

## MODULE III (A) - DIET

- ✓ Learn about a proper diet that help in skin whitening
- ✓ Learn about body and skin detoxification

## DIET



In this fast-paced life, we tend to eat whatever is available instead of identifying the pros and cons of every food item and the effect it has on our body. Diet is closely related with the health of your skin, because what goes in through your mouth shows up on your skin.

If you tend to eat a lot of junk and fried stuff, then the fat, carbohydrate and sugar content in your body and a lack of nutrients and vitamins hinders the working of your internal organs. Also, the main reason why your skin becomes dark or you start to get dark spots on your face and arms is because of impure blood.

Blood purifying is an age old technique, ancient saints in India used to purify people's blood by making small punctures on the veins to drain out bad or impure blood. However, you do not need to do that, a well-balanced diet with the goodness of vegetable and fruits will help in purifying

blood and improving the working of your organs. Not to mention that it will help in making you fit and healthy.

### **Foods to avoid**

- Fried food
- Food rich in animal fat
- Soda (one can of soda approximately has 17 teaspoons of sugar, this means that you are stuffing your body with sugar and carbohydrates that adds to the impurities in the blood instead of absorbing)

Getting most of your daily caloric requirements through green vegetables will help in purifying blood and detoxifying your body. If you prefer meat over vegetables, make sure that you go for lean meat rather than red meat.

### **Foods that can make you fair**

Carrot juice- Carrot is rich in Vitamin C and anti oxidants. It helps in purifying blood and imparting a glow to the skin. Dice carrots and put in a blender, add 2 tablespoon of honey and blend well.

Cucumber juice- This might be a bit bitter to taste, but is laden with goodness. Dice and put small cubes of cucumber in a blender and blend well.

Green Smoothies- Smoothie diet is becoming quite famous for being both a substitute for meals and being laden with vitamins, nutrients and essential anti oxidants. Here are a few green smoothie recipes:

- ½ cup chopped strawberries
- 1 large kale leaf
- 1 medium beetroot
- 1 medium sized apple

Dice all the ingredients and put them in a blender along with a few ice cubes. Blend well and drink immediately.

- 1 cup non fat yogurt
- 1 whole banana
- Half an orange peeled

Throw in all the ingredients in the blender and blend well to make a smoothie.

## Aloe Vera Smoothie

Aloe Vera is known for its skin healing and rejuvenating properties. Take an aloe Vera stem and cut it in the middle, now carefully remove the pulp and put it in a blender along with 2 tablespoon of honey. You can add sugar too as Aloe Vera tastes bitter, but this is one of the best smoothie recipes that work wonders for your skin.

## DIET PLAN TO HELP WHITEN SKIN

Here is a specific diet plan that will help in lightening your skin by purifying blood and through the goodness of certain Vitamins and Nutrients that curb excess melanin production and fight free radicals to give a much fairer, healthier and younger looking skin.

### DAY 1

Start your day with 2 glasses of lukewarm water. Drinking water the first thing in the morning cleans your system of all the toxins and impurities in the body. If you do not have any gastric issues, then squeeze half a lemon in a glass of lukewarm water to detoxify your body in the morning. Starting your day with detoxifying your body is good for both the health of your body and skin.

#### Breakfast

Milk has a lot of healthful properties and having cereals rich in fiber, along with milk makes for the perfect breakfast recipe. Add a few fresh fruits like strawberries or blueberries. Blueberries in particular have rich anti oxidants and have anti inflammatory properties that is effective in treating hyper pigmentations and dark spots.

#### Mid-Morning

Have a cup of green tea along with a few biscuits. A lot of people do not like the taste of green tea, they can add a few pieces of ginger or a few drops of lemon to nullify the bland taste.

#### Lunch

Have a glass of water before starting with your meal. For lunch, you can alternate between having brown rice or chapatti along with a good quantity of vegetables. Vegetables and fruits are the storehouse of vitamins, anti oxidants and other properties that help in lightening skin, so even if you prefer meat over vegetables, you should incorporate one or two vegetables daily in your diet.

You can add a piece of chicken or lean meat in your diet. However, make sure that you steer clear of red meat and meat chunks laden with animal fat as they tend to make your body secrete more of natural body oil leading to acne and breakouts.

Drink two glasses of water after half an hour of having lunch

Evening

Take your dose of green tea along with a toast.

Dinner

Again drink a glass of water before starting with your dinner. Vegetable soup with bread would be a good option for your dinner as it is both light and has a lot of vegetables, which are of course good for the skin.

An hour after you have your dinner have a glass of water and a cup of green tea. Green tea does not have a very strong caffeine concentrate, in fact it has negligible traces and hence does not interfere with your sleep at all.

## DAY 2

Start your day with two glasses of water or one glass of lime juice squeezed in lukewarm water.

Breakfast

For breakfast try out one of the smoothie recipes mentioned in the treatment or you opt for this recipe

- 2 tomatoes diced
- 1 apple diced
- ½ teaspoon honey
- 4 ice cubes

Add all the ingredients in the blender and blend well into a smoothie. Tomato in particular has anti oxidant properties and helps in whitening skin, while you are making a smoothie, take another half of the tomato and rub on your face.

Mid-Morning

For your mid-morning hunger craving, go for a cup of green tea along with two toasts. A lot of people do not feel full after having a smoothie as they are deprived of the essence of ‘eating’ a meal. This deprivation makes them feel that they are hungry and hence toasts would make for a good mid-morning snack.

#### Lunch

If you want fair skin and healthy hair, one food item that you must incorporate in your diet is sea food. Fish and the likes, is rich in zinc and zinc is known for its skin healing and brightening properties.

For lunch, start with drinking a glass of water and go for either brown rice or chapatti and 2 pieces of fish or any other sea food. Instead of water you can drink orange juice as orange is a citric food and is known for lightening skin.

Drink two glasses of water after half an hour of having lunch

#### Evening

A cup of green tea with 2 biscuits, 1 apple and a glass of water

#### Dinner

For dinner, you can have 2 (or more depending upon your diet) chapatti, a bowl of spinach and grilled chicken. Similar to Day 1, have a glass of water and drink green tea before going to bed. If you stay up till the wee hours, you can have a white bread and banana to beat the mid-night cravings. Both white bread and banana are rich in carbohydrates and gives the feeling of a fuller stomach and hence you wouldn't wake feel hungry further into the night. Banana also has anti oxidants and produces collagen, which helps in fighting blemishes and tightening skin.

### DAY 3

Start your day with two glasses of water or one glass of lime juice squeezed in lukewarm water.

#### Breakfast

You can choose your favorite breakfast option today. No matter what you choose, make sure you do have a good helping of fruits along with.

#### Mid-Morning

A cup of green tea, you can also increase the quantity of during mid morning and evening if you want to skip drinking green tea at night.

#### Lunch

If you have had a heavy breakfast, then go for a smoothie for lunch or have a fruit salad. Make sure that your fruit salad has a good portion of oranges, pomegranate, banana, apple and grapes. Also, do not forget your daily dose of water; you need at least 8 glasses a day.

Drink two glasses of water after half an hour of having lunch

#### Evening

A cup of green tea along with two toasts or biscuits, you can have some humus on crackers as these are filling without being greasy or fried.

#### Dinner

1 bowl each of two different types of vegetables (preferably red or green as these vegetables have been deemed fit for improving the health of your skin). If you really want beautiful and glowing skin, go for organic vegetables instead of the ones you get from the supermarket. Organic vegetables are without any harmful chemicals and pesticides and hence are a much better option.

Drink a cup of green tea and 2 glasses of water after you have dinner.

## DAY 4

Start your day with two glasses of water or one glass of lime juice squeezed in lukewarm water.

#### Breakfast

Keep some chickpeas soaked in water over the night and in the morning make a chickpea salad with lots of tomatoes, cucumber and onion. This is a filling breakfast option and has a high content of protein. The cucumber and tomato in the salad helps in whitening skin while onion is known for its ability to kill the worms and other impurities in the stomach.

#### Mid-Morning

Drink a cup of green tea along with a few biscuits or toast as per your choice

#### Lunch

Start with a glass of water. Have a bowl of vegetable soup (mostly green vegetables) and chapatti or bread crumbs.

Drink two glasses of water after half an hour of having lunch

Evening

Have a plate full of papaya. If you do not like papaya, go for a fruit salad comprising of oranges, banana, melon, kiwi, blueberries and top it with some fresh cream or even ice cream if you want. The idea is to add fruits that are rich in Vitamin C, as this vitamin is associated with imparting color and making the skin supple. Also, Vitamin C bearing products release collagen that helps in making the skin firm and has anti ageing properties.

Dinner

For dinner, you can opt for white bread dipped in milk or another option is to have chapatti along with a bowl of green vegetables, 2 pieces of chicken and a bowl of dal.

Drink a cup of green tea and a glass of water before going to bed.

## DAY 5

Start your day with two glasses of water or one glass of lime juice squeezed in lukewarm water.

Breakfast

For breakfast you can have poha or idli today. Another option is to go for milk and cereal, make sure the cereal isn't very sugary as cereals rich in sugar content can trigger acne.

Mid-Morning

Drink a cup of green tea, a glass of water and have a snack of your choice

Lunch

Take a handful of cooked brown rice in a bowl and add ¼ cup water to the bowl. Now in a separate pan heat a teaspoon of oil and add diced onion, tomatoes, turmeric powder, salt and a few strands of kesar. Sauté for a few minutes and then add brown rice to the pan, this makes for an excellent lunch option and is filled with the goodness of vitamins and minerals.

Evening

Have an apple, orange and another seasonal fruit along with a cup of green tea.

### Dinner

Grilled chicken or fish along with salad with dressing, also add in some boiled and salted corns. Corn again is rich in oil and the right type of fatty acid, Omega 3 acid that helps in maintaining healthy skin and hair.

Drink a cup of green tea and water before going to bed.

For midnight hunger pangs, have a fruit or drink a glass of warm milk

## DAY 6

Start your day with two glasses of water or one glass of lime juice squeezed in lukewarm water.

Butter that is extracted from milk is high in fat content and is therefore not good for your skin. Peanut butter on the other hand has a lot of protein and the right type of fat, Omega 3 fatty acids that imparts a glow to the skin and lightens your skin tone. Make a peanut butter sandwich for breakfast and don't forget to have at least 2 seasonal fruits for breakfast.

If you do not like peanut butter, here's an alternative breakfast option. Make a salsa dip with a lot of tomato, chili, onion and spices and have it with readymade nachos or rolled tortillas. You can also stick to your regular milk and cornflakes.

### Mid-Morning

Drink a cup of green tea and have two biscuits.

### Lunch

Have an Aloe Vera smoothie for lunch or 2 pieces of fish and vegetables with brown rice.

### Evening

Drink a cup of green tea and you can have a healthy snack option like a low fat burger or vegetable burger.

### Dinner

For dinner stick to the normal chapatti, vegetables and 2 pieces of lean chicken

Drink a cup of green tea and a glass of water before going to bed.

## DAY 7

Day 7 is the detoxification day. A lot of people find it difficult to go throughout the day without any solid food and if you too belong to his category than you can opt for half a day of fasting instead.

#### Full day Fasting

Fasting does not mean that you would have to go hungry, fasting here implies being on a juice and smoothie diet for a day. Liquid does not take a lot of time to be digested as compared to solids and also helps in detoxifying the body.

You can either opt for 2 helpings of smoothies throughout the day along with 3 cups of green tea in between smoothie meals and a glass of milk for either one of the three meals. So, basically you can have smoothies for either breakfast and lunch or lunch and dinner and for the third meal, go for a glass of warm milk with a few strands of kesar. And stick to drinking green tea in between meals.

If you want go half a day without solid food, then have a healthy breakfast of milk and cereals or bread with peanut butter and boiled egg and then for lunch and dinner have smoothies. Also, do not forget to have green tea in between meals and your daily dose of 8 glasses of water.

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