

Skin Care

Health Skin Tips for 2010

Take care of your skin: The skin is the largest organ in our bodies and has a big job to do. It is responsible for protecting us from the sun's UV radiation, as well as, free radical synthesis due to sun exposure, car exhaust and other air pollutants. It also works to rid our bodies of toxins through oil and sweat excretion. So, it makes good sense to keep our skin healthy.

Be careful of the foods you eat. We now consume more chemicals in our food than previous generations because of the increasing habit of eating fast and pre-packaged foods. While this has made our lives easier, it has not made our lives better.

Our skin is the sum and substance of what we eat and drink, and what we expose it to. Here are a few tips to make 2010 the best skin year.

What to Drink and Avoid: *Dehydration is a bad condition. Drinks that dehydrate you should be kept to a minimum; this includes anything with caffeine or alcohol. Sugar-laden drinks interfere with your hormones, sometimes causing unwanted skin conditions. Sugar-substitutes are chemicals, and while scientists know a lot about them, many naturopaths suggest you choose natural alternatives like honey or fruit nectar. **Water is our best choice.***

What to Eat and Avoid: *Dark chocolate, egg whites and honey are very skin friendly! Fresh fruits and green leafy vegetables are your skin's best friends. Eating as many fresh fruits and vegetables in as many colors as possible will reward you by making your skin look younger, more supple and will help to bring back your natural glow.*

Foods filled with chemicals do more harm than good. Try to eat more naturally, include raw fruits and vegetables this year and skip the fast food restaurants.

What to Put on Your Skin and Avoid: *Most bad skin conditions are the result of neglect. Too much sun, wind, and water will leave skin rough, dry, dull, red, irritated and feeling tight. Pay attention to your skin needs will result in clear improvement. There are many skin products on the market but each product might react differently on every person. Do your research for a skin management line that will effectively address your skin's needs. There is a wide selection of products that will moisturize, contain antioxidants and treat dark spots.*

Most importantly, don't forget the sunscreen. Apply at least 15 SPF or greater to protect your skin.