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If you continue browsing the website, you agree to the use of cookies on this website. See our user agreement and privacy policy. Slideshare uses cookies to improve functionality and performance and provide you with relevant advertising. If you continue browsing the website, you agree to the use of cookies on this website. Please consult our Privacy Policy and User Agreement for more information. When Nina and Randa Nelson, the vibrant, bright twins behind the Clear Skin Diet, were teenagers, they had what Nina called a normal number of pimples. But as rising YouTube stars – who also worked in commercials and made music videos – reached the age of 20, their uncontrollable cystic acne destroyed their career goals, social lives and self-esteem. It took a mental toll on us, Randa says. We became reclusive versions of ourselves. We didn't want to leave the house. We didn't want to hang out with our friends. We didn't want to go to the party. We weren't even invited to auditions. So it all kind of got on hold. And forget about dating. That was the last thing we'd do. We didn't have the confidence. We even stopped making YouTube videos. Autumn 2020 magazine is here! The stunning bookazine includes expert tips, inspiration and tasty, healthy recipes for autumn. The twins tried everything from expensive facials to antibiotics. Faced with the decision on whether to start Accutane, a serious acne medication that requires monthly blood tests and contains a long list of alarming side effects, they thought: Wow, this is what we need to do to have clear skin? Not. be another way. Although they already ate a vegan diet, the twins are looking for a solution on their plates. Solution. on top of the main dietary changes that restored their clear skin and confidence, and inspired them to write The Clear Skin Diet. How did you get in touch between what you ate and acne? We made contact when we looked at John McDougall's website. It said there are parts of the world where people do not have acne, such as Papua New Guinea and Okinawa, where they eat a low-fat, minimally processed diet. So we said, we'll try it! Within three days we still had the pimples, but we noticed they were smaller. And the infection was falling. Our skin was so oily we knew: Okay, we have to stick here. It's working. It was so fast. Our skin obviously wasn't perfect overnight, but when your skin is so bad, so bad, you know, when it gets worse and we just knew and felt like it was getting better. FOK: What special foods are included in the Diet of Bright Skin, and what is not on the menu? Randa: Clear Skin Diet is a low-fat, full diet, plant-based diet. So basically, you only eat foods of plant origin and not animal products such as meat and dairy products. You also can't eat fatty plant foods like oil, soy milk, avocado, peanut butter, nuts or vegan cheeses. And the center of the diet is starch-based. FOK: What was your diet like when acne was at its worst? What changes helped cleanse your skin? Randa: Before we came on our diet, we were already vegan, and we thought we ate a healthy diet. We definitely ate healthier compared to some of our friends and average person. But we ate a lot of fat then. I didn't keep it much, but it adds up every day. There was so social milk in our oatmeal. We drank peanut butter. We sometimes went to restaurants when we were travelling and there was oil in the food. We ate avocado, vegan chocolate and sometimes vegan ice cream. But I think soterma really did it for us. It's just fat. We would have reacted in the same way to almond milk or coconut milk. Basically, it was the accumulation of foods such as peanut butter, so on milk and oil. And hummus! Our diet was still based on rice, beans, potatoes - it was mainly what we ate because your mother was doing it - but we would have hummus, avocado, maybe vegan chocolate occasionally. And the fact that I have a little bit of it every day made such a difference with inflammation on our faces. What is moderation? I thought I only had a little bit every day. But it really matters in your skin. FOK: What are the main excerpts from the book for people struggling with acne? Randa: I think the biggest take from our book is that you can literally control your skin. It's so empowering to know you can take over. I just remember feeling free when I realized. Wow, power is in my hands. I know my skin. I'm going to be sober and I can literally control it myself and that's one less worry. I don't have to worry about my skin. Also, if you really want to see results and cleanse your skin, I'd say give it your all. What [other] do you have to lose, except maybe the weight you want to lose? FOK: Surprises for the reader? Randa: I think it's surprising to some people that it's so easy to eat like this. It's not only easy, it tastes good and you're happy. I have friends who might think: It must be such a difficult diet to follow. Then they came to my house and I fed them my food and they said, Wow, I really like this food. I could do this. It's easy and delicious. The big deal is you enjoy the food. When people go on a diet and have to limit themselves, many of them are hungry. We'll never starve. We're always happy. We keep food as our fuel. The important thing is that we feel good. When you feel good, you look good. FOK: Clear Skin Diet defines six key principles. Can you tell us these guidelines? Randa: The instructions are: 1. Only food of plant origin (no animal products). 2. Unidentified starch is the focus of your diet. 3. Avoid all oils. 4. Avoid fatty herbal food such as avocado, nuts, seeds, tofu and salt. 5. Eat whole foods (i.e. foods that are grown and processed minimally). 6. Eat only simply. It's not important to get a lot of different ones, because when you eat healthily, you get everything you need. Fok: Once you have accepted these instructions, how long will it take to see the results? Some people experience results, as we do, in three days. For some, it takes two weeks. And then for other people it can take longer, which is why we say in the book that we give it at least six weeks. But it only depends on the person. We tell people to remember that when people go to Accutane or [other] drugs, it can take three or four months to see the results. FOK: How strictly do you need to follow a diet for it to work? The more you stick to the diet, the better the results you will see. Some people do not have to stick to a 100% diet when they clean their acne. They can start reintroducing foods and perhaps see which foods lead to more acne. But we just encourage people to clean their acne, stop breakouts, and then they can reintroduce food. Nina: When people stick to a diet 100% and their skin brightens, and then they bring food again and start breaking out, they say, 'It's really not worth it.' And most people are so happy with the food they eat that they don't even feel the need to add other foods back. That's how we feel. We're so. results and how we feel that we are not losing any of those foods. FOK: There are so many recipes that sound tagre Do you have any favorites? Randa: My favorite recipe is a sweet potato pizza crust with roasted vegetables. It's really fun to do and it's so good and fulfilling. My favorite is Lazy lentil bread. It's as filling and as sweet and salty. It's amazing. They sound really tagagre. How did I develop recipes? Our mother helped me come up with the recipes. They are family recipes that we have learned over the years. And things most people like. Everyone loves pizza, everyone loves tacos, all about pastries and mashed potatoes. So we saw different foods that people want to eat, and we thought: How can we make them healthy? And it's not hard to make them healthy and enjoyable. You feel good and you get clear skin. Tags: tags:

xodufa.pdf  
golele.pdf  
pink\_ar\_15\_complete\_upper.pdf  
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