

## August's Challenge – Beautiful You

Alaska Strength & Muscle – HUGS Radio Contributor M.B. Redington, MAT

August is jam packed with opportunities for sun, fun and activities. With summer at its height, let's focus on beauty on a budget, by adding 2-4 ingredients in your kitchen that support health from the inside out. "Beautiful You" is much broader than looks. Healthy skin, digestion and reduced pain in the wake of increased activity are just a few of my own personal markers of beauty. I have never had a budget to support a lot of frills so heading out for a shopping spree on cosmetics and beauty supplies just doesn't happen in my home. Nonetheless, it is still very important for me to keep myself preserved to the best of my ability. So I have found great affordable foods and habits that serve double duty within each day. The habits that support using the food is equally important to having the ingredients on hand. My way is just one way so be creative and realistic to your own schedule. 25% of the challenge is having healthy ingredients on hand, the other 75% is forming the habits to use those healthy ingredients regularly enough to reap the benefits. You can add one new ingredient until mid month or just jump in with both feet. There's always more than one way to achieve success.



4 Ingredients that support beauty from the inside out:  
Tea, Ginger root, Turmeric and Coconut Oil.

### Tea For Health and Beauty

Drink it hot, or drink it **cold**,  
especially when a glass of water is looking **old**.

Tea is a super easy way to increase water consumption. As easy as it sounds, we all seem to struggle drinking enough water daily. Hydration is key to healthy skin and brain function. As our family is re-adjusting to get ready for our back to work schedules, we have added nightly tea. It has been a wonderful way to signal the end of the day and share some family time. It's a superb replacement to those not-so-healthy late night snacks. Hydration really is the beauty link but tea bags also make wonderful eye compresses. I like to use them while soaking in the bath. They are especially useful for travel when your regular schedule can be thrown off, which often shows itself first as tired eyes.

### Ginger Root For Health and Beauty

In your tea or in your **food**  
it's an ingredient that used regularly will lighten your **mood**.

Ginger is an herb that is used as a spice but also for its digestion-friendly properties. It's also used for relief from muscle pain caused by exercise. You can find it in the produce section. I try to buy enough for 1-2 weeks so it is always fresh. For cooking I use ginger in granola by simply grating it into the mix before baking. It is also a great addition to many dinner dishes. For my "Beautiful Me", I have started



eating/drinking it twice daily for several months to combat muscle pain and have noticed that my body really craves it daily. Another side effect, I have observed, is improved digestion. In the morning, while making my first cup of coffee, I also slice off a section of root and boil it in hot water. I like to make sure the root has gotten tender to chew. When I first began I just drank the tea right after coffee– the taste grew on me quickly and left a warm sensation inside that felt really good. Now I eat the root too and call it my morning pain reliever. The other no-brainer time to get my second dose of ginger is at night with the family tea. I am able to slip some ginger into the whole families diet, however, they are not ready to eat the root and that is okay.

Looking to expand beyond these two? This month I will be challenging myself to add turmeric and coconut oil into my daily/weekly routine. Turmeric happens to be another pain reliever. The coconut oil I plan to learn how to cook with it as well as use it in a facial treatment. I've done 25% of the work as they are in the cupboards. Now for the rest of the challenge, forming the habits to use them enough to reap their benefits!

**What I mostly hope you glean from Augusts Challenge is three-fold.**

- 1 – Beauty is not a dirty word reserved for a certain physical look – Beauty is from the inside out and the better we feel the better we project out own unique look.**
- 2 – Health is a habit that we choose daily. Supporting health and beauty does not have to cost a fortune and we ALL have access.**
- 3 - 25% of this challenge is having healthy ingredients on hand, the other 75% is forming the habits to use those healthy ingredients regularly enough to reap their benefits.**

Reach for the stars – take charge of your life (no one else will), and enjoy the month. Follow me on FB (<https://www.facebook.com/mel.joeredington>) for daily inspiration and the August 100-mile challenge.

## *August's Business Sponsors*

### **Manny Reyes Photography & Alaska Chicks**



**are proud to support Melanie Redington in the  
2014 Fitness America World Championships**