



# 7 Days to Super Skin

Drink &  
eat your way  
to fabulous  
skin





My recipe  
for beautiful  
skin



## Take Collagen and Hydration levels to a new dimension

No matter how much you care for your skin with great skincare products, food and treatments, sometimes it just needs a boost. This booklet gives you all the information to get back that vibrancy. You'll be getting compliments on your super glowing skin in no time.

Some people naturally just bloom with health. Unfortunately I'm not so lucky and have to take care of my skin with good food, skin products and nourishing supplements. I enjoy following a healthy lifestyle but it's really easy to get off track on holidays, birthdays and seasonal events, so I devised a program to get my skin back in shape quickly.

Occasional lapses don't hurt so much if you have a generally healthy regime. You'll see your skin respond quickly and your skin will be clearer, brighter and firmer in a matter of days.

If you are looking to start a health regime then this is the perfect kick start to set you on your way. You can also download our free 6 Week Re-set Healthy Eating program on our website, [www.rejuvenated.co.uk](http://www.rejuvenated.co.uk). Just log in and go to the e book section on your personal account.

We have frequent events to attend or video's to shoot and I find this 7 day program has me ready to face the press.

Health and glowing skin are intertwined. For truly beautiful skin your body needs to be enriched from within and you are only 7 days from a brighter, fresher more youthful you.



## Drink and eat your way to fabulous skin

The program is based on our Award Winning skin nourishing trio of products, foods rich in antioxidants, omega fatty acids and good quality protein to support skin health.



Collagen Shots, H3O Night Repair and H3O Hydration have been formulated to work together to jointly boost collagen and hydration levels.

### Collagen Shots®

Collagen Shots is a hydrolysed marine collagen drink with 10,000 mg of collagen per serving, this marine collagen is comprised of amino acid peptides crucial in stimulating the production of fibroblasts and collagen. In addition there is acai berry, hyaluronic acid, vitamin C and minerals. Our special blend helps to support healthy DNA, protect from oxidative stress and contributes to normal skin pigmentation.

'You will see more results in your skin with Collagen Shots than any skin potion I can think of.' - Glynis Barber actress.

## H3O Hydration - hydration by day

A revolutionary drink providing all the minerals and ions essential for hydration at a cellular level to create healthy hydrated cells and skin.

Hypotonic hydration with hyaluronic acid for cell hydration. Ionic electrolyte minerals transfer water and nutrients into the blood stream and assist with cellular fluid balances.

Super charged ingredients including ionic electrolyte minerals with super potent antioxidant resveratrol, hyaluronic acid, inulin and vitamin C.

## H3O Night Repair - hydration by night

One tablet with Va Va Voom. An amazingly potent skin antioxidant with super hydration gets to work while you sleep and even helps to protect your skin from the sun the next day. H3O Night Repair helps to balance out fluids in the cells and carry the powerful antioxidants and vitamins to where they are needed.

The list of ingredients is unique and unequalled with ionic electrolyte minerals, hyaluronic acid, astaxanthin, astragalus, grape seed extract, pine bark, vitamins A, B3, C, D, E.

'If beauty sleep came in a packet it would look a lot like this.' - Get the Gloss

## Veggiecol®

Veggiecol is the first natural collagen supplement to offer a vegetarian alternative to our current marine-based Collagen Shots.

Veggiecol comes in a capsule and uses a unique patented egg extract with over 500 active ingredients. We've added the same super active ingredients that are added to Collagen Shots, hyaluronic acid, super fruit acai berry, vitamin C, vitamin B (niacin), copper and zinc.

## The role our products play in boosting your Natural Moisture Factor

Not only do these products work their magic from the inside out they also have a huge impact on the superficial layers of the skin. Natural moisturising factor or NMF is a collection of water-soluble compounds that are only found in the outer layer of the skin. This outer layer, or stratum corneum was always thought to be biologically dead. However it has a dynamic structure where enzymes are active but require water to perform their functions.

The role of NMF is to maintain superficial skin hydration so that skin will stay resilient and enzymes can carry out the function of breaking down dead skin to reveal fresher healthier skin below.

NMF is high in amino acids and inorganic minerals such as chlorides, phosphates, soda, potassium, calcium and magnesium. These components combine to be incredibly efficient at attracting water from the atmosphere, strengthening the intermolecular forces for firmer and more hydrated skin.

The combination of Collagen Shots, H3O Hydration and H3O Night Repair offer full support to the NMF with amino acid proteins and minerals.

It's time to forget the crash diets and fad food programs, crowd out toxic foods and fill your fridge with nutrient dense foods that will give your skin vital nutrients.

## 7 top tips to get your diet rich in skin nutrients

### Eat 7 a day

According to government figures one portion of fruit or vegetables is considered to be 80 grams so we should be eating 400 grams daily from this dietary source. Consider this the minimum and rather than sticking to 5 a day, try and eat 7 portions. If you can only manage 400 grams choose a greater variety of produce. Think colours of the rainbow, the rich orange pigments of carrots and squashes, the vibrancy of berries and beautiful green hues of cabbages, kale and spinach. The list is endless.

### Vitamin C

Vitamin C is the most amazing antioxidant. It mops up the baddies and acts as a catalyst for a myriad of chemical reactions within our body. It helps with the production of collagen and to strengthen capillaries for better blood supply to cells



and improved heart health. It's important in the synergy of Collagen Shots to allow the amino acid proteins to be effective. Vitamin C is abundant in all berries, citrus, green vegetables and sweet potatoes.

## Vitamin E

The skin protector and nourisher, it helps to protect cells from damage and is found in nuts, seeds and avocados. H3O Night Repair is a good source of vitamin E.

## Healthy fats

Look for monounsaturated and polyunsaturated, add avocados, fish nuts and seeds to your diet. These provide healthy fat to moisturise skin.

## Omega 3

Omega 3's are essential fatty acids that can not be made in the body and must be part of our diet. Oily fish, flaxseed, walnut and rapeseed oil are rich sources. There are 2 types of omega 3. DHA protects cognitive health and EPA supports skin and produces an anti-inflammatory effect.

## Zinc

Zinc helps to protect cells from oxidative stress and help with the normal function of the sebaceous glands. Fish, lean meat, nuts and seeds are excellent sources.

## Water

Drink more and add H3O Hydration to at least one glass a day.





## Breakfast

- Poached or grilled salmon.
- Replace milk with a substitute such as almond, rice, coconut or oat milks.
- Rye toast with organic peanut butter or almond butter.
- Oats soaked in water with cinnamon, topped with nuts, seeds and berries.
- Omelette 2 eggs - excellent source of B vitamins, lecithin (for skin) and Choline (for energy).

Our Protein Smoothie is a high quality protein drink, it's quick, nutritious and satisfying. You can swap and change menus to fit with your likes and lifestyle. Smoothies packed with antioxidant rich berries and a banana for potassium. Add ground flaxseed for an extra boost of phytoestrogen.





## Juices

Try making your own juices. It's good to combine vegetables with fruit to keep blood sugar levels stable. Ginger and apple seem to make everything taste pleasant. You'll find some of your own favourites. Be adventurous and here's some to start you off.

- Beetroot, carrot, ginger and apple for a deep rich red juice.
- Apple, carrot and ginger.
- Pear, beetroot, ginger cucumber, spinach, kiwi and a blended avocado.
- Cucumber, pear, mint and juice of half a lime.
- Apple, spinach, cucumber and lime blended with Collagen Shots.

For when you want something hot, blend a banana with warm rice/coconut milk, add cinnamon.



## Snacks

When you want to nibble in between meals, choose from Protein Smoothie or one of the following healthy alternatives – you can add one of these in for your afternoon snack to keep you going until dinner.

- Baked apple with cinnamon and a teaspoon of sultanas.
- Carrots and 2 tablespoons of hummus.
- Avocado mash - ½ mashed avocado with tomato, spring onion, lime and coriander.
- Greek Tomatoes - 1 large tomato chopped. Mix with 1-tablespoon feta and lemon juice.
- Olives: about 8 olives.
- Raw veggies with salsa.
- Small amount of low fat protein, chicken, ham or tuna.
- Fruit thin-skinned berries/cherries – apple, orange, slices of melon.
- Roast butter beans, with grape seed oil, dried sage, sprinkling of salt and black pepper.
- Rye toast and almond or peanut butter.
- 2 rice cakes with hummus.
- Small handful of Brazil nuts (7) – rich in selenium, walnuts or hazelnuts.
- Chickpea salad, chickpeas, small grated carrot, 1½ sliced onion, bean sprouts and lime juice.
- Smoked salmon with 2 rice cakes.
- Slice of melon for hydration.





## Drinks

Keep tea, coffee and fizzy drinks to a minimum, replace where possible with water or consider green tea and herbal infusions. To clear and improve your skin alcohol, is on the 'no' list and is one of the worst, most aggressive compounds for ageing. Not only does it dehydrate, it also causes inflammation problems by creating a histamine reaction which results in flushing and dilated capillaries. The good news is that our skin has the ability to regenerate and the body has a fabulous rate of rehydration.

Try H3O Hydration, our product designed to keep cells and skin healthily hydrated, it is totally natural without sweeteners and only has 2 calories per serving.

Vegetarian options – substitute meat/fish protein with quinoa, quorn, beans, lentils and legumes.





# Menu - Take H3O Hydration throughout the day

Breakfast



Lunch



Dinner



Daily



MON

Poached salmon  
with one  
scrambled egg

Grilled chicken, green  
salad with olives

Grilled salmon, super  
spinach salad\*  
and salad dressing\*

H<sup>3</sup>O Night Repair  
and Collagen Shots

TUE

Poached salmon  
and melon  
(eat as snacks to  
boost hydration)

Roast carrot & garlic  
soup\*

Stir fried vegetables  
with prawns/chicken

H<sup>3</sup>O Night Repair  
and Collagen Shots

WED

2 poached  
eggs with spinach

Mackerel, with  
avocado and green  
salad

White fish and  
roast vegetables

H<sup>3</sup>O Night Repair  
and Collagen Shots

THU

Choice from list

Chick pea soup\*

2 egg omelette  
with rocket  
and spinach salad

H<sup>3</sup>O Night Repair  
and Collagen Shots

FRI

Choice from list

Salad Nicoise\*

Grilled chicken,  
sautéed red onions,  
boiled asparagus

H<sup>3</sup>O Night Repair  
and Collagen Shots

SAT

Choice from list

Roast carrot and  
garlic soup\*

Thai prawns\* with  
super spinach salad\*

H<sup>3</sup>O Night Repair  
and Collagen Shots

SUN

Choice from list

Mackerel, healthy  
slaw\* and spinach.

Baked chicken  
with roast  
vegetables

H<sup>3</sup>O Night Repair  
and Collagen Shots

# Shopping & Notes

## Chilled

- ☐ Chicken Breasts
- ☐ Salmon fillet
- ☐ Prawns

3  
4  
1

- ☐ Mackerel
- ☐ Humus
- ☐ Goats Cheese

1  
3  
1 Pack

## Store cupboard

- ☐ Rice cakes
- ☐ Quinoa
- ☐ Coconut milk
- ☐ Tuna
- ☐ Sunflower seeds
- ☐ Chick Peas
- ☐ Grape seed oil

1 Pack  
1 Pack  
1 Tin  
2 Tins  
1 Pack  
1 Tin  
Bottle

- ☐ Olive oil
- ☐ Eggs
- ☐ Black olives
- ☐ Vegetable bouillon
- ☐ Almond nuts
- ☐ Brazil nuts
- ☐ Cumin seeds

Bottle  
6  
1 Jar  
1 Tub  
1 pack  
1 Pack  
1 Jar

## Vegetables

- ☐ Spinach
- ☐ Watercress
- ☐ Onions
- ☐ Asparagus
- ☐ Peppers
- ☐ Tomatoes
- ☐ Cucumber
- ☐ Carrots

2 bags  
1 Bag  
6  
1 Pack  
3-4  
1 Pack  
1  
1 Bag

- ☐ Green beans
- ☐ Avocados
- ☐ Beetroot raw
- ☐ Coriander
- ☐ Garlic
- ☐ Melon
- ☐ Punnet fresh/frozen berries

1 Pack  
3  
2  
1 Sprig  
1 Bulb  
1  
1

## Notes

## Super Spinach Salad | Serves 4



|           |                 |
|-----------|-----------------|
| 1 Handful | Spinach         |
| 1 Bag     | Watercress      |
| 1         | Red Pepper      |
| 1         | Red onion       |
| 6         | Tomatoes        |
| A few     | Olives          |
| 1         | Avocado         |
| Garnish   | Alfalfa sprouts |
| Garnish   | Sunflower seeds |

- Wash all salad
- Chop onions tomato and cucumber
- Peel and scoop out flesh of avocado
- Combine ingredients
- Top with alfalfa sprouts and sprinkle with sunflower seeds

## Chick Pea Soup | Serves 4



|           |                             |
|-----------|-----------------------------|
| 1 Handful | Cumin seeds                 |
| 2 tsp     | Onions                      |
| 1 Small   | Chilli (deseeded + chopped) |
| 1         | Red onion (chopped)         |
| ½ pint    | Vegetable stock             |
| 5 oz      | Split red lentils           |
| 1 Tin     | Tomato                      |
| 1 Tin     | Chickpeas                   |
| 1 Sprig   | Coriander (chopped)         |

- Dry fry the cumin seeds for around 1 minute to release aromas.
- Add the oil, chili and onion and cook until soft.
- Stir in lentils, stock and tomatoes, bring to boil and simmer for 20 minutes
- Blend soup in blender and return to pan.
- Stir in drained chickpeas and heat gently.
- Add coriander just before serving.





Roast carrot and garlic soup | Serves 4



|           |                    |  |
|-----------|--------------------|--|
| 1 Handful | Carrots            | <ul style="list-style-type: none"><li>• Wash and peel carrots, drizzle with grape seed oil and roast for 10 minutes</li><li>• Add garlic cloves and continue roasting until carrots start to crisp at the edges.</li><li>• Meanwhile gently fry onions and make bouillon.</li><li>• Blend all ingredients together. Place into the saucepan and bring up to temperature.</li></ul> |
| 2         | Onions             |  |
| 5         | Garlic cloves      |  |
| ½ pint    | vegetable bouillon |  |
|           |                    |  |

Prawn Thai curry | Serves 4



|          |   |  |
|----------|---|--|
| 800g     | Prawns  | <ul style="list-style-type: none"><li>• Using grape seed oil, lightly fry onions and peppers.</li><li>• Add green beans once softened.</li><li>• Keep warm.</li><li>• Fry prawns and garlic with spices until almost cooked.</li><li>• Add vegetables back to pan.</li><li>• Stir in coconut milk, until warmed through and serve.</li></ul> |
| 1        | Onion Sliced  |  |
| 1        | Red Pepper Sliced   |  |
| 2 cloves | Garlic  |  |
| 120g     | Boiled green beans  |  |
| ½ Tin    | Coconut milk  |  |
| 2 tbs    | Grape seed oil  |  |
| To taste | Spices (Thai Chilli powder, tumeric powder, coriander salt) |  |

Salad Niçoise | Serves 4



|          |                      |  |
|----------|----------------------|--|
| 2 Tins   | Tuna (or fresh tuna) | <ul style="list-style-type: none"><li>• Boil eggs for 7 minutes, plunge in to ice cold water to prevent over cooking.</li><li>• Slice tomatoes, cucumber, pepper and onions, mix in bowl with olives and mixed herbs.</li><li>• Add tuna stir in with olive oil.</li><li>• Arrange boiled eggs on top.</li></ul> |
| 4 boiled | Eggs                 |  |
| 1        | Onion                |  |
| 2        | Red peppers          |  |
| 6        | Large tomatos        |  |
| ½        | Cucumber             |  |
| 120g     | Green Beens          |  |
| To taste | Mixed Herbs & olives |  |
| Drizzle  | Olive oil            |  |

Salad dressing



|         |                            |
|---------|----------------------------|
| 1 cup   | Olive oil                  |
| ½ cup   | grape seed oil             |
| 1 clove | Garlic (crushed)           |
| 1       | Red small chilli (chopped) |
| ½       | Lemon (juiced)             |
| 1 Pinch | Salt                       |
| 1 Pinch | Pepper                     |



The best  
foundation you  
can wear is  
glowing  
healthy skin