**3 Organic Foods That Can Transform Your Complexion**

Organic beauty isn’t just about applying natural products to your skin. It also means looking after your health using other natural means in order to ensure you look your very best. These three natural ingredients can work wonders and show you exactly what I’m talking about…

**Mushrooms – For Anti-Aging**

Mushrooms contain vitamin D. Vitamin D has the effect of lengthening what are known as 'telomeres' found on the ends of your cells. These act as 'caps' on either end of the DNA and are there so that we can lose some of the ends of our DNA without it effecting our health. This is why we don't start deteriorating until we reach a certain age and by using vitamin D to lengthen these, we might be able to buy ourselves a little more time on the clock!

Vitamin D is also very important for regulating hormones and can help to ensure that you have the right balance of anabolic hormones to help rebuild and repair the tissues in your body. And we all know the effect that a hormone imbalance can have on skin… remember being a teenager?

**Valerian Root – For a Vibrant Complexion**

Valerian root is a natural muscle relaxant which is popular as a sleeping aid. There is some evidence to support its effectiveness but the jury is out, so make sure to combine it with the right routine before you turn in for the night.

What does this have to do with your skin? Only pretty much everything! You see, when you sleep is when your body goes about repairing and healing all the damage done during the day which includes any damage to the skin. We all know that we get bags under our eyes when we don't get enough sleep and in the long term this can be even *more* devastating.

**Fish – For Amazing Benefits Across the Board**

Want to improve your health in a myriad of ways? Then you need to eat more fish. Fish is not only a fantastic source of lean protein (which is what our skin is *made* out of as it happens), but it's also the best source of omega 3 fatty acids (oily fish in particular). Whether you go for krill, salmon or tuna doesn't matter – either way you'll get omega 3 which will help to make your skin more supple and flexible by increasing your cell membrane permeability.

Better yet, omega 3 appears to increase production of telomerase – an enzyme that can actually *increase* the length of your telomeres. This is why researchers have found that those with omega 3 indexes of less than four percent actually *age quicker* than those with higher scores.