

# Food for thought



The skin is a remarkable barometer of the body's health and is therefore affected by how well one is internally. Getting the body's systems working optimally is crucial to addressing skin problems, writes nutritional consultant **Vanessa De Ascencao**



**S**kin care therapist are asked for nutritional advice on a daily basis. Stocking nutritional supplements can boost the salon's revenue stream, but also adds to the existing product line-up.

However good supplements may be, it is a fact that diet is key - eating foods which nourish the body while limiting those which are toxic or contribute no nutritional value is important.

## Skin nutrition

The health of your skin depends on three basic elements: the quality of nutrients in your diet; how well these nutrients are digested and absorbed; and the effectiveness of the body's waste removal.

Your skin is your body's largest organ and a barrier from the outside world. When it is constantly exposed to pollutants and UV-damaging rays over an extended period of time, it becomes more vulnerable to free radical damage. Excessive free radical exposure through a toxic diet and environmental pollutants harm the skin by damaging DNA and cell membranes that keep the skin plump and firm.

Over time, skin cells can no longer perform their normal functions such as healthy cell turnover, processing nutrients and eliminating waste. This can trigger irritation, inflammation and destroy collagen/elastin resulting in thin, wrinkled and blotchy skin.

Along with a healthy lifestyle, cleansing programs are great to help "clear" those key filters in the body to promote vitality and overall wellbeing.

## Get the skinny

Of all the news coming from the beauty community, the loudest buzz may be about the power of vitamins, minerals, and other nutrients to give

skin a more radiant, healthy, and youthful glow.

The excitement is focused not only on creams you put on your skin but what you put into your body as well. Health experts say that vitamins and minerals in all forms play an integral role in a healthy complexion, whether the source is food, supplements, or even a jar of cream.

impact on the appearance of our skin. It is important to take care of the body the way nature intends. The body will take care of the rest: a healthy body, more energy and beautiful complexion.

With a fast paced lifestyle, a good diet may get overlooked. It may seem overwhelming to make a diet plan and stick to it. It is easier to find the most convenient foods to prepare.

**"THE CONDITION OF SKIN IS A DIRECT REFLECTION OF OUR HEALTH; WHAT IS GOING ON INSIDE THE BODY WILL BE REFLECTED ON THE OUTSIDE OF THE BODY"**

## Find balance

It is important to nourish and balance each cell in the body with proper nutrients and water to help skin look and feel great. The human body has an innate intelligence; give the body what it needs (not what it desires), and the body will take care of all aspects of its health.

The skin has many functions. It serves as a protective cover, helps to regulate the body's temperature, defends the body against foreign invaders (through the immune system), and helps the body's detoxification process. It is also called "the third kidney." If the kidney's elimination pathways are backed up, toxins will be eliminated through the skin. It is important to examine and incorporate the nutritional foundations.

Beautiful skin on the outside begins with good health on the inside. Skin will suffer dearly from the damage you cause on the inside if you don't get enough sleep, smoke, drink too much alcohol, do not eat properly, and do not take nutritional supplements. Your lifestyle and the kind of dietary nutrients you consume have a big

In a pinch, it is easier to take the magic pill, be it fast food, sodas, coffee or alcohol to feed your hunger or boost your energy. But this kind of diet will rob vital energy and deplete overall health. Health and skin care need a plan that will work for the duration of a lifetime.

## Beautiful skin eating plan

There are some guiding principles for an optimum diet which you, as a skin care therapist, can provide to clients as a value-added service. The key to anti-ageing is eating a low glycaemic index (a ranking system for carbohydrates based on their effect on blood glucose levels) and a high intake of antioxidants. >>

**Supplements that can be encouraged and sold to keep your skin super healthy:**

- Spirulina which is rich in Vit K, E, A, and carotene
- Omega 3
- ALA
- DMAE

