



OATMEAL



OLIVE OIL



HONEY

Eat These 7 Foods If  
You Want A Healthier  
Skin Complexion &  
Silky Smooth Hair



PUMPKIN



SALMON



SEAWEED



GREEN TEA



Article Source: <http://www.urbanewomen.com/use-these-7-common-food-items-for-healthier-skin-complexion-and-silky-smooth-hair.html>

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