and often oxidative stress results. Oxidative stress stimulates the production of harmful free radicals.

So be careful during the summer elements as much as possible and try not to stay a long time in the hot sun. You can prevent these risks by relying on nutrition for the prevention of diseases caused by the sun. Food that contain vitamin C, beta carotene, selenium and other basic foods are helpful as they reduce free radicals, protect you from skin cancer, prevent wrinkles, prevent photovoltaic aging, inflammation and immune changes from exposure.
Foods That Help Protect Your Skin From Sun Exposure:

• **Tomato**: Cooking tomatoes is a highly effective way to help extract the private beta carotene and lycopene Flavinoid that protects the skin from the sun’s harmful rays. In addition olive oil or avacado with tomato salad helps to absorb the tomato’s helpful benefits.

• **Carrots, broccoli, sweet potatoes and spinach**: Lycopene belongs to a group which includes Alkoroteanoridz and beta carotene in foods like carrots, broccoli, sweet potatoes and spinach.

• **Chocolate**: Chocolate contains many Flavinoids and antioxidants so having a cup of hot cocoa every day reduces the risk of ultraviolet radiation, as it reduces the appearance of solar wrinkles, especially in the neck and under the eyes.

• **Green tea**: Drink green tea daily to reduce the damage caused by the sun’s rays and prevent skin cancer. Green tea has preventive properties that contains high levels of potent antioxidants that eliminate harmful free radicals that form when skin is exposed to the sunlight’s ultraviolet rays.

• **Pomegranate**: Pomegranates play an active role in protecting the skin from ultraviolet radiation risks because they contain Alaelagik acid.

• **Omega 3 oils**: Omega 3 oils work on the immune system response to the risk of skin exposure to sunlight. Fish like salmon are great sources for Omega 3 oils.

• **Fruit and vegetables**: Fruits and vegetables have their own effectiveness in preventing skin diseases because they contain antioxidants, especially in citrus fruits and carrots.
Always remember that the best times for exposure to the sun less the health risks are when the sun is at an angle and not directly above you. The best times are 10am and 4pm.

Experts point out that the best way to protect the skin from the harmful sun is to drink sufficient amounts of water, use sunscreen, along with a good moisturizer. This can save you from the rays of the sun that cause damage to the skin.

**Tips For Choosing An Effective Sunscreen Product:**

- Your sunscreen should be **SPF 15 or greater**.
- Your sunscreen should emphasize protection from **UVA** and **UVB** rays.
- Your sunscreen should be suited to your skin type (*dry* or *oily*, depending on your needs.)

“Smart” sunning can be a fantastic source of Vitamin D. If you do not burn easily and have no history of skin cancer in your family, you can slowly increase exposure to the sun without sunscreen (but use moisturizer).

**Check with your doctor first.**

**Important!**

If you have a history of skin cancer in your family, you should use sunscreen even if you’re in the shade, and even on cloudy days.
Is The Degree Of Protection Indicator Related To The Skin Type?

The Sun Protection Factor has to do with the complexion. The lighter the skin the higher the SPF needs to be so fair skin should be 30 and above while darker skin, which can take the sun will require the lower SPF of protection.

What Specifications Of Sunscreen Are Best?

Sunscreen users believe in the protection of the physical, which is using a layer of thick white cream on the face making it difficult for sunlight penetration. In addition to the filters that it contains and prevention from the sun’s harmful rays to the skin, wearing cotton clothing and a protective hat with a broad rim will offer cover as well as ensure protection during the dangerous periods between 10 am – 3 in the afternoon.
Four Beauty Secrets for Hair Care
Where I grew up as a little girl I was in love with one of the most famous fairy tales called “Alef layla wa layla” which means mermaids of a thousand and one nights. The mermaids had long flowing beautiful hair much like those in the “Little Mermaids” fairy tale story. The Little Mermaid and any fairy tale character all had long, flowing, smooth, shiny, healthy and luxurious hair.

We all grew up with these fairy tale pretty women as our role models. They all have healthy glowing skin and an amazing full head of hair that is not only soft and silky but very strong. To get this kind of hair it costs an arm and a leg to buy all the necessary products or to frequent very expensive salons. Some of these expensive manufactured products can even do damage to your hair!

This is why I decided to bring my past expertise and add the present day touch to it making each one of us a princess by letting our inner and outer beauty shine.

We have already discussed my beauty secrets for glowing, healthy and supple skin. Now it is time to share my hair care secrets so we can begin working on making this dream of being a naturally beautiful princess come true for you.
Hair care has a few very basic ground rules so to speak that are the foundation to caring for your hair on a daily basis. These beauty secrets are the bare essentials. Do these things on a regular basis and you are off to a good start.

1. Avoid washing your hair in hot water.

2. Try to do oil bath treatments for your hair at least twice a week.

3. Massage your scalp in circles, brushing your hair once or twice a day to allow the blood flow.

4. Eat foods that contain vitamin B and iodine, especially those found in fruits, vegetables and fish.

5. If your hair is oily then try to avoid oily foods. Eat foods that contain vitamins A and B.

Let’s take a minute to talk about how to correctly massage your scalp. This is a very important component to maintaining healthy, glowing hair. Healthy hair reflects how well you take care of it. The condition of your scalp depends on lots of massages regardless of your hair type. The best way to massage your scalp is to put your fingers together on the top of your head and push down with the palms of your hands to massage.

Just a side note here; everyone loses about 100 or less hairs daily. This is considered normal so if you do lose this amount or less you do not have any kind of problem. However, if you experience more hair loss each day then your hair needs to be treated with some herbs and oils. I will address this later in the book.
Hair normally grows 1.5 cm to 2 cm or a ¼ inch monthly and usually hair grows faster in the summer time rather than the winter months and in day time more than night time. To make sure you maintain this healthy growth it is important to wash your hair with clean water and avoid shampooing your hair every day. Shampooing your hair too often will wash off the natural oils in your hair so a better way is to wash your hair two or three times per week. Always remember to massage through your hair while showering.

Speaking of shampooing your hair, thoroughly scrubbing the scalp with your fingertips is an excellent way to loosen the debris and oils of the hair. Always be sure to rinse your hair with cool water both before and after your shampoo process. Using hot water will make the hair appear lifeless and limp. Cool water will make the hair look healthier and increase the volume of your hair.

According to salon experts, if you are using a very high quality professional or salon shampoo you really will not need to rotate your shampoos. However, it is better to change your shampoo products as a rule because using the same product will leave a coating on the hair strands that will build up over time and negate the benefits of the shampoo products. Changing the shampoo products will keep the strands clean and healthy.

The condition of your water can affect how well your hair products work. If you have hard water conditions you will need to change your shampoos products more often. For traveling you can always take little small bottles of shampoo for different types of water conditions. That way you will be covered in any circumstance you encounter while traveling.

When you are shampooing your hair you can prevent tangles by combing your conditioner gently through your hair with a wide toothed comb right in the shower before rinsing your hair. Take some time to detangle your hair but never pull on the hair. Don’t brush your hair while it is still wet as this can make it break because you will stretch it too far.
Another thing to keep in mind is that certain medications that you ingest orally will exit through your hair. When this is the case you will probably want to change your shampoo and styling products frequently. If the product you choose works well for a couple washings but then changes and weighs down the hair then you need to change the product. This usually happens with the cheaper products.

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**Brushing Your Hair**

Choose a hair brush depending on how thick your hair is and it's better to use a wooden brush to avoid splits ends. Allow your hair to breathe and get some sun. Let it down after you take a shower and let it dry; don't put it up while it's still wet. If you have coarse or naturally curly hair it is best to use a ceramic boar bristle brush because this will condense the hair leaving it shinier and with much less frizz.

**Helpful Tips For Brushing Your Hair:**

- Always be sure your comb is clean before using and gently comb out any tangles while the hair is wet. A comb with wide teeth is best to use on wet hair. Avoid brushing the hair while wet because wet hair means fragile hair. Start combing at the ends and then move your way up until all the tangles are released.

- Before brushing your hair allow it to dry thoroughly to avoid damaging the follicles of the hair. This is much better than using a hair dryer which can dry out your hair. Try fluffing your hair occasionally as you comb by running your fingers through the strands to make your hair dry faster.
To create more volume in your hair, separate your hair into three different sections using a wide tooth comb.

Release the sections making sure they remain separated.

Brushing your hair should begin from the roots working all the way to the ends of the hair strands. Repeat this for each section remembering where you created your sections.

Fasten the sections and sleep with them for a night. Once you take these down in the morning your hair will have a very healthy and shiny appearance.

**The Best Masks For Splits Ends And Frizzy Hair:**

Split ends and frizz is one of the most common problems that we need to deal with during the summer time, especially with humidity. However, the main reason is not just that your hair is not being taken care of or that we are treating it badly. There are effective ways to fight frizz.

Shampooing your hair too much or blow drying it a lot makes your hair lose its natural oils. Also a lack of minerals and vitamins in your diet can adversely affect the health of your hair. Treating your hair badly is when you put your hair up while it is still wet, wearing your hair up most of the time and pulling or tugging on the hair. Treating your hair badly is also not letting your hair relax, using a lot of chemical products on your hair, combing or brushing your hair while it is still wet or drying your hair with a towel that is so hard it makes your hair tired and unhealthy. So what is the solution? First of all please stay away from all chemical products telling you it's what you need to get rid of frizz or dryness in your hair. These products cover your hair with foam for few hours giving it the illusion of looking good for a while but it will go back to what it was and be even worse. So here is what you need to do for your split ends and frizzy hair:
1. Cut the ends. No matter how long your hair it needs a trim every 6-8 weeks to get rid of split ends.

2. Use hair conditioner after shampooing your hair because hair conditioner doesn’t need hot water after you wash your hair. Wrap it up with a towel and don’t rub it hard. Leave this on your hair for a minute. Because wet hair is more likely to break, let your hair dry naturally in the air.

3. Make a schedule for oil baths for your hair (olive oil, Castor oil and almond oil).

4. Eating healthy reflects on your hair too. Always remember to add plenty of foods that contain Vitamin A, C and B complex, also copper, iodine and iron. Fruits and vegetables are always a good source of the vitamins and minerals your hair needs to look and feel healthy.

5. Massage your scalp with sesame oil and then wrap it with a cloth before going to sleep. Wash your hair in the morning with a herb shampoo and then rinse with about 20 spoons of vinegar added to a liter of warm, not hot water.

6. Bananas and sesame oil: Combine one banana with one spoon of sesame oil, one spoon of honey and mix them all together. Apply the mixture to your hair and leave it for at least half an hour. Now finish this procedure by washing your hair in warm not cold water.
If you wanted to make your hair less frizzy and shiny you can use this mask. Mix some hair conditioner with a spoon of olive oil and a spoon of plain yogurt and then apply it to your hair before taking a shower. Wait half an hour before washing the mask off and you will notice the difference.

Almond oil comes in two types. There is sweet almond oil and bitter almond oil. Both types are extracted from the same fruit but each type has a special use which is completely separate from the other. Almond oil contains metals, acids and high percentages of phosphorus, potassium, magnesium and it helps to get rid of split ends and frizzy hair as well as moisturizing the skin. Almond oil can be used to get rid of the existing cracks in the foot or the hands and also helps to remove dark spots on the body and get rid of freckles. It also prevents wrinkles and adds luster and shine to dry, brittle hair. Make sure to use sweet almond oil (not bitter.)

Massage the scalp with olive oil and then comb it through the hair. Leave this on the hair for an hour and then wash the hair with warm water. It is used for dry hair because it helps to hydrate and soften hair.
My Secrets For Preventing Hair Loss In Women:

Hair loss in women can be caused by over use of chemical products on the hair that build up over time. When this happens the follicles of the hair become clogged and the flow of blood to the follicles preventing proper circulation.

• If your hair falls a lot, try to drink milk and eat dairy products to get calcium.

• Onions are very good for your hair and they prevent hair loss. The juice of the onion helps blood flow so onion juice is highly recommended for massaging your scalp.

• You can also try mixing 2 egg yolks with some olive oil and then put it on your hair. Cover your hair with a plastic bag and place a wet warm towel on top of it. Leave this for half an hour to an hour. Then you can wash your hair with warm water and feel free to use your shampoo. Repeat this process at least twice a week over a two month period.

• When you comb your hair, start from the back and comb towards the front. Start right above your neck to help the blood. This also helps to prevent hair loss.

• Another procedure is to mix Castor oil with almond oil in even quantities and put it on your hair. Cover your hair with a plastic bag and leave this for half an hour. Then you can wash your hair with warm water or feel free to use shampoo.
When washing your hair, don't rub your scalp hard and don't wash your hair with hot water but instead use warm or cold water. It is a good idea to use shampoo that is made for oily hair.

To get rid of the dandruff in your hair, apply some vinegar mixed with a little bit of oil olive to your hair. Let this dry for a few minutes and then wash as usual. Repeat this process until the dandruff disappears. Using vinegar on your hair will make it darker, especially in winter. Winter usually brings on dandruff which is a flaking caused by dead tissue. This will make your hair appear dirty and dull not to mention it can be embarrassing to have dry flakes on your clothing. Dandruff is usually accompanied with other problems like pimples, oily hair or hair that smells unpleasant. This is an unpleasant condition that needs to be corrected but it does not require the use of expensive commercially made products.

You can apply olive oil to your hair 2 hours before taking a shower or a bath. This will give your hair a shining and healthy look.
For Longer Hair:
For you ladies who want longer hair, use one teaspoon of castor oil with one spoon of olive oil, massage this through your hair and scalp and leave for half an hour. Then you can rinse your hair with warm water. Use this procedure twice a month as a very effective way to grow your hair longer.

For Thicker Hair
To make your hair thicker and have more volume mix one egg yolk with one spoon of honey and one spoon of olive oil. After it is well mixed you can apply it on your hair for half an hour. Then rinse your hair and dry it. You will feel the changes and it is okay to use this treatment twice a month.

Preventing Hair Loss
Garlic oil helps prevent hair loss and makes your hair strong. Put garlic oil on your hair and massage your scalp well for few minutes. Leave this on for 20 minutes and use this mask once a week.

Keeping Your Hair Color
If you are blond or have light brown hair and don't want your hair color to change, put 3 spoons of Chamomile flowers in 1 cup of hot water and leave it until it cools down. Then comb this through your hair and preferably put it on while under direct sunlight. I had a friend who used to put it on and go for a walk or lay down by the swimming pool. Please note this is a natural method for lightening hair color. This should not be used on hair that is dyed unless you want to further lift the dyed color or accelerate removal of brown pigments.
Handling Dry Frizzy Hair

If you are suffering from dry frizzy hair you can make an avocado paste and apply it on your hair. Leave this for 20 minutes and it will give your hair vitamins A and B and it will get rid of dry and frizzy hair.

Avoid Split Ends

Cut or trim your hair periodically to avoid split ends. The ultimate and the most important advice is healthy eating habits. Your food should contain vitamins and proteins. Eat lots of seasonal fruits and vegetables also lean meat, eggs and dairy. Please stay away from fast foods and canned foods to have pretty, healthy hair. Also please avoid smoking and drinking alcohol. Lack of sleep, stress and worrying too much can damage your entire body including your hair!

Here Are Some ‘Eggy’ Recipes For Your Hair

Eggs are awesome for all types of hair whether it is damaged and weak, frizzy from split ends, dry or oily. Try using these ‘eggy’ recipes to bring your hair back to healthy and strong like the fairy tale princesses.

**Damaged Hair:** Add the yolk of one egg to one spoon of plain non-fat yogurt, a spoon of mayonnaise, a spoon of olive oil and last a spoon of honey. Mix it all together then apply this to your hair and leave for at least 2 hours. After waiting the two hours you can then rinse it off.
**Split Ends:** Combine two whole eggs with two spoons of corn oil and apply it all over your hair. Massage this through your hair for 5 minutes and then put your hair up and cover with a plastic bag for an hour. Then you can rinse this off with water and shampoo.

**Dry Hair:** Apply 2-4 egg whites, depending on the hair length and thickness by using a brush and working it the ends of your hair. Apply what's left over to the rest of your hair and massage your scalp. Leave this on your hair for about half an hour. Now you can put your hair up and cover it with a plastic bag. Keep your hair like this for an hour and then take off the plastic bag. Let your hair down until the egg white dries. This may take another hour depending on the length and thickness of your hair. Then you can wash your hair with warm water and feel free to use shampoo and conditioner.

**Oily Hair:** This is done in the same way as above but instead of the egg white, use egg yolk.

Now you have all of my secret beauty tips for caring for your skin and your hair. Beauty comes from within and it also comes from proper care and treatment of your skin and hair. I have used these beauty secrets and have enjoyed the benefits of all of them. You can too. Remember that healthy skin and healthy hair enhances the inner fairy tale princess in every woman.
The Only Natural Paraben-Free Products I Recommend:

Until I develop my own line of cosmetics, which is in the works, I fully endorse (without a PENNY of compensation for the endorsement) the following lines of make-up, cosmetics, skin care, and hair care products. These are paraben-free, meaning they do not affect your estrogen levels or your health, and are 100% organic. Plus they look fabulous!

Also, what’s convenient is that you can get the hair care products at Walmart, Target, and other stores near you. The make-up needs to be ordered online, but they ship just about anywhere.

Enjoy!

http://www.sheamoisture.com/

(Paraben-free shampoos, conditioners, and more... available at Walmart, Target, etc.!)  

http://www.100percentpure.com/

Available for easy shipping online. Paraben-free, food-based makeup and more.
Hanan, who goes only by her first name, was born in 1979, and raised in the heart of Baghdad, Iraq. She was raised in a family that valued love, life and beauty above all else. Her mother, a college history professor, was Armenian, and a descendent from royalty. Her father, a prominent engineer, was Iraqi.

She was a well-known talk show host in Iraq, speaking on the subjects of physical and emotional beauty, relationships, and exercise, when the U.S./Iraq war broke out. Overnight, her life changed forever. Within less than a year, her father, mother, and youngest brother had been killed, all in the same day. It was then she found her true inner strength, and through it all she stayed committed to loving and honoring herself.

Soon after, Hanan was granted the status of “refugee” from the United Nations, having lost her family’s wealth to the greedy hands of a male-dominated culture, and was sent to Austin, Texas. She did not speak English upon arrival, yet became conversationally fluent in a matter of months by “listening to music and watching videos on YouTube.” This helped her believe she could make it in a foreign land, even when everything she knew and claimed as her own had been ripped from her.

Having come from a wealthy, prestigious family, to now working part-time shifts as a waitress in less than a year’s time, took its toll on Hanan, but she persevered. She rediscovered her historical roots over the coming years, while adapting beautifully to the American way of life. She maintained a pacifist stance throughout her ordeal, attempting to see the good in all things in spite of her personal loss, and refuses to this day to embrace a spirit of anger. “Hate and anger drains your physical beauty, and ages you faster than anything I know,” says Hanan.

This approach to life, she argues in “The Beauty Of Food”, was critical to repairing her heart and her desire to really live again with hope. In order to look beautiful, Hanan states, one must first “embrace your inner beauty, even in the face of outer torment.” The infectious smile she always displays is a sign that her philosophy works, and her near-ageless skin and toned physique proof of her approach to beauty.

Her achievements—being a success in her homeland, surviving a war, and learning to thrive within a foreign culture, while bringing her traditional methods of maintaining and improving physical and inner beauty to everyone she meets—culminated in the authorship of this, her first book on the subject of natural beauty.

“May you read this book and discover your own inner beauty and power, and then apply it to your pursuit of physical excellence, radiance. In so doing, you will expose that youthful joy that lies within each of us!”

— Hanan, January 2012