

# Philadelphia Nutrition Examiner

## What you put in your belly shows up on your face

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Baby's first facial (Photo courtesy of T.R.Simpson)

When children eat, you can read the menu on their faces from the milk mustaches, to the cookie-crumbed cheeks and the soupy beards. As we grow up, we grow out of wearing our food on our faces – or do we?

Our skin reflects our health and the quality of food that we put into our bodies. That was the message of [Dr. Mitra Ray](#), Stanford University cell biologist and co-author of "[Do you have the guts to be beautiful?](#)" speaking on June 8, 2009 at the [Country Creek Winery](#) in Telford, Pennsylvania. At the event sponsored by [JuicePlus](#), she defined beauty as the cells in your body radiating health, and cellular health depends on good nutrition.

According to Dr. Ray, the skin is one of the largest organs and the dumping ground for

toxins that the body is not properly processing. She can read the skin on your face, its wrinkles and spots, and tell you what's going on in your internal organs.

The good news is that many wrinkles are not really permanent and can be reversed. Often they are simply a sign that your body needs more hydration to plump them out of existence. Sometimes the wrinkles have another message.

If you have horizontal lines across your forehead, it could mean a buildup of waste in the intestines, particularly the colon. Get your bowels moving because if not, Dr. Ray and her co-author Dr. Jennifer Daniels, recommend a series of 10 enemas for very deep lines. Whoa!

If you have 2 short vertical "worry" lines between your eyebrows, it indicates a clogged liver. The doctors recommend daily ground [milk thistle seeds](#) to prevent these wrinkles (unless you're pregnant), and also artichokes three times a week.

Crow's feet at the outer corners of the eye are caused by processed and overcooked foods. To reduce these, add more raw foods and fiber to your diet.

Bags and puffiness under the eyes could be telling you that sugar and refined flour are a problem, so you might want to experiment with cutting down on both refined and natural sugars, including fruit juices, as well as pasta and bread. Blue circles under the eyes also indicate too much bread as well as too much dairy.

Age spots may be telling you that there are too many impurities in your blood and call for eliminating preservatives, artificial flavorings and colorings, and hydrogenated fats.

If your lips have gotten thicker over the years and are fuller than when you were in high school, you and Angelina might think it's sexy, but in fact, you could be constipated. More enemas!

Dr. Ray's book is full of accessible and interesting science as well as practical information to improve your beauty and fitness, from the inside out.

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