

# Cookbook

Nourish the Gut. Nourish the Skin.





# Nourish the Gut. Nourish the Skin.

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The food we consume serves as more than just fuel; it forms the foundation of our health. Dietary choices influence various aspects of our well-being, including our emotional states, growth, digestion, and our skin's overall health and appearance. Traditional medicine, including Ayurveda and Traditional Chinese Medicine, has incorporated food as medicine for thousands of years. Now that contemporary medicine has caught up, it underscores the importance diet and nutrition play in maintaining healthy skin and nourishing the entire individual.

The Integrative Dermatology Symposium (IDS), hosted by LearnSkin, serves as a testament to the growing movement that seeks to bring dedicated researchers, clinicians, and practitioners together to deliver the highest quality care to their patients by bridging the gap between modern and traditional medicines.

This cookbook is designed as a companion for the annual IDS. The vision for this cookbook is to serve as an adjunct to your clinical toolkit, offering you and your patients a way to implement traditional medicine and scientific insights through intentional dietary choices.

The enclosed recipes are highly recommended by our expert speakers and crafted using ingredients renowned for their gut and skin-nourishing properties, including prebiotics, probiotics, essential fatty acids, anti-inflammatory elements, and antioxidant-rich components. We hope you enjoy the feast.

**Guac on!**  
**LearnSkin Team**





## Nourish the Gut. Nourish the Skin. Principles

Skin-healthy recipes inherently benefit the overall well-being of an individual. When curating these recipes, our selection criteria included:

### Incorporating Anti-Inflammatory Foods:

Recipes that give precedence to ingredients renowned for their anti-inflammatory properties, such as turmeric, ginger, an abundance of vegetables, and omega-3-rich foods.

### Nourishing the Microbiome:

Recipes that foster a healthy gut flora, emphasizing foods rich in prebiotics and probiotics, such as fermented foods, whole grains, and fiber-rich vegetables.

### Strengthening the Skin Barrier:

Recipes that focus on fortifying the skin barrier, including ingredients rich in healthy fats, essential fatty acids, and antioxidants.

Throughout this book, and when you or your patients shop independently, we encourage the prioritization of whole foods and eating seasonally. Doing so naturally diversifies your diet.

Furthermore, each recipe is firmly rooted in evidence-based research, empowering you and your patient to effectively align their gut and skin health.

We invite you to savor the offerings of the IDS, bring the nourishment home to your kitchen, and share with your patients. Explore these easy and delightful recipes, and enjoy the skin-healthy benefits they bring.

**Written By Dr. Joseph Alban**

*LearnSkin Executive Board Member*





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# Snacks



# Herbal Powerballs

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This is one of my favorite recipes because it is so easy to combine good food and herbal medicine. These powerballs are an easy breakfast or after-school snack, providing a full dose of medicine in each serving. They can be customized using different add-ins, like flaked coconut, dried fruit, dark chocolate chips, and rolled in oats, cacao, or chia seeds. The protein and healthy fats in this recipe lower the glycemic index and provide long lasting energy and satiety.



## AUTHOR

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**ANNE KENNARD, DO FACOG**

*These recipes are not meant to diagnose or treat any disease. Please check with your health professional to determine what is right for you.*





Serving Size  
**10**



Estimated Time  
**20 minutes**

## INGREDIENTS

1 C	Rolled oats	1/2 C	Ground flax
1 C	Natural almond butter	1/2 C	Raw honey

## PREPARATION

- 1.** Mix all ingredients together, reserving the oats in a bowl.
- 2.** Roll into balls in the bowl to coat the Powerballs with oats.
- 3.** Store in an airtight container in the refrigerator.





# Tummy Love Powerballs

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The Tummy Love Powerball is such a great recipe for anyone needing a little extra love in the gut. Triphala is an Ayurvedic combination of three astringent fruits that increase intestinal motility and normalize the gut microbiome. Probiotics add an extra dose of love for the gut, along with Ayurvedic warming spices, fiber from oats and flax, and prebiotics from coconut.



## AUTHOR

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**ANNE KENNARD, DO FACOG**

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Serving Size  
**10**



Estimated Time  
**20 minutes**

## INGREDIENTS

Prepare the Herbal Powerballs recipe and add

1/2 C	Rolled oats	2 Tsp	*Probiotic powder
1/4 C	Flaked coconut	1 Tsp	Cinnamon
1 Tbsp	Triphala powder	1 Tsp	Cardamom

## PREPARATION

- 1.** Mix all ingredients together, reserving the oats in a bowl.
- 2.** Roll into balls in the bowl to coat the Powerballs with oats.
- 3.** Store in an airtight container in the refrigerator.

*\*You can also use 10 probiotic capsules and pour the powder into the mix. Discard the capsules.*





# No Bake Chocolate Banana Oat Bar

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Serving Size  
**9 Bars**



Estimated Time  
**15 minutes**

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# INGREDIENTS

## Bars:

1 C	Banana, mashed well
1/2 C	Raspberry leaf concentrate
1/2 C	Maple syrup, room temperature
1/3 C	Coconut oil, melted
1 Tbsp	Maca powder
4 C	Oats, rolled
1/2 Tsp	Sea Salt

## Chocolate:

1/4 C	Coconut oil, melted
1/4 C	Maple syrup, room temperature
1/3 C	Raw Cacao powder
1 Tsp	Ashwagandha powder

## Raspberry Leaf Concentrate:

4 oz	Boiling water
1 Tbsp	Loose leaf raspberry tea

## PREPARATION

- 1.** Grease an 8x8" pan.
- 2.** Make the Raspberry Leaf Concentrate by steeping the leaves for 10 minutes. Strain the leaves out of the concentrate. (Refrigerate up to 3 days or freeze up to 6 months)
- 3.** In a large bowl, mix together the banana, water, maple syrup, Raspberry leaf concentrate and coconut oil with a whisk.
- 4.** Add maca, oats and sea salt to wet ingredients and mix until incorporated. Pour mixture into the prepared pan. Place the pan in the refrigerator.
- 5.** In a small bowl whisk together coconut oil and maple syrup. Add raw cacao and ashwagandha powder, and whisk until smooth and shiny. May take a minute to whisk to shiny. Take the pan out of the refrigerator, pour chocolate over bars and spread evenly over top. Wrap with plastic wrap and place back in the refrigerator for 2 hours to overnight.
- 6.** Cut into 10 bars, serve immediately or store in an airtight container in the refrigerator.



# Golden Yogurt with Indian Spices

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Why is this recipe great for skin health? Every ingredient in this recipe offers significant health and skin benefits. Yogurt is a natural source of healthy probiotics. In research studies, the good microbes found in probiotic foods help **reduce skin inflammation** by acting on the body's T-cells. Probiotics are also known to **improve skin hydration**. This recipe combines yogurt with onions, introducing another essential benefit. Onions are a prebiotic food, meaning they encourage the growth of good microbes in your gut. Combining prebiotics with probiotics helps ramp up the power of this recipe.

The recipe also highlights spices, which I like to call a “triple threat.” Spices and herbs possess remarkable power because they battle the three main forces responsible for skin aging: oxidation, inflammation, and glycation. For example, turmeric, a well-known spice, has garnered significant attention for its potent anti-inflammatory properties, substantiated by numerous research studies. For instance, a study like this one illustrates how it effectively **lowers levels of TNF-alpha** in the bloodstream.



## AUTHOR

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**RAJANI KATTA, MD**

[Book](#)

[Website](#)

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Serving Size  
**4**



Estimated Time  
**20 minutes**

## INGREDIENTS

1	Tomato, chopped	1/2 Tbsp	Cumin seeds ( <i>whole</i> )
1	Onion, chopped	1/2 Tbsp	Coriander seeds ( <i>whole</i> )
8 oz	Yogurt ( <i>with live active cultures</i> )	1 Tsp	Turmeric
1 Tbsp	Olive oil	1/4 Tsp	Salt

## PREPARATION

- 1.** In a skillet, add olive oil, cumin seeds, and coriander seeds.
- 2.** Heat to medium, stirring frequently for 1-2 minutes (*spices can burn quickly, so watch closely*).
- 3.** When spices are fragrant, add tomatoes, onions, turmeric, and salt.
- 4.** Cook for 10 minutes, stirring occasionally.
- 5.** Add mixture to yogurt and stir.





# Overnight Oats & Seeds

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Serving Size  
1



Estimated Time  
**10 minutes**

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## INGREDIENTS

10 oz	Filtered water	1 scoop	*Vanilla protein powder
3/4 C	Gluten free rolled oats	3 Tbsp	Maple syrup
1 Tbsp	Flax meal	1/4 C	Apples, diced
1/4 C	Mashed purple sweet potato		

## PREPARATION

- 1.** In a small mixing bowl, combine the water, oats, flax meal, purple sweet potato, protein powder, maple syrup and apples, and mix until incorporated.
- 2.** Add the diced apples and stir until all ingredients are well combined.
- 3.** Cover the bowl and refrigerate overnight or for at least 4 hours to allow the oats to soak and the flavors to meld.
- 4.** In the morning, give the oats a good stir. You can enjoy them cold or warm them up if you prefer.
- 5.** If you boil and mash bulk purple sweet potatoes, then freeze them in ice cube trays before storing in an airtight container, it is 1 ounce (1/8 of a cup) per ice cube. Use two cubes per recipe. If using purple sweet potato ice cubes, let them thaw slightly before mixing.



*\*Any protein powder will work for this recipe.*



# Skin Barrier Smoothie

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Smoothies are an excellent way to have a nutritious snack or dessert. Hemp and flax seeds are packed with healthy fats such as GLA and omega-3's SDA and ALA, as well as vitamins and minerals. The whole hemp seed has a nutty and rich taste that most people love (even if they do not like the taste of hemp seed oil). So, it is a good way to get GLA into those who are pickier eaters! Flax seeds also have a rich flavor, making this the perfect vegan dessert.



Combining omega-3 fatty acids with GLA offers optimal skin repair and barrier enhancement benefits. I've observed this to be beneficial for all, especially for individuals with dry skin or any type of eczema.

The recipe is straightforward and versatile. You can swap out many fruits for other things you have in the house. I always suggest bananas and dates as they combine to have a naturally sweet flavor. Kiwis are gut microbiome-friendly and add a nice sour kick to the mix. The flax seeds not only add extra omega-3 but are also microbiome-friendly. I make this for my kids at least two times per week.



## AUTHOR

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**JOSEPH ALBAN, DAC MS LAC**

*These recipes are not meant to diagnose or treat any disease. Please check with your health professional to determine what is right for you.*



Serving Size  
5



Estimated Time  
5-8 minutes

## INGREDIENTS

3	Dates ( <i>with pits removed</i> )	1.5 C	Ice
2	Frozen ripe bananas	3 Tbsp	Hemp seeds
1	Apple	3 Tbsp	Flax seeds
1	Kiwi		Pinch of salt
1.5 C	Water		

## PREPARATION

1. Add all ingredients to a high powered blender, blend until smooth.

Balic, A., Vlasic, D., Zuzul, K., Marinovic, B., & Bukvic Mokos, Z. (2020). Omega-3 Versus Omega-6 Polyunsaturated Fatty Acids in the Prevention and Treatment of Inflammatory Skin Diseases. *Int J Mol Sci*, 21(3). doi:10.3390/ijms21030741

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# Anti Inflammatory Smoothie Paleo

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Turmeric, cinnamon, and ginger all provide skin health benefits by virtue of their anti-inflammatory and antioxidant properties. They can help reduce skin inflammation, promote a more even complexion, and protect against premature aging, ultimately contributing to healthier and more vibrant skin.



## AUTHOR

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**KIMBER DEAN**

Book



*\*Source: Happy Food Cookbook*

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Serving Size  
**16 oz**



Estimated Time  
**8 minutes**

## INGREDIENTS

1	Banana, frozen	1 Tbsp	Chia seeds
1 scoop	Ice	1 Tbsp	Almond butter
1/2 scoop	*Vanilla sunwarrior protein powder	1 Tsp	Ground cinnamon
1 C	Unsweetened cashew milk, or almond milk	3/4 Tsp	Ground turmeric
1-2 Tbsp	Maple Syrup	1/2 Tsp	Ground ginger

## PREPARATION

- 1.** Add all ingredients to a high powered blender, blend until smooth.

*\*Any protein powder will work for this recipe.*





# Marinated Kale Paleo

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Marinated kale offers skin health benefits due to its rich nutrient content, including vitamins A, C, and K, which promotes collagen production, improve skin elasticity, and protect against UV damage, helping to maintain a healthy and radiant complexion.



## AUTHOR

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**KIMBER DEAN**

Book

*\*Source: Happy Food Cookbook*

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Serving Size  
**4-6**



Estimated Time  
**15-20 minutes**

## INGREDIENTS

1 Bunch      Green curly kale,  
destemmed and  
roughly chopped

2-3 Tbsp      Avocado oil

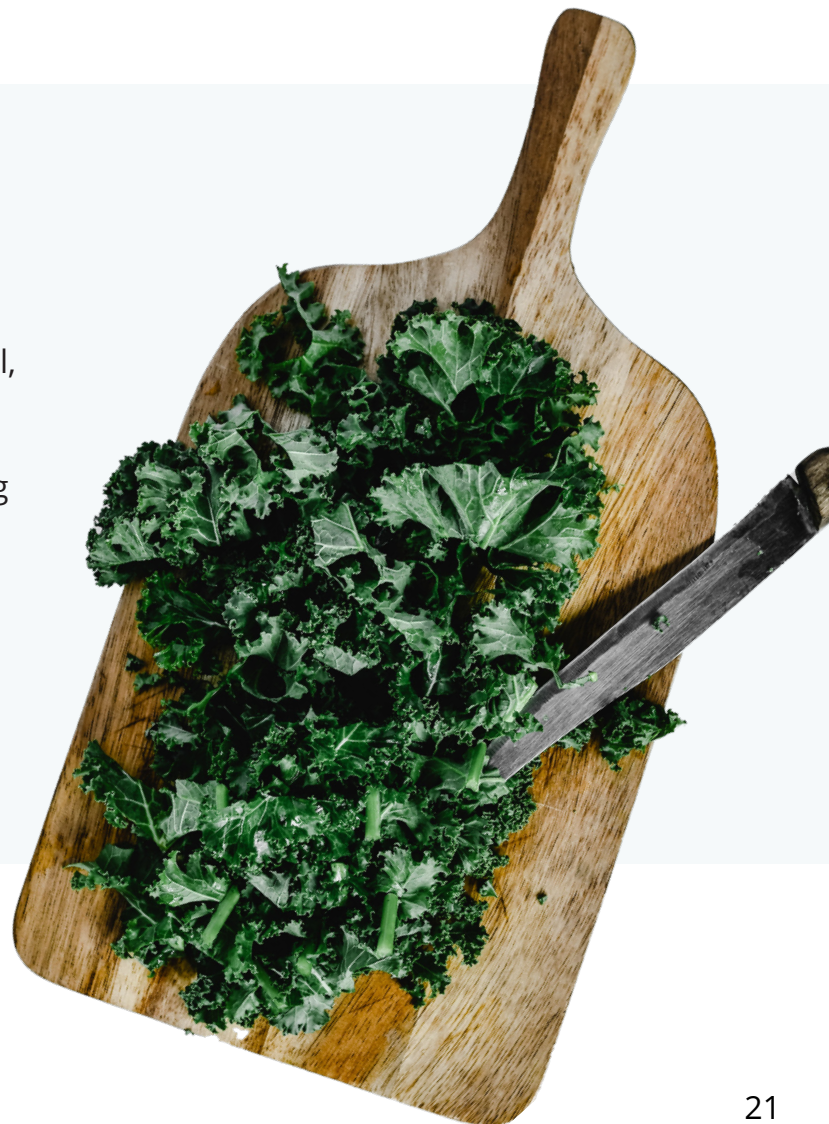
1 Tsp          Garlic powder

1 Tsp          Onion powder

1/2 Tsp        Sea salt

## PREPARATION

- 1.** Place kale in a metal bowl. Add avocado oil, garlic powder, onion powder, and sea salt.
- 2.** Massage kale by rubbing oil and seasoning into the kale gently with your hands until evenly coated.
- 3.** Serve cold as a side, as the lettuce in a salad, or you can saute.



# Brownie Bites

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Raw cacao and maca offer skin health benefits through their rich nutrient profiles. Raw cacao is packed with antioxidants that can protect against skin damage, while maca's adaptogenic properties may help balance hormones, potentially reducing skin issues related to hormonal imbalances and contributing to a clearer complexion.



## AUTHOR

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**KIMBER DEAN**

[Book](#)

*\*Source: Happy Baking & Desserts Cookbook*

*These recipes are not meant to diagnose or treat any disease. Please check with your health professional to determine what is right for you.*





Serving Size  
**20**



Estimated Time  
**15-20 minutes**

## INGREDIENTS

1 C	Almond meal	1/4 C	Raw cacao powder
1/2 C	*Organic sunwarrior chocolate protein powder	2 Tbsp	Maca powder
1/2 C	Unsweetened almond milk	2 Tbsp	Cacao nibs
1/3 C	Maple syrup		
1/4 C	Almond butter		

## PREPARATION

- 1.** Place all ingredients into a mixing bowl, and mix with a wooden spoon, hands or kitchen aid until dough forms.
- 2.** Line a sheet pan with parchment paper. Scoop  $\frac{3}{4}$  ounce balls onto the sheet pan lined with parchment paper.
- 3.** Serve immediately or place bites in an airtight container in the refrigerator for up to 6 days. The bites can be frozen for up to 4 months.

*\*Any protein powder will work for this recipe.*



# Carrot Cake Energy Balls

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AUTHOR

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**KIMBER DEAN**

Book

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Serving Size  
**2-3**



Estimated Time  
**15-20 minutes**

## INGREDIENTS

1/3 C	Maple syrup	1 Tsp	Cinnamon, ground
1 C	Carrots, finely grated	1/2 Tsp	Ginger, ground
1/3 C	Mikoyos plain cream cheese	1/2 Tsp	Turmeric, ground
1 C	Almond flour	1/4 Tsp	Nutmeg, ground
1/2 C	Sunwarrior vanilla protein powder	1/8 Tsp	Sea salt

### OPTIONAL

1/2 C	Raisins
1/3 C	Walnuts
1/2-3/4 C	Fine shredded coconut for rolling

## PREPARATION

- 1.** In a medium sized bowl, add the maple syrup, carrots and cream cheese. Whisk together until incorporated.
- 2.** Add the almond flour, protein powder, cinnamon, ginger, turmeric, nutmeg, and sea salt. With a wooden spoon or spatula, mix the dry ingredients into the wet ingredients until incorporated.
- 3.** Add the optional raisins and walnuts, stir until incorporated.
- 4.** Using a 3/4 oz scoop, scoop flat balls into an airtight container, or into the shredded coconut & roll them until they are completely coated with coconut. Store in the airtight container in the refrigerator for up to a week, or freezer for 6 months.





# Lunch and Dinner

# Glorious Green Thai Shrimp Curry Soup

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This recipe was adapted from an excellent recipe blog, Paleo Running Momma. It combines two of my favorite things: soup and Asian cuisine (today it's Thai, tomorrow I'm guessing Vietnamese, and on Friday, I have a reservation at my favorite Japanese spot...), and it's such a nourishing, comfort food. I appreciate that it keeps well for leftovers and offers beautifully bright flavors and colors.

The soup is no doubt delicious and offers several skin benefits. The bell peppers supply a hefty dose of antioxidants, including vitamin C, necessary for collagen production, and beta-carotene, which can act as a natural sunblock. The broccoli bumps up the skin benefits even more with zinc, vitamin A, vitamin C, and sulforaphane. Sulforaphane possesses anti-skin cancer properties and has been shown to protect against sunburn and maintain collagen. Furthermore, sulforaphane shows promise in treating atopic dermatitis.

Needless to say, this dish is highly customizable. So experiment, have fun, and devour!



## AUTHOR

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**EMALINE BROWN, ND**

Podcast

*These recipes are not meant to diagnose or treat any disease. Please check with your health professional to determine what is right for you.*



Serving Size  
**6**



Estimated Time  
**30-35 minutes**

## INGREDIENTS

4-6	Garlic cloves, minced	1 1/2 Tbsp	Lime juice, about 1 lime
1	Medium onion, diced	1 Tbsp	Fresh ginger, minced
1	Organic red bell pepper, sliced into 1/2" thick strips	1 Tbsp	**Green curry paste
1	Organic green bell pepper, sliced into 1/2" thick strips	1Tbsp	***High-quality fish sauce
1	Small bunch of broccoli cut into florets		Sea salt to taste
1 lb	Wild raw shrimp fresh or frozen		Cilantro for garnish
2 14 oz	*Full-fat coconut milk		Green onion for garnish
8 oz	Fresh mushrooms, sliced		Lime wedges for garnish
3 C	Low-sodium organic chicken broth or vegetable broth		Thai basil for garnish ( <i>optional</i> )

## PREPARATION

- 1.** Heat oil in a stock pot over medium heat and add onion, garlic, and ginger until fragrant. Then, stir in curry paste and cook for 1 minute.
- 2.** Pour in chicken or vegetable broth and fish sauce and bring to a simmer. Stir in coconut milk, bell pepper, mushrooms, and broccoli. Simmer for about 10-15 minutes or until vegetables have softened to your liking.
- 3.** Add shrimp and cook until no longer translucent and begin to curl into a "C" shape (don't wait too long or risk overcooked "O" shaped shrimp), about 5 min.
- 4.** Turn off heat and add lime zest, lime juice, and sea salt to taste.
- 5.** Garnish with cilantro, green onion, lime wedges, and Thai basil to taste.



## NOTES

\*Decrease to 1 can of coconut milk if you want a less rich broth.

\*\*Increase curry paste to taste; some pastes are saltier than others.

\*\*\*Red Boat and Thai Kitchen brands are both good options for fish sauce.

To jazz it up a bit more, you can consider these delightful additions: chili oil, rice or other GF noodles, organic tofu, shallots, Chinese eggplant, peas, ponzu sauce, wild salmon, avocado, bean sprouts, bamboo shoots, or anything your soup-loving heart desires!

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# Artichoke and Leek Soup

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Artichokes and leeks are two vegetables that offer nutritional benefits and have the potential to support skin health.

## Artichoke's Nutritional Benefits:

Artichokes are rich in antioxidants, vitamins (C, K, and various B vitamins), and minerals (magnesium, potassium, and iron). These nutrients contribute to overall skin health, collagen synthesis, and protection against oxidative stress.

## Leek's Nutritional Benefits::

Leeks are a nutrient-dense vegetable, providing vitamins (A, C, and K) and minerals (manganese and iron). They are also a good source of dietary fiber, which aids in digestion and promotes a healthy gut, indirectly benefiting the skin through the gut-skin axis. Leeks contain antioxidants, particularly vitamin C, that help protect the skin from free radicals and oxidative stress. Vitamin C plays a crucial role in collagen synthesis, contributing to skin elasticity.

In summary, both artichokes and leeks offer various nutritional benefits for the skin, including antioxidant protection, anti-inflammatory properties, and support for overall skin health.



## AUTHOR

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**AKIL PALANISAMY, MD**

Book

*\*Source: The TIGER Protocol: An Integrative, 5-Step Program to Treat and Heal Your Autoimmunity, by Akil Palanisamy MD - pages 291-292*

*These recipes are not meant to diagnose or treat any disease. Please check with your health professional to determine what is right for you.*



Serving Size  
**1**



Estimated Time  
**25 minutes**

## INGREDIENTS

2	Garlic cloves, minced	1 Tbsp	Coconut oil
1	Leek, white and light green areas finely chopped	1 Tbsp	Fresh parsley, chopped
14 oz	*Artichoke hearts in brine	1/2 Tsp	Salt
2 C	**Chicken or beef bone broth (may substitute vegetable broth)	1/4 Tsp	Black pepper
1 Tbsp	Freshly squeezed lemon juice (from around ½ lemon)		

## PREPARATION

- 1.** Cut off about 1 inch of the leek at the base along with the roots and discard. At the spot where the light-colored stem intersects with the dark green leaves, make a cut and discard or compost the green leaves (these are quite bitter and usually not used). Finely chop the remaining leek.
- 2.** Add the chopped leeks to a large bowl filled with water. Mix well with your hands to clean dust and dirt. Drain and pat dry.
- 3.** In a large skillet over medium heat, melt the coconut oil. Sauté the leeks along with the salt, pepper, and garlic for about 3 to 4 minutes. Empty the artichokes into a colander, and drain the brine. Add the artichoke hearts to the skillet, along with the bone broth, parsley, and lemon juice. Cook for another 10 minutes or so, until the vegetables are tender.
- 4.** Allow the soup to cool for a few minutes. Then blend with an immersion blender in the pot until creamy. Alternatively, you can transfer to a stand-alone blender or food processor and blend it in batches if necessary.
- 5.** Serve hot and season with additional salt and pepper if necessary.

\*This recipe takes advantage of two vegetables that are exceptionally rich in prebiotics. You can purchase artichoke hearts in cans or bottles – make sure they are packed in brine, not oil. You can also find them in the freezer section. Leeks are related to onions and have a similar, albeit milder flavor, which pairs well with artichoke.

\*\*Using bone broth as a soup base is a great way to incorporate it into your diet. It helps to thicken the soup, and the coconut oil gives it added heartiness as well.



# Rainbow Salad

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Have you ever heard that eating the rainbow is good for your skin? This jam-packed rainbow salad is rich in a variety of antioxidants. The purple cabbage has anthocyanins, which fight off free radicals; the orange carrots provide beta-carotene, which can slow damage to our skin cells; the green onions add flavonoids, which protects blood vessel integrity; the lemon offers tons of vitamin C, which is a precursor for collagen production. On top of all that, these vegetables are full of water, which is very hydrating, making for healthy, supple skin.



FOR MORE INFORMATION ON THE  
RECIPE, CLICK BELOW.

[Website](#)

*\*Source: Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS RD*

*These recipes are not meant to diagnose or treat any disease. Please check with your health professional to determine what is right for you.*



Serving Size  
**12**



Estimated Time  
**15-20 minutes**

## INGREDIENTS

3	Green onions, sliced	2 C	Shredded red cabbage
2	Carrots, grated or julienned	1/2 C	Tofu mayo or other dairy- and Egg-free mayonnaise substitute
2	Celery stalks, thinly sliced	1/3 C	Apple juice concentrate
1	Apple, finely chopped or julienned	1 Tbsp	Lemon juice
2 C	Shredded green cabbage		

## PREPARATION

- 1.** Combine cabbage, carrots, celery, and green onions in a salad bowl.
- 2.** In a separate bowl, toss apple with lemon juice. Add to salad.
- 3.** Add tofu mayo or another dairy and egg-free mayonnaise substitute and apple juice concentrate and mix well. If possible, chill before serving.



# Pita Pizzas

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Traditional pizza can contain excessive fat, oil, and dairy, all linked to skin issues such as eczema, acne, and other irritations. But this pizza recipe your skin will love! Replacing the cheese with creamy chickpea tahini hummus and adding tons of fresh veggies and herbs on top will satisfy your pizza cravings, reduce inflammation, and provide your skin with much-needed vitamins C and E to keep glowing.



FOR MORE INFORMATION ON THE  
RECIPE, CLICK BELOW.

[Website](#)

*Source: Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience*

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Serving Size  
2



Estimated Time  
25 minutes

## INGREDIENTS

2	Whole-wheat pitas
1	Garlic clove
1/2	Red pepper
1 1/2 C	Chickpeas
1/2 C	Low-fat hummus
2 Tbsp	Lemon juice
1/3 Tbsp	Tahini
1/2 Tsp	Ground black pepper
1/4 Tsp	Ground cumin
1/4 Tsp	Ground black pepper

### Baked toppings:

- Thyme
- Green olives
- Roasted garlic
- Sun-dried tomatoes
- Roasted red peppers
- Cipollini onions

### Fresh toppings:

- Sliced basil
- Roma tomatoes
- Peppadew peppers
- Arugula

## PREPARATION

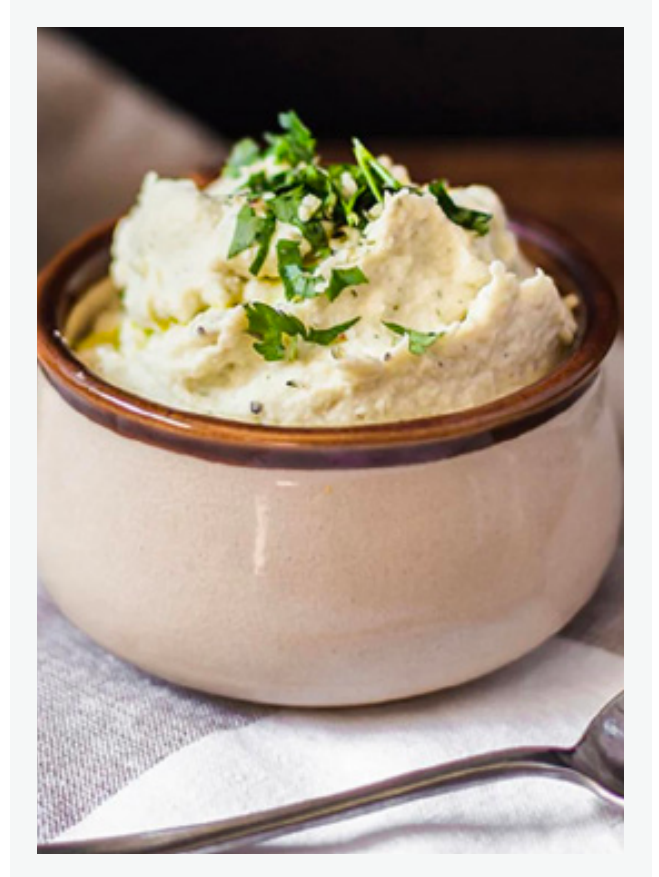
- 1.** Place cooked chickpeas (if canned, drain and rinse) in a food processor or blender with lemon juice, tahini, garlic, and black pepper (for roasted red pepper version, add half of a water-soaked red pepper, roughly 1/2 c [78 g], and cumin). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.
- 2.** Spread 1/4 c (69 g) hummus over each pita, except for the edge. Reserve any leftover hummus for future use. Sprinkle each pita with cracked black pepper. Add the baked toppings (these toppings are not baked before they go on the pizza; the name just refers to toppings that get baked on top of the pizza). As a variation, add pizza sauce instead of hummus.
- 3.** Bake the pita pizzas at 350 F (177 C) for 7 to 8 minutes. Then spread any of the fresh toppings on the pizzas after they come out of the oven.

# Mashed Cauliflower

---

I love cauliflower! Not only is it an extremely versatile food, but it's nutritious and kid-friendly. Mashed cauliflower can be used as a side dish, as the basis of a vegetable bowl or rice bowl topped with garbanzo beans and other vegetables, and sometimes I like to add sardines. Plus, it's super easy to make with only six ingredients!

In this recipe, we introduce an ingredient used in TCM to dress the mash giving it an extra layer of skin benefits; hemp seed oil! With a beneficial blend of fatty acids, including Gamma Acid and omega-3's, hemp seed oil is excellent for moistening the skin and promoting healthy digestion. Studies show that eating hemp seed oil can even improve atopic dermatitis symptoms. Personally, eating hemp seed oil helps protect my hands from dryness after using so much purell.



## AUTHOR

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Serving Size  
**2**



Estimated Time  
**30 minutes**

## INGREDIENTS

2	Garlic cloves	2 Tbsp	Hemp seed oil
1	Head cauliflower	1 Tbsp	Chopped parsley
1.5 C	Vegetable stock		Salt and pepper to taste

## PREPARATION

- 1.** Chop cauliflower and place in saucepan. Add garlic cloves and cover it with the vegetable stock.
- 2.** Bring to a boil.
- 3.** Reduce to gentle simmer. Cook for 20 minutes. Cook until the cauliflower is tender when tested with a fork. Remove from heat.
- 4.** Add the chopped parsley.
- 5.** In the pot, use the \*hand blender to blend up the cauliflower into a mash.
- 6.** Mix in the hemp seed oil.

\*If you do not have a hand blender, after step three, remove the cauliflower from the pot and place it in your food processor or blender. Add parsley and blend to desired texture. Hemp seed oil has a low smoke point. Add after food is fully cooked.





# Perfect Oven-Steamed Salmon

---

Since many skin problems tend to be associated with inflammation in the body, increasing omega-3 fatty acids and protein intake can be helpful. Cold water fish, including salmon, is a wonderful option assuming you don't have a fish allergy!

The amino acids from the fish can be used to support building enzymes, muscle, skin tissue, neurotransmitters, and even some hormones. Plus, certain amino acids, such as glycine, are supportive of Phase 2 liver detoxification, while the Omega-3 fatty acid content is generally considered to be anti-inflammatory. **Click here for reference.**

This easy-to-make recipe can be made in advance and requires very few ingredients. Leftovers can be used to make fish salad wraps or as a protein addition to a green salad.



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Serving Size  
**3-5**



Estimated Time  
**20 minutes**

## INGREDIENTS

4	Lemon slices	1/4 Tsp	White pepper
16 oz	Salmon, ideally wild-caught		Water, enough to surround the fish 1/8 - 1/4 inch in your baking dish
1/2 Tsp	Sea salt		
1/4 Tsp	Garlic powder		

## PREPARATION

- 1.** Preheat the oven to 375°F.
- 2.** Place the fish skin side down in the middle of the baking dish. The fish should not feel cramped as you will need room around the fish for the water in order for it to steam.
- 3.** Lightly dust the top of the fish evenly with the sea salt, white pepper, and garlic powder. Place the lemon slices across the top of the fish.
- 4.** Add enough water to the baking dish so that there's about 1/8 to 1/4 inch of water surrounding the fish.
- 5.** Cover the baking dish with foil and place into the oven.
- 6.** Timing is everything with this recipe. Leave the fish undisturbed for 8 minutes. The flesh should turn a lighter pink color and should easily flake apart when done. If it's not changed color and flakes apart, wait another four minutes, then check it again. Repeat if necessary. It's rare you'll have to cook the fish past 16 minutes unless the filet is very thick (i.e. more than 2 inches at the thickest part).
- 7.** Remove from the oven & enjoy! Save extras in a sealed container in the fridge to use for up to 3 days.

# Sweet Potato Pumpkin Seed Casserole

---

Due to their bright orange color, sweet potatoes are one of the richest sources of the antioxidant beta-carotene; just one cup provides more than seven times the daily needs for an adult. Beta-carotene keeps skin healthy by protecting it from ultraviolet (UV) light and pollution. UV light exposure and pollution can cause the skin to age, and sun protection, including dietary beta-carotene, can keep skin healthy and looking younger longer. Beta-carotene is also the most crucial nutritional precursor to vitamin A (retinol), a vital nutrient for cell growth and maintaining healthy organs. This recipe showcases not only sweet potatoes but cinnamon and allspice, which are anti-inflammatory and vitamin E-rich pumpkin seeds that help prevent acne development and heal acne-scarred skin.



FOR MORE INFORMATION ON THE  
RECIPE, CLICK BELOW.

[Website](#)

*Source: Recipe inspired by and adapted from OldwaysPT.org | Sharon Palmer, RD, author of "The Plant-Powered Diet"*

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Serving Size  
**10**



Estimated Time  
**30 minutes**

## INGREDIENTS

9	Sweet potatoes	1 Tbsp	Maple syrup
1	Green onion, thinly sliced	1/2 Tsp	Ground ginger
1/3 C	Apricots, chopped	1/2 Tsp	Ground allspice
1/4 C	Pumpkin seeds, raw or roasted	1/2 Tsp	Ground cinnamon
3 Tbsp	Orange juice	1/2 Tsp	Orange zest

## PREPARATION

- 1.** Preheat the oven to 400 F (204 C). Pierce the potatoes several times with a fork and bake in a baking dish for 50 to 60 minutes, until the potatoes are tender to the touch.
- 2.** Remove the potatoes from the oven and let them cool for 10 minutes. Scoop the flesh from the sweet potatoes into a mixing bowl, discarding the peels. Gently mash with a potato masher until smooth yet slightly lumpy. Add the syrup, orange juice, cinnamon, ginger, allspice, orange zest, and apricots to the sweet potatoes and stir.
- 3.** Transfer the mixture into a casserole dish or 9-by-13-inch (23-by-33-cm) baking dish and sprinkle with the pumpkin seeds. Bake for about 20 minutes, until the seeds are golden.
- 4.** Remove the dish from the oven and sprinkle with the sliced green onions. Serve immediately.

Note: Sweet potatoes vary in size. You want to aim for about 3 pounds (1,361 g) of sweet potatoes.

# Lasagna With Cashew Tofu Ricotta

---

This easy comfort food dish will satisfy those hearty dinner cravings. Instead of massive amounts of cheese like traditional lasagna, the creamy, yummy filling is made from cashews and tofu. Tofu, or pureed soybeans, contain zinc and powerful antioxidants called isoflavones, which are particularly good for skin health. Some of these isoflavones positively affect the skin by reducing redness, brightening, bolstering collagen, and improving skin tone. The deep red pigmentation in the tomato sauce provides large amounts of the antioxidant lycopene, which protects the skin from free radicals and DNA damage.



FOR MORE INFORMATION ON THE  
RECIPE, CLICK BELOW.

[Website](#)

Source: *The Vegan Starter Kit* by Neal Barnard, MD; recipe by Noah Kauffman

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Serving Size  
8



Estimated Time  
30 minutes

## INGREDIENTS

9 Lasagna noodles, cooked according to package directions  
2 12 oz Packages silken tofu (extra firm)  
24 oz Commercial pasta sauce

3/4 C Cashews  
2 Tbsp Lemon juice  
2 Tsp Dried basil

## PREPARATION

- 1.** Preheat the oven to 350 F (177 C). Boil lasagna noodles, and then drain and rinse with cold water.
- 2.** Combine tofu, cashews, basil, and lemon juice in a food processor or blender and process until smooth.
- 3.** Layer in a lightly oiled lasagna pan: pasta sauce, 3 cooked noodles, and tofu-cashew mixture. Repeat with another layer of sauce, 3 more noodles, and tofu-cashew mixture.
- 3.** Top with more sauce, the remaining 3 noodles, and remaining sauce. Bake uncovered for 20-30 minutes.





# Pumpkin Alfredo Spaghetti Sauce

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Serving Size  
**2-3**



Estimated Time  
**40-50 minutes**

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# INGREDIENTS

## Spaghetti Squash

1	Medium spaghetti Squash
2 Tbsp	Olive Oil
1/2 Bunch	Parsley, chopped
1/4 C	Nutritional yeast
1/3 C	Pepitas
	Salt & Pepper to taste

## Pumpkin Alfredo

3 C	Cashews, soaked
2 C	Pumpkin puree
1 Tbsp	Lemons, juiced
1 C	Nutritional yeast
12 cloves	Garlic
2 Tbsp	Onion powder
1 Tbsp	Dijon
2 Tsp	Sea salt
2 C	Water

## PREPARATION

- 1.** Preheat your oven to 400°F (200°C). Soak the cashews for the Basil Bliss Sauce.
- 2.** Cut the spaghetti squash in half lengthwise and scoop out the seeds.
- 3.** Brush the inside of each squash half with olive oil & season with sea salt, & black pepper.
- 4.** Place the squash halves cut-side down on a baking sheet lined with parchment paper.
- 5.** Roast in the preheated oven for 40-50 minutes or until the flesh is tender. Remove from the oven and set aside.
- 6.** Use a fork to scrape the roasted spaghetti squash flesh into “pasta” strands.
- 7.** Soak the cashews in water, covering all the cashews, for 2-24 hours. Drain and rinse before using.
- 8.** Place strained cashews, pumpkin puree, lemon juice, nutritional yeast, garlic cloves, onion powder, dijon, sea salt, water in vitamix and blend very well, until there are no chunks and the sauce has a smooth consistency.
- 9.** Use immediately in your favorite pasta, or store in an airtight container.



# Vegan Mushroom Gravy Hash

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Serving Size  
**2-3**



Estimated Time  
**30-40 minutes**

## INGREDIENTS

1lbs	Cremini mushrooms, sliced	1 Tbsp	Maple syrup
1 1/2 Tsp	Garlic powder	1/4 C	Avocado oil
1 1/2 Tsp	Dried minced onion	1/3 C	Quinoa flour
2 Tsp	Sage, ground	3 C	Unsweetend almond milk
1/4 Tsp	Thyme, ground	1/4 C	Water
2 Tsp	Sea salt	1 Tbsp	Arrowroot starch
1/4 Tsp	Paprika		

## PREPARATION

- 1.** In a small sized bowl, mix garlic powder, minced onion, sage, thyme, salt, paprika, maple syrup until incorporated.
- 2.** Saute the mushrooms in skillet or saucepan or sautepan on medium heat.
- 3.** Stir in avocado oil, then stir in quinoa flour. Slowly add in milk 1/2-1 cup a time stirring constantly. Letting the milk come to a simmer before adding more, until all the milk is incorporated. Bring to a simmer.
- 4.** In a small bowl or measuring cup, add the water and arrowroot starch. Mix with a whisk, fork or your fingers until the starch is liquefied, and pour into the gravy while whisking constantly. Simmer until desired thickness, I like it for a 3-5 minutes after the water mixture is added.
- 5.** Serve hot on roasted veggies or biscuits.

# Turkey Gravy Hash

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Serving Size  
**2-3**



Estimated Time  
**30-40 minutes**

## INGREDIENTS

1lbs	Tureky, ground	1 Tbsp	Maple syrup
1 1/2 Tsp	Garlic powder	1/4 C	Avocado oil
1 1/2 Tsp	Dried minced onion	1/3 C	Almond flour
2 Tsp	Sage, ground	3 C	Unsweetend almond milk
1/2 Tsp	Thyme, ground	1/4 C	Water
2 Tsp	Sea salt	1 Tbsp	Arrowroot starch
1/4 Tsp	Paprika	5lbs	Roasted veggies

## PREPARATION

- 1.** In a medium sized bowl, mix turkey, garlic powder, minced onion, sage, thyme, salt, paprika, maple syrup until incorporated.
- 2.** Brown meat in skillet or saucepan on medium heat.
- 3.** Stire in avocado oil, then stir in quinoa flour. Slowly add in milk 1/2-1 cup at a time, stirring constantly. Letting the milk come to a simmer before adding more, until all the milk is incorporated. Bring to a simmer
- 4.** In a small bowl or measuring ucp, add the water and tapioca starch. Mix with a whisk, fork or your fingers until the starch is liquefied, and pour into the gravy while whisking constantly. Simmer until desired thickness, I like it for a 3-5 minutes after the water is added.
- 5.** Pour on top of your favorite roasted veggies, and top with some eggs for a protein packed breakfast



# Cooked Lentils

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Serving Size  
**2-3**



Estimated Time  
**30 minutes**

## INGREDIENTS

2 C Dried lentils

1/2 Tsp Sea salt

6 C Water

1/4 Tsp Black pepper

2 Tsp Turmeric, ground

## PREPARATION

- 1.** Place all the ingredients into a medium sized saucepan. Bring to a boil and reduce to a simmer until the lentils are cooked through and are soft, 20-30 minutes
- 2.** Remove from the the heat and serve immediatley, or cool and store in an airtight container in the refrigerator





# Vegan Stuffed Peppers

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Serving Size  
**2-3**



Estimated Time  
**40-50 minutes**

## INGREDIENTS

1 C	Mushrooms, diced	1 Tbsp	Garlic powder
1 C	Yellow onion, diced	1-6 oz	Can tomato paste
2 C	Spinach, chopped	2 C	Vegetable broth (low sodium)
2 Tbsp	Olive oil	5 C	Cooked lentils
1 1/2 Tsp	Sea salt	6	Yellow, red or orange peppers

## PREPARATION

- 1.** In a large saute pan, saute the mushrooms, onions, and spinach in a pan with the olive oil.
- 2.** Then after about 5 minutes or so, add in the sea salt, garlic, tomato paste, 1 1/2 cups of the vegetable broth, and lentils. Let simmer until some of the excess liquid has cooked off. About 5 minutes. Remove from heat.
- 3.** Preheat the oven to 400
- 4.** Prep your bell peppers. Wash the peppers, cut the top off, and remove the stem & seeds. Discard the tops. Spray a 9x13" baking pan with cooking spray and place the cut bell peppers in the pan (open side up).
- 5.** Once the peppers are prepared, stuff each bell pepper with the mixture. Make sure they are nice and full. Pour the rest of the vegetable broth into the base of the pan (so around the peppers, not over them).

# Stuffed Peppers

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Serving Size  
**2-3**



Estimated Time  
**40-50 minutes**

## INGREDIENTS

1 C	Mushrooms, diced	1 Tbsp	Garlic powder
1 C	Yellow onion, diced	1-6 oz	Can tomato paste
2 C	Spinach, chopped	2 C	Chicken broth (low sodium)
2 Tbsp	Olive oil	5 C	Cooked lentils
1 1/2 Tsp	Sea salt	6	Yellow, red or orange peppers
1 lbs	Extra ground turkey		

## PREPARATION

- 1.** In a large saute pan, saute the mushrooms, onions, and spinach in a pan with the olive oil.
- 2.** Then after about 5 minutes or so, add in the ground turkey, sea salt, garlic to the vegetables. cook over medium heat. Once the turkey is mostly cooked through, add in the tomato paste and 1 cup chicken broth. Let simmer until the turkey is cooked and some of the excess liquid has off. About 5 minutes
- 3.** Preheat the oven to 400
- 4.** Prep your bell peppers. Wash the peppers, cut the top off, and remove the stem & seeds. Discard the tops. Spray a 9x13" baking pan with cooking spray and place the cut bell peppers in the pan (open side up).
- 5.** Once the peppers are prepared, stuff each bell pepper with the mixture. Make sure they are nice and full. Pour the rest of the vegetable broth into the base of the pan (so around the peppers, not over them).



# Roasted Brussel Sprouts

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Serving Size  
**2-3**



Estimated Time  
**40-50 minutes**

## INGREDIENTS

4 C Brussel Sprouts, halved  
2 Tbsp Olive oil  
1 Tsp Sea salt

1 Tsp Cumin  
1/4 Tsp Black Pepper

## PREPARATION

- 1.** Preheat your oven to 400°F (200°C)
- 2.** In a large mixing bowl, toss the cubed brussel sprouts with olive oil, sea salt, cumin and black pepper until evenly coated.
- 3.** Spread the seasoned brussel sprouts in a single layer on a baking sheet lined with parchment paper.
- 4.** Roast in the preheated oven for 25-30 minutes, flipping halfway through, until the brussel sprouts are tender and slightly caramelized.



# Roasted Sweet Potatoes

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Serving Size  
**2-3**



Estimated Time  
**40-50 minutes**

## INGREDIENTS

4 C Sweet potatoes, cubed

2 Tbsp Olive oil

1 Tsp Sea salt

1 Tsp Cumin

1/4 Tsp Black pepper

## PREPARATION

- 1.** Preheat your oven to 400°F (200°C)
- 2.** In a large mixing bowl, toss the cubed sweet potatoes with olive oil, sea salt, cumin and black pepper until evenly coated.
- 3.** Spread the seasoned sweet potatoes in a single layer on a baking sheet lined with parchment paper.
- 4.** Roast in the preheated oven for 25-30 minutes, flipping halfway through, until the sweet potatoes are tender and slightly caramelized.

# Roasted Summer Squash

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Serving Size  
**2-3**



Estimated Time  
**30-40 minutes**

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## INGREDIENTS

---

4 C Summer Squash, cubed

2 Tbsp Olive oil

1 Tsp Sea salt

1 Tsp

Garlic

1/4 Tsp

Black pepper

## PREPARATION

- 1.** Preheat your oven to 400°F (200°C)
- 2.** In a large mixing bowl, toss the cubed summer squash with olive oil, sea salt, garlic and black pepper until evenly coated.
- 3.** Spread the seasoned summer squash in a single layer on a baking sheet lined with parchment paper.
- 4.** Roast in the preheated oven for 15-20 minutes, flipping halfway through, until the summer squash are tender and slightly caramelized.



# Resources

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Physicians Committee for Responsible Medicine  
- Good Nutrition

Environmental Working Group's 2023 Shopper's Guide to Pesticides in Produce™

Clean 15™

Dirty Dozen™

Nourish 30 *Thirty-day habit tracker to help you feel your best physically, mentally, and emotionally.*

How to Use and Understand the Nutritional Facts Label

## Measurement Guide

lb = Pound

oz = Ounce

C = Cup

Tbsp = Tablespoon

Tsp = Teaspoon



LearnSkin was founded by dermatologists and integrative medicine practitioners with a mission to support colleagues interested in whole patient care. Our goal is to share the latest in scientific research and treatment options from both Western and Eastern medicine to meet the growing demand for responsible, high-quality, and evidence-based education that bridges conventional and complementary approaches.



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