

A top-down view of various natural ingredients on a light-colored wooden surface. In the top left, a cinnamon stick and a white ceramic plate are visible. To the right, there are fresh green leaves. In the center, a white daisy flower is partially visible. On the left side, there are small white flowers. In the bottom left, a wooden bowl contains a mixture of light-colored granules, dried lavender buds, and white crystals. In the bottom right, more green leaves are visible.

JJVIRGIN

# NATURAL SKINCARE GUIDE

*DIY tips,  
quizzes, &  
recipes for  
clear, beautiful  
skin*

**HOW TO GET YOUNGER,  
GLOWING SKIN**

JJVIRGIN.COM



# NATURAL SKINCARE

I'm a skincare junkie, and I love trying out new products to keep my skin healthy and young. That said, there's so much more to healthy skin than which serum or moisturizer you use!

This guide is designed to help you address things like your sleep, hydration, and diet, all of which can affect your skin. I've also got some fantastic DIY recipes for you for a little at-home spa action.

Enjoy!  
JJ



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# POPQUIZ

## ARE YOU TAKING GOOD CARE OF YOUR SKIN?

### HOW HEALTHY IS YOUR SKIN?

*The quick quiz below will tell you.*

#### ● GREAT SKIN FACTORS

Do you wash your face every night?	YES_____	NO_____
Do you eat breakfast every day?	YES_____	NO_____
Do you wear sunscreen every day?	YES_____	NO_____
Do you moisturize your skin daily?	YES_____	NO_____
Do you exfoliate at least twice weekly?	YES_____	NO_____
Do you drink at least 64 ounces of water a day?	YES_____	NO_____
Do you eat healthy fats or take fish oil every day?	YES_____	NO_____
Do you take a multivitamin?	YES_____	NO_____
Do you eat clean, lean protein with every meal?	YES_____	NO_____
Do you get at least 40 grams of fiber every day?	YES_____	NO_____
Do you exercise regularly?	YES_____	NO_____
Do you get 7-9 hours of quality sleep a night?	YES_____	NO_____
Do you have go-to activities to manage stress?	YES_____	NO_____
Do you eat fruits or vegetables with every meal?	YES_____	NO_____
Do you eat fermented foods or take a probiotic every day?	YES_____	NO_____

Count the number of "YES" answers to the questions above and put your total here:

#### ● COMMON SKIN HAZARDS

Do you smoke?	YES_____	NO_____
Do you eat or drink dairy?	YES_____	NO_____
Do you eat soy?	YES_____	NO_____
Do you eat gluten?	YES_____	NO_____
Do you eat peanuts?	YES_____	NO_____
Do you eat corn?	YES_____	NO_____
Do you have any food sensitivities or allergies?	YES_____	NO_____
Do you drink fruit juice or soda?	YES_____	NO_____
Do you eat fried foods?	YES_____	NO_____
Do you drink alcohol regularly?	YES_____	NO_____
Are you regularly stressed?	YES_____	NO_____
Do you have eczema or rosacea?	YES_____	NO_____
Do you have freckles or sunspots?	YES_____	NO_____
Do you have acne or frequent breakouts?	YES_____	NO_____
Do you have fine lines or wrinkles?	YES_____	NO_____

Count the number of "NO" answers to the questions above and put your total here:

Now add your second number to your first. What's your combined total?

#### USE YOUR TOTAL TO FIND OUT YOUR HEALTHY SKIN SCORE

##### If you scored a total of 26-30, you're a healthy skin rockstar!

Keep doing what you're doing, and you're going to keep that healthy glow for years to come. Just remember to stay mindful about using skincare products and supplements that continue to gently nourish your skin.

##### If you scored a total of 21-25, you're on the right track.

There's room for improvement, but by following the tips and tricks in this guide, you can take real steps toward younger, healthier skin. Remember, what you eat, the supplements you take, and the skincare products you use all have an impact.

##### If you scored 20 or less, you need an emergency skincare intervention!

Your skin is your largest organ, and it's time to start taking skincare seriously. The wonderful new is that it's never too late to take great care of your skin! Remember to wear sunscreen every day, avoid inflammatory foods, stay hydrated, and supplement wisely to ensure you're not at risk for skin disease or premature aging.

# DIY RECIPE

## ALL-NATURAL ENERGY-BOOSTING SKIN SCRUB

*This invigorating scrub has great ingredients to help you recapture your get-up-and-go, plus give you shining, healthy skin.*

1 cup Epsom salts  
¼ cup uncooked cornmeal  
¼ cup apricot kernel or jojoba oil  
3-4 drops sweet orange and/or peppermint essential oil (Both are great for energy!)

Mix together all the ingredients in a glass jar, then use to gently scrub your skin in the bath or shower.



## FUN SKINCARE FACT:

### Want Great Skin? Eat More Chocolate!

**Need another reason to indulge in your daily dark chocolate fix?**

*Research proves that the flavanols in cacao actually protect your skin from the sun's harmful UV rays!<sup>1</sup>*

Multiple studies show that eating dark chocolate every day for 12 weeks cut the impact of UV exposure on skin by at least 25%. Eating chocolate with 75% cacao or more every day also results in smoother, thicker skin for women, which translates to fewer wrinkles and skin issues.<sup>2</sup>

(It's worth noting that study participants who ate low-flavanol chocolate like Hershey's or milk chocolate showed none of the same positive effects...)

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pubmed/19735513>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pubmed/16702322>

# HOW TO SUPPLEMENT FOR HEALTHY SKIN

Most people recognize the benefits of a healthy diet and lifestyle for your skin. But there's one simple thing you can do to get great skin: take smart supplements!

**That's because the right nutritional supplements not only keep your skin look young and healthy, they can also help it perform crucial roles that impact your entire body.**

And you *need* to supplement, even if you eat a healthy diet. I tested a group of my colleagues

who don't supplement – they're all experts in health, nutrition, and fitness who know how to eat right. *Every single one of them had vitamin or mineral levels that were less than optimal.*

The lesson? If you want to look and feel your best in today's world, you have to supplement. Our environment and daily habits are just too toxic to rely on clean eating alone.



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## HOW TO SUPPLEMENT FOR HEALTHY SKIN

The 3 supplements below provide the building blocks you need for young, vibrant skin, plus pack a powerful punch against the everyday stressors that can affect your skin...

### FISH OIL

You've probably heard me rave about the amazing health benefits of fish oil, and those advantages don't stop with your skin!

Your skin cell membranes are partly made up of essential fatty acids like those in fish oil, which help create a barrier to water loss through the skin. When your body is lacking those fatty acids, more water can escape from your skin, leaving it dry and dehydrated.<sup>2,3</sup>

Supplementing with fish oil can help build up that barrier, keeping your skin soft and smooth. Not only that, the omega-3s in fish oil have been shown to improve inflammatory skin conditions and help reduce the risk of acne.<sup>3,4</sup>

Those are all great reasons to include a superior-quality fish oil supplement like **Omega Ultra** in your daily routine!

### COMPLETE MULTIVITAMIN

A quality multivitamin/mineral supplement is a must – they're loaded with an impressive list of nutrients that can improve the health of your skin.

It contains the power of antioxidants like vitamins C, E, and alpha-lipoic acid, to name just a few, that shield your skin cells from damage caused by the sun's UV rays and other hazards. Given that sun exposure is the leading cause of

## IN DEFENSE OF YOUR SKIN

Even if you do take nutritional supplements, chances are you don't consider how they affect your skin.

We tend to think about skin purely based on its appearance: Is it wrinkled? Is it dry? Do you have breakouts or dullness? But it's important to remember how many vital roles your skin plays to protect your entire body!

One of those jobs is defending against the threats in today's world, including UV rays from the sun, air pollution, and other toxins and chemicals. These common dangers trigger the production of harmful molecules that can damage your cells, leading to aging and other skin and health issues.

In fact, studies have shown that 80% of the signs of facial aging are due to exposure to UV rays from the sun!<sup>1</sup> That shocking statistic is why it's important to make sure you have the optimal nutrients and antioxidants to fight those damaging molecules and keep your skin healthy.

skin aging and skin cancer, protecting yourself isn't just about looking young – it's a matter of life or death!

Vitamin C deserves another shout-out for its role in the production of collagen, an important protein that provides stability and support for your skin and speeds up wound healing.<sup>6,7</sup> To top it all off, studies show that vitamin C is linked to less skin wrinkling and younger-looking skin, too!<sup>8</sup>

My **Daily Essential Packets** are super handy because they include both fish oil and a complete multivitamin, making them the most convenient way to take great care of your skin.

## DIGESTIVE ENZYMES

When you eat a balance of clean, lean protein, healthy fats, and slow-low carbs, your skin reaps the rewards of those nutrient-rich foods... but only if your body can digest them.

Digestive enzymes hold the key to unlocking the nutrients in your food, including the protein and vitamins you need for healthy, glowing skin. But

your body makes fewer digestive enzymes as you age or experience stress.<sup>9-12</sup>

That means your food doesn't get completely broken down, and you're not benefitting from all the healthy nutrition it contains. **(Want to know more about why? Check out this article.)**

Adding in a quality digestive enzyme supplement like my **Metabolic Digestive Balance** is a great way to give your body the boost it needs to break down your food more efficiently, so you can absorb all the good things it provides.

**I told you it was going to be easy!**  
**When you include these 3 supplements in your daily routine, your skin has everything it needs to look and perform its best for years to come!**

### ARTICLE SOURCES

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# DIY RECIPE

This luxurious soak features lavender oil, proven to encourage the release of calming neurotransmitters that lower your blood pressure and improve your mood.

## MOISTURIZING LAVENDER HOT OIL SOAK

1 ounce expeller-pressed grapeseed oil

2-3 drops lavender essential oil (calming and gentle)

Run your bathwater nice and warm. When the tub is almost full, add the oils. Soak for 20 minutes, then gently pat yourself dry. Moisturize lightly as needed.



RELAX  
improve your mood

# 5 SIGNS

## You're Not Drinking Enough Water

Drink more water: you know you should, but somehow you never quite remember. Or maybe you're just not sure how much is enough?

**Skipping water does a lot more than leave you thirsty.** Dehydrated cells don't function as well, which means you feel sluggish and tired. Your ability to focus takes a nosedive, and even mild dehydration can make you feel ravenous. On top of that, you're less able to fight off infection, and your skin looks dull and wrinkled.

Makes you think twice about forgetting your water bottle! Here's 5 easy ways to tell whether you're drinking enough water:

**Are you hungry?** It's surprisingly hard to differentiate between hunger and thirst. In fact, studies show drinking eight ounces of water stops hunger pangs 100% of the time and can make a big difference in weight loss!<sup>1,2</sup>

The next time you have a snack attack or feel your energy crashing, reach for the water faucet first. Chances are you just need to drink more.

**Feeling tired or cranky?** If you're dragging and it's nowhere near mealtime, think about how much water you've had today.

Multiple studies show that even mild dehydration causes moodiness, fatigue, trouble with memory, and headaches.<sup>3,4</sup> Ouch! If you can't focus or find yourself snapping at people, your first step should be a glass of H<sub>2</sub>O.

**Check your skin.** Skin cells that aren't hydrated look rough and dry. If your hands feel dry minutes after applying lotion, that's a big warning sign that you're not drinking enough.

Staying hydrated is crucial to flushing toxins from your skin, so you're also more likely to experience breakouts when you don't keep your water handy.<sup>5</sup>

**Check the clock.** When's the last time you answered the call of nature? A healthy adult should empty their bladder 6-7 times per day.

If you're going many hours between visits to the bathroom, then you're not hydrated. If your urine is dark or smells strongly, that's a warning sign that you're in the dehydration danger zone.

**Do the math.** When in doubt, grab a calculator and make your math teacher proud!

For every 15 pounds of your weight, you need about 8 ounces of water. Divide your weight by 15 to find out how many cups of fluid you need a day. (And we're talking your real weight here, not the one on your driver's license...)

#### ARTICLE SOURCES

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/17228036>
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- 3 <https://www.ncbi.nlm.nih.gov/pubmed/22190027>
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## Hydration Do's and Don'ts

Keep in mind that while other drinks count toward your daily fluid intake, caffeine actually causes your body to dehydrate faster, so caffeinated coffee and tea don't help. However, infused water, decaf green tea, and the liquid in fruits and veggies all count.

Convinced you need more H<sub>2</sub>O and looking for ways to make it tastier? Check out the next article for 10 delicious recipes for zero-calorie, low-sugar impact infused water. Remember, you need at least 4 ounces of water for every 15 minutes of a workout.

### ONE LAST TIP

While I advise you to drink regularly throughout your day, it's important not to drink a large quantity during meals. That can dilute your digestive enzymes and cause gas and bloating and issues with nutrient absorption.

## What Is Infused Water?

### 10 Ways to Make Your Water Taste Better

You know that drinking plenty of water is important, but sometimes it's less than inspiring – especially if you're used to diet soda or juice drinks.

So how do you make your water taste better without adding sugar or anything artificial? Infused water to the rescue!

**Infusing your water with fruit or herbs adds great taste without changing the calorie content or sugar impact.** As an added plus, a cup of fruit is enough to infuse a whole pitcher of water, while a handful in your water bottle will flavor your refills all day.

Take a tip from the spa, and enjoy these quick tips and recipes, on the next page, for infused water that will have reaching for your glass all day long...

# How to Make **Infused** Water

- Choose your favorite combination of fruits and herbs from the list below. (Remember, pick organic when you can and wash produce thoroughly.)
- Thinly slice fruits and gently crush herbs and ginger root to release their flavorful oils.
- Add your produce to filtered water and refrigerate; cucumbers, citrus, melon, and softer herbs like mint flavor water almost immediately. Meanwhile, apples, cinnamon, fresh ginger root, and tougher herbs like rosemary need an overnight soak.
- If infusing in a water bottle, refill with fresh water when you're at the halfway mark. That will ensure your water remains flavorful throughout the day.
- If you're not going to finish your infused water within 24 hours, strain out the fruit or herbs and refrigerate the water for up to 3 days.

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Remember, water with fresh fruit in it shouldn't sit at room temperature for more than 2 hours because it may cause bacterial growth. Be sure to stash your bottle in the fridge between drinks or add ice to keep it fresh.

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## INFUSED WATER FLAVOR OPTIONS

Some of my favorite flavor combinations are listed below, but the sky's the limit! It's worth noting that some of these fruits are high-sugar impact, so treat them as flavor carriers rather than snacks.

### BLUEBERRIES AND STRAWBERRY SLICES

CRUSHED RASPBERRIES AND THINLY SLICED LEMON

CRUSHED MINT LEAVES, CRUSHED GINGER ROOT, AND THINLY SLICED LIME

WATERMELON CHUNKS AND CRUSHED BASIL LEAVES

GRAPEFRUIT SLICES AND FRESH THYME LEAVES

THINLY SLICED APPLE AND CINNAMON STICKS

CUCUMBER SLICES AND THINLY SLICED JALAPENO

CANTALOUPE CHUNKS, CRUSHED MINT LEAVES, AND THINLY SLICED LIME

THINLY SLICED LEMON, STRAWBERRY SLICES, AND CRUSHED FRESH ROSEMARY

THINLY SLICED ORANGE, CRUSHED GINGER ROOT, AND CINNAMON STICKS



**Staying hydrated really is essential to looking and feeling your best. It helps your body fight infection, decreases your appetite, and makes your skin look younger and firmer.<sup>1-3</sup> Make yourself a pitcher of infused water before bed tonight, and get ready to feel great tomorrow!**

### ARTICLE SOURCES

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/17228036>
- 2 <https://www.ncbi.nlm.nih.gov/pubmed/18589036>
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# YOUNGER SKIN

## Starts in the Kitchen

We all know that what you eat can make you feel better. But your diet choices can also make you look better.

While building strength and maintaining energy are more important than looking sexy, if you eat and drink right, you can achieve all three!





# Younger Skin Starts In The Kitchen:

## WHAT TO EAT TO LOOK AND FEEL YOUR BEST

**Here are 5 tips for foods and drinks that will fight those wrinkles, keep your complexion smooth and glowing, and help you build lean, toned muscle. The best part is that those same habits will also boost your brain health, help your heart, and fight inflammation!**

**DRINK UP.** Want to know the fastest, cheapest way to get great skin? Stay hydrated! Like the other cells in your body, your skin cells are made primarily of water.

If you don't drink enough, your skin will look dry and dull, and you'll lose the resilience that prevents fine lines and wrinkles. Drink water or antioxidant-rich green tea throughout the day.

**EAT HEALTHY FATS.** Despite the 1980s myth that low-fat/no-fat is the answer, research proves that getting healthy fats in your diet is vital to looking and feeling your best. Eating a good balance of omega-3 and omega-6 fatty acids is a requirement for healthy skin, fat loss, and great energy.

Wild-caught salmon and tuna, fresh berries, leafy greens, and flaxseed are all omega-3 rockstars that are also fantastic for your brain and mood.<sup>1,2</sup> (If you don't eat enough of those foods daily, be sure you take a [quality fish oil supplement](#).)

**GET PLENTY OF PROTEIN.** Clean, lean protein is super important to maintaining healthy bones, muscle, and skin.

A good protein source like grass-fed beef, wild-caught fish, or concentrated bone broth will give

you the whole spectrum of amino acids and collagen you need to prevent sagging skin and keep your body looking toned.<sup>3</sup> If you're vegetarian, look for protein sources that are rich in amino acids, like quinoa and legumes.

**LOWER YOUR SUGAR IMPACT.** Sugar causes system-wide inflammation that can produce skin breakouts and weight gain.

You probably already know to avoid soft drinks and candy bars, but sugars can hide in "healthy" foods too. To lower your sugar impact, stay away from fruit juice and alternative sweeteners like honey and agave.

**START THE DAY RIGHT.** Breakfast sets the metabolic tone for the rest of your day. Getting a big boost of protein, healthy fats, nutrients, and hydration in the morning will show in your skin, muscles, and energy levels all day long.

Try a [protein shake](#) in the morning made with soy-free, dairy-free protein powder. (Both soy and dairy can cause breakouts and inflammation.) Add in coconut milk or avocado for healthy skin and immunity, plus berries and spinach for system-cleansing antioxidants.

**LAST TIP:** If you don't already take a [high-quality multivitamin](#), add one to your daily regimen to keep your skin, teeth and bones, and muscles fit and gorgeous. Follow these guidelines, and when you look in the mirror, you'll see a healthy, happy you looking back!

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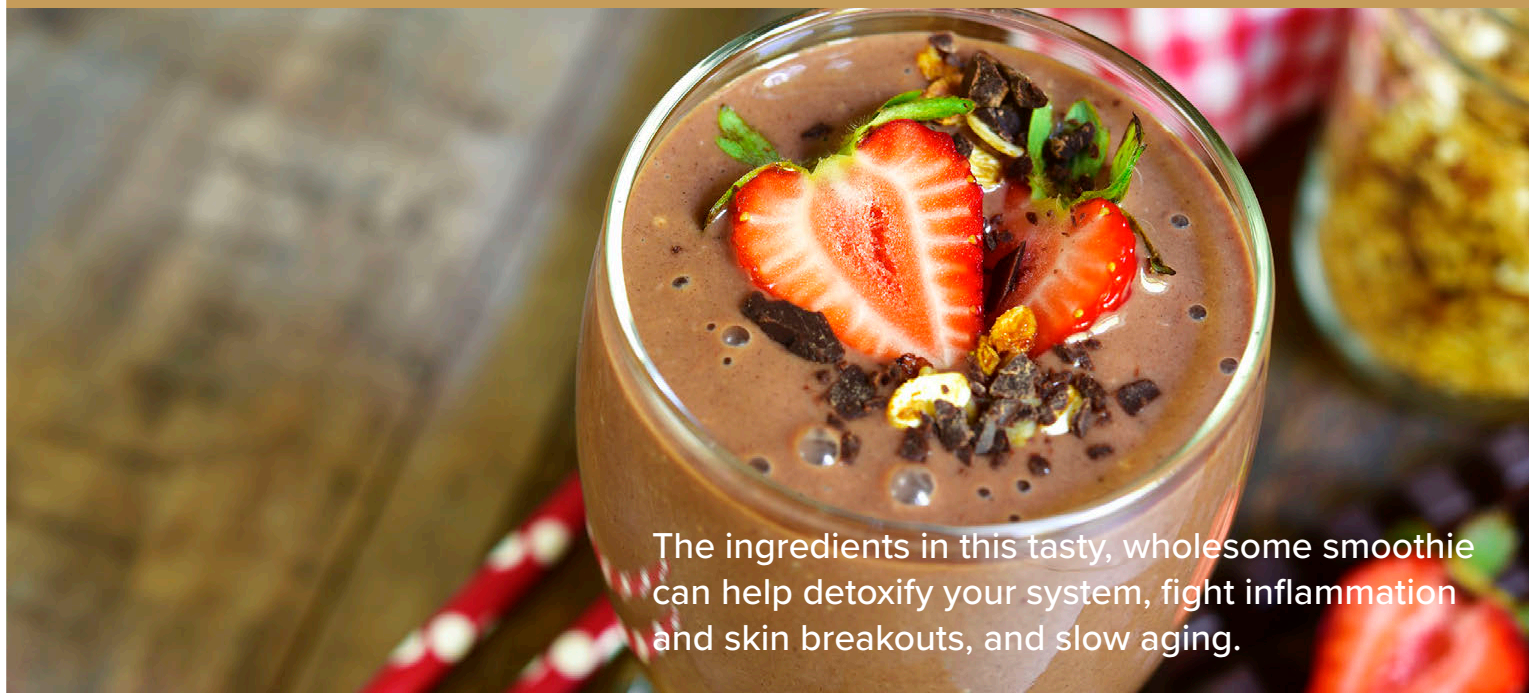
3 <http://www.ncbi.nlm.nih.gov/pubmed/23949208>



# Beautifying RECIPES

Look and feel your best with nourishing, wholesome recipes that also taste fantastic! All of these delightful dishes are free of inflammatory gluten, dairy, soy, peanuts, corn, and sweeteners.





The ingredients in this tasty, wholesome smoothie can help detoxify your system, fight inflammation and skin breakouts, and slow aging.

## NEVER BETTER CHOCO-BERRY SMOOTHIE

**MAKES 1 SERVING**

**2 scoops JJ Virgin Chocolate All-In-One Protein Shake** (your choice of protein type)  
**10 oz.** unsweetened almond milk  
**1/2 small** avocado, peeled and pitted  
**1/2 cup** fresh baby spinach  
**1/2 cup** frozen organic mixed berries  
**1 Tbsp** freshly ground flaxseed  
**1 Tbsp** raw cacao powder

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. You've never looked better!

## ESPRESSO-ALMOND SHAKE

**MAKES 1 SERVING**

**2 scoops JJ Virgin Chocolate All-In-One Protein Shake** (your choice of protein type)  
**6 oz.** unsweetened vanilla almond milk  
**4 oz.** brewed coffee, chilled  
**2 Tbsp** almond butter  
**2 tsp JJ Virgin Extra Fiber**  
**1/2 tsp** instant espresso powder  
**4-5** ice cubes

Espresso and almonds come together for a nutty, rich protein shake with a caffeinated kick and plenty of clean protein and healthy omega-3s. Any flavor of protein powder tastes great in this versatile recipe!

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!

# QUINOA SUMMER SALAD

This drool-worthy salad has all the fiber and complete protein of quinoa, plus refreshing, vitamin-loaded summer veggies and naturally detoxifying cilantro. It does double duty as a meatless main dish or healthy side.

**MAKES 4-6 SERVINGS**

**1 1/2 cups** uncooked red quinoa  
**1/4 cup** olive oil  
**1/4 cup** freshly squeezed lemon juice  
**1** red bell pepper, finely chopped  
**1/2 small** red onion, finely chopped  
**1/2** English cucumber, cut into bite-size chunks  
**1/2 cup** slivered almonds, chopped  
**1/2 cup** finely chopped fresh cilantro  
**1/2 tsp** sea salt (or to taste)  
**1/4 tsp** freshly ground black pepper

Put the quinoa and chicken broth in a medium saucepan and bring to boil. Cook for about 15 minutes or until quinoa is chewy and cooked through. Allow to cool.

In a small bowl, whisk together the lemon juice and olive oil. In a large bowl, mix together the cooked and cooled quinoa, veggies, and almonds.

Pour over the dressing, toss to combine, then season with salt and pepper. Enjoy as a meatless main dish or as a delicious side for grilled chicken or fish.

# HEALTHY CHICKEN AND VEGETABLE FRIED RICE

Make your own tasty chicken fried rice with vegetables with plenty of lean protein, fiber, and healthy fats and none of the questionable ingredients in typical takeout.

**MAKES 2 SERVINGS**

**8 oz.** pre-cooked organic brown rice  
**2 tsp** coconut oil  
**1/4 cup** organic low-sodium chicken broth  
**1** red bell pepper, finely sliced lengthwise, then cut in half  
**1-2** thinly sliced scallions, white and green parts separated  
**1** clove garlic, minced  
**1 Tbsp** finely grated fresh ginger  
**1 1/2 cups** steamed broccoli florets  
**1/4** slivered almonds  
**1 Tbsp** sesame seed oil  
**2 Tbsp** gluten-free tamari (in Asian foods aisle) or coconut aminos  
**1/2 cup** cubed cooked organic free-range chicken breast

In a large skillet, heat coconut oil on medium-high. Sauté bell pepper, white part of onions, ginger, and garlic in coconut oil until soft, about 2-3 minutes.

Add rice, mix well, and cook for another 3 minutes without stirring. (This undisturbed cooking time allows the rice to get a delicious browned, crispy layer.)

Add chicken broth, broccoli, almonds, sesame oil, tamari, and cubed chicken breast. Mix well and allow to heat through, about 1-2 minutes. Top with green parts of onions and serve immediately.



## TANGY LIME SHRIMP & AVOCADO WRAP

This quick and tasty gluten-free shrimp wrap makes a wonderful lunch or light dinner, and the whole package is excellent for fighting inflammation and signs of aging.

### MAKES 1 WRAP

- 2 tsp** olive oil
- 4 oz.** shrimp
- 1/4 tsp** sea salt, plus more to taste
- 1/8 tsp** freshly ground black pepper, plus more to taste
- 2 tsp** lime juice
- 1/2 small** avocado, thinly sliced
- 1** brown rice tortilla
- 1 cup** chopped Romaine lettuce
- 1/4 cup** diced tomato

Heat olive oil in small sauté pan over medium-high heat. Add shrimp to pan, and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook until pink, about 1-2 minutes per side. Be sure not overcook!

Turn off heat and add lime juice, then quickly toss shrimp to coat. The lime juice will bubble and thicken, creating a delicious tangy glaze on the shrimp.

Heat brown rice tortilla according to directions, then layer on chopped lettuce and tomato and avocado slices. Top with cooked shrimp and drizzle with any juices from the pan.

Season with additional salt and pepper to taste, then roll and serve. Recipe is easily doubled or more to serve a crowd.





## LEMONY ROASTED ARTICHOKE HEARTS

This light artichoke recipe makes the perfect veggie side dish for richer main courses like steak and seafood. Filling, full of skin-nourishing vitamin C, and so easy!

**MAKES 4 SERVINGS**

**2 Tbsp** olive oil, plus more for the pan  
**2 (9-ounce)** boxes frozen artichoke hearts, thawed  
**1/4 tsp** sea salt  
**1/8 tsp** freshly ground black pepper  
**2 tsp** grated lemon zest  
**1 tsp** lemon juice

Preheat the oven to 450°F.

Lightly dampen a paper towel with a small amount of olive oil and wipe a large rimmed baking sheet with it. Combine the 2 tablespoons of oil, artichoke hearts, salt, and pepper in a large bowl and toss to coat.

Place the artichoke hearts on the prepared baking sheet and roast, stirring occasionally, until browned and tender. 22 to 23 minutes. Transfer to a bowl and toss with the lemon zest and lemon juice. Enjoy!

# FRESH FRUIT WITH CINNAMON ALMOND BUTTER

The warmth of cinnamon and natural sweetness of almonds make this super-simple almond butter a home run! (And you can't beat the healthy fats and protein.) Don't forget to leave time to slow-roast your almonds beforehand.

**MAKES 12 SERVINGS**

**1 cup** slow-roasted almonds  
(see instructions to the right)  
**4 tsp** coconut butter  
**1 1/2 tsp** monk fruit extract  
**1/4 tsp** ground cinnamon  
**1/8 tsp** almond extract (optional)  
**8 oz.** celery sticks and fresh fruit  
such as apple slices and berries\*

## To Slow-Roast Almonds:

Place 1 cup raw almonds and 1/2 teaspoon sea salt in a medium bowl, and add enough water to cover by 3 inches. Soak overnight at room temperature, then drain the nuts. Spread them on a rimmed baking sheet and bake at 140F for 8 hours. Let cool completely before making almond butter.

Combine the slow-roasted almonds, coconut butter, monk fruit extract, cinnamon, and almond extract (if using) in a food processor. Process until a smooth paste forms. Serve almond butter with celery sticks and fresh fruit.

Almond butter can be stored in a covered container in the refrigerator for up to 3 months. Let stand at room temperature until softened slightly before serving.







# Easy Ways to Fall & Stay Asleep

**How much sleep you get impacts more than just your mood or focus – getting quality sleep is essential to weight loss and healthy skin.**

And there's nothing like that sinking feeling when you realize you just downed a venti coffee way too late in the day to fall asleep at bedtime. Even if you remember to go decaf after lunch, your neighbor's barking dog or work deadlines can still keep you up.

It isn't just that it's harder to make good diet and exercise choices when you're exhausted. Studies show that just one sleep-deprived night can knock your stress hormones out of whack, making you more likely to gain weight and experience skin breakouts.<sup>1</sup>

Take back control of your nights by singling out what you can control during the day. Earplugs and a noise machine help drown out extra noise, and a pitch-black room makes for sounder sleep.

To look and feel your best all day, you need 7-9 hours of quality sleep every night.

## HERE ARE SEVEN STEPS I TAKE TO GET MY Z'S EVERY NIGHT:

**Create a power-down hour.** To prepare for a solid night's sleep, power down an hour before you hit the sack. That "urgent" email from your boss can wait till morning, and trust me, you're not missing anything on late-night talk shows. Studies prove that the light from electronics can interfere with sleep long after you turn them off, so put your iPhone to bed at least an hour before you turn in yourself.

**Go for calm.** You've carved out that hour before bed sans electronics. Replace the hour you used to spend watching reruns with a mind-calming routine. Meditation, gratitude journaling, a hot cup of chamomile tea, or deep breathing are all options. Find what works for you to slowly shut down your mental chatter, so you can drift into a solid night's sleep.

**Watch the alcohol.** That second glass of pinot noir might lull you into slumber, but it will also make you dehydrated and cause blood sugar changes that can result in poor-quality sleep. If you have a drink with or after dinner, pair it with two glasses of water, and never use alcohol as a sleep aid.

**Ditto caffeine.** Love my Bulletproof Coffee, but I restrict it to the morning hours. Especially if you're a slow caffeine metabolizer, a mid-afternoon java jolt can leave you jittery before bed. Limit the caffeine to morning hours and switch to green tea (preferably decaf) by afternoon.

**Try Sleep Candy.** Sometimes you need a little extra help falling or staying asleep. Most over-the-counter stuff creates an awful morning-after "hangover," and pharmaceutical sleep aids do more harm than good.

**Sleep Candy** contains an all-natural blend of science-based nutrients and botanicals that calm your mind and gently help you drift into slumber, plus it tastes delicious. (I take it every single night!)

**Close your kitchen after dinner.** Ideally, you'll stop eating three hours before bed. (And no, that does not mean going to bed later!) That 11 p.m. siren snacking call inevitably crashes your blood sugar (making you an excellent fat storer) and cuts into quality sleep. Follow my plate rules at dinner and call it quits for the day.

Remember, if you're hungry before bed, you didn't do dinner right. You might be thirsty, too – a study at the University of Washington found that one glass of water before bed curbed hunger for everyone who tried it.


**Keep exercise early, but don't skip it!** Among its many benefits, burst training combined with lifting weights will make you a better sleeper.

But exercising too late in your day can leave you wired before bed, so you're browsing the Macy's clearance sale while you should be sleeping soundly. Go for it when it comes to running up the hotel stairs, but limit vigorous exercise to morning or early afternoon hours.


**There you go!**  
**Seven easy tips to help you**  
**look and feel your best all day**  
**(and night) long.**

### ARTICLE SOURCES

1 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2831987/>



**Trouble sleeping?**  
**Try safe, natural Sleep Candy.**



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



The background image shows a wooden spoon, a bowl of ground almonds, and fresh herbs on a wooden surface. The text 'JJVIRGIN' is overlaid in a large, white, sans-serif font.

# JJVIRGIN

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