

JULY 2026

SUMMER SKIN & SUNSHINE HEALTH

WITH



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NOURISHING HEALTHY SKIN FROM THE INSIDE OUT

Summer is the perfect time to support skin health naturally through sunshine, hydration, nutrition, and lifestyle habits that help the skin glow from within. This month's focus is all about supporting healthy skin during the summer season...from mindful sun exposure and antioxidant-rich foods to hydration, collagen support, and reducing inflammatory oils that may contribute to oxidative stress in the skin.



VITAMIN SUPPORT

SUNSHINE & VITAMIN D



Sunlight plays an important role in overall wellness. Gradual amounts of sun exposure can support natural vitamin D production, circadian rhythm, mood, and skin health. The goal is not excessive sun exposure or burning, but rather slowly building tolerance and allowing the body to adapt naturally over time while supporting the skin nutritionally.

HELPFUL SUMMER REMINDERS:

- Start with short periods of sun exposure
- Aim for morning or late afternoon sunlight when possible
- Avoid prolonged exposure that leads to burning
- Support the skin with hydration, minerals, antioxidants, and healthy fats

VITAMIN C NATURE'S SEASONAL DESIGN

Many vitamin C-rich foods naturally grow in tropical, high-sun environments for a reason. Foods like citrus, pineapple, mango, kiwi, papaya, strawberries, and bell peppers provide antioxidants that help combat oxidative stress from UV exposure.

VITAMIN C SUPPORTS:

- Collagen production
- Skin repair
- Antioxidant protection
- Healthy aging
- Reduced oxidative stress from sun exposure





SMARTER SUNSCREEN CHOICES

Not all sunscreens are created equally. Many conventional products contain chemical UV filters and contaminants that have raised health concerns.

INGREDIENTS CONSUMERS MAY CHOOSE TO AVOID INCLUDE:

- Oxybenzone
- Octinoxate
- Octocrylene
- Homosalate
- Synthetic fragrance/parfum
- Benzene contamination found in some aerosol sunscreen recalls

Mineral-based sunscreens using non-nano zinc oxide are often preferred. Certain plant oils such as red raspberry seed oil and carrot seed oil naturally contain SPF properties and are commonly used in holistic skincare routines for additional skin support.

COLLAGEN + SUMMER SKIN SUPPORT

Collagen is one of the major structural proteins that helps keep skin firm, elastic, and resilient.

Oxidative stress and inflammation can contribute to collagen breakdown over time, which is why supporting collagen production through nutrition is important during the summer months.

SIMPLE SKIN-SUPPORTIVE ADDITIONS:

- Add collagen peptides to coffee
- Blend collagen into smoothies
- Include protein-rich meals
- Prioritize vitamin C-rich foods to support collagen synthesis



BETA-CAROTENE FOODS FOR SKIN SUPPORT

Beta-carotene-rich foods provide antioxidants that help support healthy skin and are commonly associated with summer wellness.

INCLUDE MORE:

- Carrots
- Sweet potatoes
- Mango
- Apricots
- Bell peppers

These colorful foods help provide nutrients that support the skin's natural defenses against oxidative stress.



HYDRATION + MINERAL SUPPORT

Hydration is one of the most overlooked foundations of healthy skin.

PROPER HYDRATION AND MINERAL INTAKE SUPPORT:

- Skin elasticity
- Sweating and detoxification
- Energy production
- Healthy skin barrier function

DON'T FORGET MINERALS

One common mistake is drinking more water but forgetting about minerals. Minerals like sodium, potassium, magnesium, and calcium help your body actually use and hold onto water properly. If you are sweating, exercising, spending time outdoors, or drinking a lot of coffee or tea, mineral support becomes even more important.

A simple way to support hydration is to start your morning with a glass of water and a pinch of quality sea salt or mineral drops. You can also focus on mineral-rich foods like leafy greens, avocados, cucumbers, watermelon, citrus fruits, coconut water, and well-balanced meals with quality protein.

SIMPLE HYDRATION TIPS FOR HEALTHIER SKIN

- Aim to drink water consistently throughout the day instead of trying to catch up all at once.
- Add minerals or electrolytes when sweating, exercising, or spending time in the heat.
- Eat water-rich foods such as cucumbers, berries, melons, oranges, celery, and leafy greens.
- Limit excess caffeine and alcohol, which can contribute to fluid loss.
- Pay attention to your body's signs: dry lips, dark urine, headaches, fatigue, muscle cramps, and dry skin may all be clues that you need more hydration support.

Healthy skin is not just about what you put on your body. It is also about how well you nourish and hydrate your body from the inside out. This summer, make hydration a daily habit—not just for your skin, but for your energy, detoxification, and overall wellness.



SPECIAL OFFER



ABOUT KELSEY

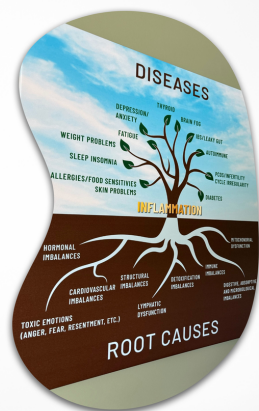
“Growing up, I battled relentless migraines, rosacea, and cystic acne, endless appointments and more prescriptions that helped in moments, but never really answered why my body was struggling. Discovering herbs, yoga, and functional medicine opened the door to whole-person healing and finally supporting my body at the root level. Now I blend respect for conventional care with a deeper, root-cause approach to help others find lasting relief and renewal.”

WHAT WE OFFER

-  ADVANCED LAB ORDERING
-  BLOODWORK INTERPRETATION
- 
-  ZYTO SCAN
-  BODY COMPOSITION SCAN
- 
-  COACHING PROGRAMS
-  SUPPORT FOR BLOOD SUGAR, HEART HEALTH, HORMONES & WEIGHT LOSS

Is Your Body Trying to Tell You Something?
LET'S GET TO THE ROOT - NOT JUST THE SYMPTOMS!

FREE 15 MINUTE DISCOVERY CALL



Your Wellness Journey Starts Here!
Call our Wellness Desk Today
at 814.624.0606 ext 2



RECIPE OF THE MONTH

PINEAPPLE AVOCADO SALSA

This tropical-inspired salsa is packed with skin-supportive nutrients including healthy fats, antioxidants, minerals, and vitamin C-rich ingredients to help nourish the skin from within during the summer months.

Fresh pineapple and bell peppers provide a natural source of vitamin C to support collagen production and antioxidant protection, while avocado adds nourishing healthy fats that support skin health and hydration.

INGREDIENTS

- Fresh pineapple
- Avocado
- Red bell pepper
- Red onion
- Jalapeño
- Lime juice
- Cilantro
- Sea salt

SERVING IDEAS

Spoon over grilled salmon or white fish
 Serve alongside shrimp skewers
 Add to tacos or lettuce wraps
 Pair with corn chips
 Enjoy as a fresh summer side dish



SUPPLEMENT SUPPORT



DermaCo

DermaCo contains Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock to cleanse the blood and maintain healthy skin.

THESE HERBS HAVE BEEN TRADITIONALLY USED IN HERBAL PREPARATIONS TO:

- Support normal flushing of toxins from the body
- Encourage the healthy function of the organs of elimination
- **Promote normal healthy skin renewal and integrity**
- Maintain healthy skin
- Cleanse the blood and support lymphatic system function
- Promote healthy liver and intestinal function
- Encourage healthy bowel function
- Support healthy kidney function

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