**Add These Two Natural Ingredients to Your Diet For Amazing Skin**

Everyone wants to look younger and feel healthier but too often we assume that this is out of our hands. Ageing is about as inevitable as it gets and no matter what we do, there's no turning back the clock.

True though this may be however, the good news is that you don't have to look or feel your age. You can't stop yourself from getting older but you certainly are in control of the way you feel and look as you do it.

And one of the very easiest ways you can manage the way you look as you get older is by changing your diet. That's right: simply by choosing the right foods you can give your body all the nutrients it needs to keep repairing and rejuvenating your skin right into old age. And this can make a *remarkable* difference.

With the right diet changes you will find that you start to like the person looking back at you from the mirror again and you'll be able to say goodbye to blemishes and wrinkles.

**Garlic + Vitamin C – Perfect for Blotchy Skin**

The reason that this is so effective, is that garlic and vitamin C can work synergistically together to raise levels of nitric oxide in your body. This is a 'vasodilator' that has the effect of widening the blood vessels (the veins and arteries) to let more blood pass through. This is great for your brain because it means you get more oxygen carried up there and it's fantastic for your muscle recovery if you work out (bodybuilders spend a *lot* on nitric oxide supplements). For your skin though it's also amazing because it helps to ensure that you have healthy blood-flow to your face. This can help to remove the blotchiness that too many of us suffer with and even out your skin tone while at the same time ensuring your skin gets all the nutrients it needs.

**Red Grapes (Or Wine) – Amazing Anti-Ageing**

Red wine, like red grapes, contains resveratrol. Resveratrol is one of the most effective antioxidants out there meaning that it can help to remove 'free radicals' from the body that bombard our cells. It's this bombardment of free radicals in the body that normally causes the cell walls to deteriorate over-time and this is one of the processes that causes the appearance of wrinkles and blemishes on the skin. This also means that resveratrol is protective against cancer.

At the same time, resveratrol also appears to boost the function of the mitochondria – the small energy factories in our cells that provide us with energy to move around. This not only means you have more energy to attack workouts but it also means your cells become more efficient and don't undergo as much damaging oxidation. In other words, the skin cells stay looking healthier!