

## Laura Church



### Symptoms of someone deficient in Chromium: -

- Sugar Cravings
- Irritability
- Mood Swings
- Increased PMS
- Dizziness
- Energy Slumps



Click on the link above for more information on Healthy Eating food plans

## Smoking

Smoking increases toxins in the body and depletes vitamin C and Zinc. These vitamins are important for the skin.

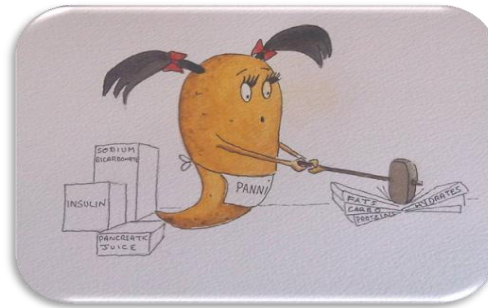


Click on icon to link to the Anne Collins stop smoking website

## Sugar Cravings!

People who have sugar cravings usually go for long periods without food, then when they do eat they need a sugar fix. So blood sugar levels are constantly rising and dropping leaving you feeling tired and fatigued.

If you carry on with bad eating habits, you could end up with Diabetes Type 2, so poor your **Panni Pancreas** is being overworked!



[Chromium](#) is a great supplement for helping to regulate blood sugar levels and cholesterol levels in the liver, helping to protect the heart and cardiovascular system.

Chromium can be found naturally in egg yolks, whole grains and all nuts and seeds.

## Acne

Many of us have suffered or are suffering with acne, and diet does play a BIG role in keeping it under control.

Avoid fried food and high saturated fats such as junk food and convenience food as these make the skin pores more likely to get blocked.

Drink at least 2 litres of water a day to help flush out toxins from the body and avoid sugar as it promotes bacterial growth on the skin.

Eat plenty of food that is high in [Zinc](#) as this is good for skin conditions.

Zinc can be found naturally in shellfish, turkey and brown rice.

[Sulphur](#) rich foods are also good for the skin and can be found naturally in eggs, onions and garlic.

## Watch Nutrition Bible

You can now watch Laura's Nutrition Bible shows on the Active Channel website!

