

m.examiner.com

Happy Summer
 Enjoy 25% Off! 3 Days Only June 9-11th
 The Bobbi Brown Summer Shopping Event

BOBBI BROWN

SHOP NOW »

www.bobbibrowncosmetics.com

Feedback - Arts by Google

get inside Indianapolis

Select your city ▾

EXAMINERS ARE CREDIBLE, PASSIONATE, KNOWLEDGEABLE WRITERS.
[Learn More](#) | [Write for us](#)

What are you looking for?

Browse by categories

HOME

MEET THE EXAMINERS

FAVORITE EXAMINERS

WRITE FOR US »

Indianapolis > Style and Fashion > Atlanta Beauty Products Examiner



Natalie Black

Atlanta Beauty Products Examiner

[My Bio](#) · [Subscribe to Email](#) · [Add Natalie to Favorite Examiners](#)

[GO TO NATALIE'S HOME PAGE](#)



We write it because we live it.

BECOME AN EXAMINER & SHARE WHAT YOU KNOW.

APPLY TODAY!

Beauty Supplements for Hair, Skin and Nails

April 17, 3:24 PM · 1 comment

1 comment

[ShareThis](#)

[Feed](#)

[Report Article](#)

Next Article

[Atlanta Beauty Products Examiner](#)

Natalie's Recent Articles

- [Goth is back](#)
- [Lindsay Lohan's Sevin Nyne Tanning Mist](#)
- [Sexy summer scent](#)
- [Hair Care for Moms-to-be](#)
- [Green celebrity beauty products](#)

What does Andrew Zimmern say? "If it looks good... eat it." Hmm, good advice. I usually say "If it will make you look good, eat it." That's precisely the point of the products I have examined over the past few months.

Now we all know that proper diet, exercise and sleep are essential to maintaing optimal beauty. You can forgo the expensive spa treatments (although they *are* quite luxurious), the expensive plastic surgery (although we *all* need a little extra help every now and then) and skip the overly-pretentious hard to pronounce skin care products (even though the very thought of using the same creme that Kerry Washington and Cate Blanchet uses just tickles our fancy), and work on our outer appeal from the inside out. You know, the method that requires discipline.....

The cosmetics market has seen an explosion of beauty supplements (I have to use the word supplements because they are 'not evaluated by the FDA- but they screw up all of the time, don't they??) that all claim to do everything from reverse the aging process to give you ankle-length hair. But are these products worth their grain in salt?

I wholeheartedly believe in anything natural that works from the inside out-- who said everything that we do has to involve a laser, a knife or a compound? And as we know in ATL, beauty is definitely skin deep.

For the past few months, I have checked out the following supplements with the skepticism of a woman who has little money or time to spare on bogus treatments. What I discovered even surprised me. Ranging from the moderate to the downright pricey, I would recommend these products to anyone who is *disciplined* enough to take these everyday (or according to the directions) **AND** combine them with proper diet and exercise. If you live in ITP or better yet, Buckhead or above live me, then that pretty much means everyone. Good luck. You have your work cut out for you.

ACNE SUFFERERS

Oh, how I emphathize with you. Apparently, I am not done with puberty, so I do have to see a dermatologist and receive topical (sometimes chemical) treatments. However, it is my understanding that acne is primarily hormonal, and that it can be treated or controlled by having a firm grip on the fluctuating hormone levels in you body. So why supplements? Well, if you figure all of the hormones we have naturally occuring in our body, plus the ones we place in our body from the foods we eat, we're creating a nasty environment perfect for those little uglies to breed. So why



YOUR AD HERE

2-Pack "D" Alkaline Batteries



SALE \$1.99

Reg. \$4.49
Save \$2.50

[Buy Now >](#)

Offer good 6/7/09-6/13/09

RadioShack.

Indianapolis Events »

Today

[FIND](#)

- [Things To Do](#)
- [Places To Go](#)
- [People To See](#)
- [Movies](#)

Write for us

NOW RECRUITING IN INDIANAPOLIS

We are now looking for **Indianapolis** writers to cover hundreds of topics, including:

- [Indianapolis Arts and Entertainment](#)
- [Indianapolis Business and Finance](#)
- [Indianapolis Family and Parenting](#)

Beauty Supplements for Hair, Skin and Nails

not ingest something that helps maintain hormonal homeostasis? (See why diet plays such an important role in beauty?) I have used [Murad's Pure Skin Clarifying Dietary Supplement](#) before and have been very pleased with the results. It helps fight acne with such ingredients as Vitamin A, Zinc and antioxidants. While I know my skin is glowing, smooth and breakout free because I also use prescription products, I do notice that I have less flare-ups, especially during stressful times. Murad can be purchased at [Sephora](#) (Lenox or Perimeter) for \$43.

BEAUTIFUL HAIR, SKIN & NAILS

Now I just can't stop at Acne-prone skin. A lot of the beauty supplements on the market are maintenance products- they help maintain your best accessories- hair skin and nails. I have examined two: [Beauty Scoop](#) and [Glowelle](#).



Now, I tried BeautyScoop for a few months, and found myself not only with stronger nails, but my hair was not as dry and I had more energy. I was superficially fit! The only downside is the price: \$95 for a 21-day supply. You also have to buy the product from its [website](#)- I have not found a store in ATL that carries it.



Glowelle is great because this supplement is created in the form of delicious pomegranate/lychee and raspberry/jasmine drinks (martinis, anyone?). Both contain high antioxidant nutrients and are made with 100% natural ingredients. Both drinks are 100 calories. Dubbed as the ultimate beauty drink dietary supplement- I can enjoy these flavors even if they didn't do anything for my skin, hair and nails! What is so wonderful and unique about Glowelle is that it takes overall health into consideration- sun care, aging, moisture- everything. It also seems to take a more holistic approach to skin care than BeautyScoop- which is always nice. Glowelle is available at [Neiman Marcus](#) (Lenox). A 6-pack is \$42.

For more info: For more goodies, insights, or if you just want to trade tips, contact me via [Twitter](#), [email](#) or at [Chiconista Experiment](#).

Author: Natalie Black



Natalie Black is an Examiner from Atlanta. You can see Natalie's articles on [Natalie's Home Page](#).

[My Bio](#) • [Subscribe to Email](#) • [Add Natalie to Favorite Examiners](#)

More About: [beauty](#) • [supplements](#) • [Glowelle](#) • [Murad](#) • [BeautyScoop](#) • [hair](#)

Articles from other Examiners:

- [Fun in the Sun!](#)
- [Conrad hosts Playboy Pre-Race party](#)
- [Latisse vs. LiLash: Two eyelash growth products put to the test](#)
- [Are you loving Bravo's The Fashion Show?](#)
- [White Bucks are back](#)

- [Indianapolis Health](#)
- [Indianapolis Sports](#)
- [View all available topics »](#)

Best Beauty Shopping

- [Atlanta Beauty Shopping Examiner](#)
- [Sephora](#)
- [Neiman Marcus](#)
- [Henri Bendel](#)

Connect with Me!

- [Chiconista Experiment](#)
- [Twitter](#)
- [Facebook](#)
- [FriendFeed](#)
- [Digg](#)
- [SocialMedian](#)
- [StumbleUpon](#)

YOUR AD HERE

[Top 5 Acne Treatments](#)

Best Acne Treatments Revealed Get Clear Skin in 7 Days!

[www.AcneTreatmentsReview.net](#)

[6 Whiteners: Who's Best?](#)

Announcing the top Teeth Whitening Products on the market for 2009!

[www.VibrantWhite.com/Reviews](#)

[Resveratrol Warning](#)

Do You Want To Buy Resveratrol? Read This Warning Before You Do!

[www.ResveratrolUltra.com](#)

V V

Ads by Google

YOUR AD HERE

Comments

Monica says:

Niacinamide (Vitamin B3) applied topically, is beneficial for reducing Acne, Skin hyper-pigmentation (acne scars), increasing skin moisture and reducing fine wrinkles. Try "Niapads" (it contains Niacinamide) for controlling your acne. It's Simple for Pimple(C). One step process provides exfoliation, pore cleansing, prevention of Acne and Skin Lightening (acne scars). Visit www.niapads.com for details. Free shipping to all US and Canada.

April 18, 8:26 PM

POPTUB refreshed daily by INTERACT SHARE
GO TO POPTUB on

WATCH NOW: I

Name:

Comments:

1000 characters left



Enter the characters in the image. Keep all letters upper case:

SEND

Examiner Articles by Category

- Arts & Entertainment
- Bars & Clubs
- Business & Finance
- Careers & Workplace
- Education & Schools
- Family & Parenting
- Fitness & Weight Loss
- Food & Drink
- Gadgets & Tech
- Games & Hobbies
- Health
- Home & Living
- Neighborhoods & Culture
- News
- Pets
- Politics
- Recreation
- Relationships
- Religion & Spirituality
- Restaurants
- Sports
- Style & Fashion
- Transportation
- Travel
- [View the latest »](#)

More from Examiner.com

- Associated Press
- Classifieds
- Events
- Examiners
- News By Location
- News By Topic
- Press Releases
- Slideshows
- Stock Quotes
- Today In Photos

Examiner.com Links

- Blog
- Examiner in the Press
- Join Examiner
- Advertise
- RSS Feeds
- Terms of Use | Privacy Policy
- Contact Us
- Walden Media
- AEG Worldwide | AEG Live
- Foundation for a Better Life

Copyright © 2009 Clarity Digital Group LLC d/b/a Examiner.com. All Rights reserved.