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| Blueberries are naturally an anti-inflammatory. Eating this yummy fruit will protect the skin from the sun and extend the life of the skin cells. | Went softer skin? Have a grapefruit for breakfast! They contain lycopene & Vitamin C, which builds collagen, protects the skin from the sun, and fights wrinkles. |
| Beta carotene is highly present in carrots, which absorbs the harmful sun rays. Eating carrots will give your skin the healthy glow you long for. | Looking to detox your skin? Start eating more kale. The large amounts of Vitamin C in kale plays a huge part in anti-aging |
| Pumpkin seeds are a great  way to tighten up your skin  They have tons of omega 3 fatty acids that build collagen, keeping the skin firm. | Chocolate in it is purest form, cacao is full of antioxidants known as flavonoids. Flavonoids fight the aging of skin. |
| Salmon is chock full of good Fats, which will form and Maintain healthy skin cells. Salmon will retain help your Skin retain water, thus keeping It hydrated. | Scared of getting wrinkles? Simply eat more papaya! This fruit has TONS of antioxidants, which will prevent your skin from pesky wrinkles. |
| Coconut water is extremely hydrating, not only for the body, but for the skin too. Drinking coconut water hydrates and plumps up your skin | Raspberries aren’t only delicious, but they help repair and refresh damaged skin cells. |
| Image result for à¹à¸à¸à¸à¸§à¸²The skin of a cucumber contains tons of silica. Silica is helpful in maintaining a clear complexion, healthy teeth, and getting shiny hair! | Flax is a treasure trove for alpha-linolenic acid(ALA), a plan-based omega-3 fat that’s a key component of the lubricating layer that keeps skin moist and supple. In fact, low intake of ALA can lead to dermatitis |