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## Style Thursdays: Beauty from Within



Shawna Page is the (very healthy) creator of femMed, a line of female-focused, vegan-friendly vitamins and supplements. And as you probably know (and if you don't, read on), you can slather your face and body with lotions and potions and cosmetics but if things aren't working well on the inside, you skin, hair and nails won't look as fabulous as they could.

I had the chance to meet Shawna a few months back and was inspired, so I decided to follow up and get this health expert's thoughts on beauty from within.

### Which of your supplements have beauty benefits?


FemMED has developed a comprehensive formula for women that promotes healthy full hair, strong nails and beautiful skin from the inside out. Our products are Doctor formulated, and femMED Hair, Skin & Nails has key natural ingredients that can help repair and improve rough, dry skin, brittle nails and hair, because let's face it... "thin is not in" when it comes to our hair, skin & nails! In addition, our Multi + Antioxidants formula has been designed to support and maintain good health with a specially formulated combination of vitamins, minerals and antioxidants. And of course of our Weight Management formulation promotes healthy weight loss which has a profound effect on the way a woman looks and feels.

### Do you have any beauty secrets besides staying healthy?

I am a big believer in natural – that means everything I put INSIDE my body and everything I put ON my body should be as clean and pure as possible. Everything from make-up to skin creams, to hair products and toothpaste, is as natural as I can get.

### How has your life changed since starting and taking femMED?

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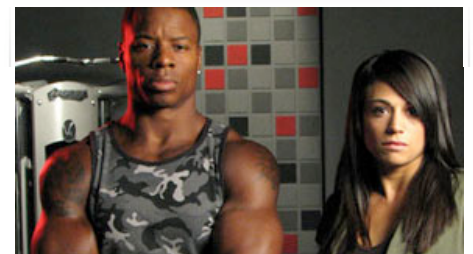
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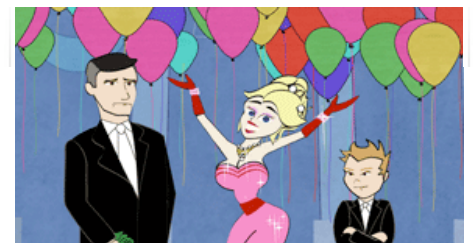
## Rants & Raves Archives

- February 2010 (16)
- January 2010 (43)
- December 2009 (45)
- November 2009 (39)
- October 2009 (46)
- September 2009 (53)
- August 2009 (40)
- July 2009 (30)
- June 2009 (21)
- May 2009 (24)
- April 2009 (20)
- March 2009 (20)
- February 2009 (21)
- January 2009 (18)
- December 2008 (16)
- November 2008 (20)
- October 2008 (33)
- September 2008 (21)



The Last 10 Pounds Bootcamp - S4

New Season! Thursdays at 9pm ET/ 6pm PT



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I've always been into natural health but unquestionably, since starting femMED I truly have an understanding and appreciation for the difference between a good supplement and one that is mediocre (or worse!).

Given that I take 6 femMED products, it was extremely important to me to ensure that we were delivering the highest quality supplements, in the right forms that could make a difference in the health and wellbeing of women at every age and stage of life. I feel great. I eat well, exercise and feel empowered to select the right supplements to deal with any issue or health concern that comes up.

Since starting femMED, is that I can actually see the difference I'm making in the lives of other women, and that's a great feeling of pride and accomplishment.

Posted By: Beauty Buff



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