

Diana Stobo's

Natural Anti-Aging Guide

**Your 3-Step Plan To Outsmart
Aging Without (Almost) Any Effort**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo

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EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "NATURAL ANTI-AGING GUIDE"?

It is a downloadable ebook that explains three steps you can take to look and feel younger as part of an overall healthful lifestyle.

3. How will it help me?

By following the steps in this guide, you will feel more awake and energetic, your skin will look more supple, and you will look and feel more rested.

4. How do I know if it's right for me?

If you are in general good health and want to look and feel your best, this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

Our skin is the largest organ in our body and is the biggest indicator of our health. **It's also the first visible sign of aging.**

Our diet plays a huge role in how well we age.

Fortunately, we can outsmart aging by improving our diet, cutting out foods that enhance aging, and eating more foods that slow it down.





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Age Stressors

There are so many stressors we encounter in our lives that can cause our skin to age prematurely, such as

- Poor-quality food.
- Pollution and too much sun.
- Stress and lack of sleep.

Over time, these stressors can make our bodies into a toxic environment. We become too acidic, our intestinal flora get out of balance, and we put on weight. When we are toxic our skin appears

- Dull.
- Lifeless.

We break out in

- Acne.
- Rashes.
- Dry patches.

When we are healthy, our skin appears

- Bright.
- Vibrant.
- Clear.

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Three Steps to Looking and Feeling Younger

1 – Avoid processed sugar



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One of the worst foods for the aging process is processed sugar.

Overeating sugar throughout your life can increase and accelerate aging. This process is known as *glycation*.

AGE

The sugar in your body attaches to proteins and forms harmful molecules called AGEs (this stands for *advanced glycation end products*, and it is fitting that it does increase appearance of AGEing).

AGEs begin a domino effect and create more adjacent proteins that damage the collagen and elasticity of the skin.

A lack of collagen leads to wrinkly and sagging skin.

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The damage done to the collagen makes it more fragile, leaving our skin feeling and looking less supple.

Finally, the production of AGEs from overconsumption of processed sugar reduces the amount of the body's antioxidant enzymes.

The skin is then unable to protect itself and is more susceptible to sun damage.

Cut the sugar — eat this instead

B vitamins such as **B1** and **B6** help prevent the production of AGEs. Foods that are high in B1 and B6 are:

- Beans
- Bananas
- Sunflower seeds
- Pistachios
- Dried fruits
- Macadamia nuts
- Green peas
- Squash
- Asparagus
- Avocados
- Spinach
- Fish
- Turkey



You can also add a B1 and B6 supplement to your diet to reduce the appearance of aging.

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Vitamins A, E, and C are also excellent.

Vitamin A has been shown to reduce wrinkles and make the skin appear smoother. Foods with vitamin A are:

- Sweet potatoes
- Carrots
- Fish
- Dark leafy greens
- Lettuce
- Bell peppers

Vitamin E helps the skin to maintain its moisture. It is also seen as the protector of the skin because it helps neutralize free radicals that are damaging the skin.

Foods high in vitamin E are:

- Spinach
- Almonds
- Avocados
- Olive oil
- Broccoli
- Squash
- Pumpkins



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Vitamin C is critical for repairing and maintaining the tissue in your skin. It is an all around anti-ager. It stops the free radicals, which helps prevent wrinkles, sagging, and other aging affects and also helps to make the skin appear smoother and reduces blemishes and brown spots.

Foods high in vitamin C are:

- Bell peppers
- Guava
- Kale
- Kiwi
- Broccoli
- Strawberries
- Oranges
- Tomatoes
- Peas

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2 – Sunshine

Hello, Sunshine!



10 to 15 minutes of sunshine each day is all you need to get the benefits of vitamin D. In fact, 10 to 15 minutes of sunshine, with no sunscreen on, is a good thing. But more than that can cause free-radical damage and sunspots as well as premature aging.

Continue to avoid excessive sun exposure even with a healthy diet.

This is something that we have been told over and over again, yet most of us fail to listen.

We fail to believe that a sunburn from a day at the beach now will have any effect for us 5 years down the road, but it will. It will have a big effect.

Wear natural sunscreen anytime you go outside whether it is in your moisturizer or in your makeup.

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3 – Sleep

Snooze and lose



A well rested body can look years younger. Snoozing a minimum of 8 hours a night in the prime hours of rapid eye movement (REM) sleep between the hours of 9 p.m. and 12 a.m. will help you get the best anti-aging sleep. Going to bed late does not help eliminate wrinkles — in fact, it adds years to your appearance.

Be sure to get enough sleep

Our body detoxes when it sleeps. Getting enough sleep is very important in maintaining the appearance of our skin. While we are sleeping our body has time to rest and heal itself. Our skin cells are constantly renewing themselves and while we are sleeping they replenish and rebuild themselves.

These are simple strategies that can be implemented TODAY.