

# Wellness

## REVIEW



## Nutrients for Healthy Skin

### Healthy Skin – From the Inside Out!

Your skin is an external reflection, visible to everyone, of how your body is functioning internally. Due to the intimate relationship between the skin and the rest of the body, treating skin conditions such as eczema, psoriasis, acne and rosacea is complex and it can be difficult to achieve lasting results, especially if you don't seek professional help. If you are struggling on your own, sifting through the countless websites and TV commercials and trying to improve your skin to no avail, ask your natural Healthcare Practitioner about how they can help you regain vibrant, healthy skin with treatments that work from the inside out.

### The 'Ins' and 'Outs' of Poor Skin

Healthy, radiant skin relies on your body and internal organs being healthy and functioning well. There are many functions of the body that, if not working properly, can contribute to poor skin. These may include:

- Ineffective clearance of toxins or metabolic wastes via the digestive tract and/or the liver
- Poor immune function and inflammation
- Poorly managed stress
- Sluggish circulation and lymphatic flow
- Poor dietary habits
- Poor personal hygiene or excessive hygiene
- Hormonal fluctuations (e.g. skin conditions that worsen pre-menstrually)
- Nutritional deficiencies

### Nutrients for Healthy Skin

There are specific nutrients involved in keeping skin healthy, and addressing nutritional deficiencies is a good place to start in any skin condition.

Essential fatty acids found in fish oil play a critical role in promoting healthy skin. They help to regulate healthy cellular function, and maintain elasticity and suppleness of the skin. Essential fatty acids also help to reduce inflammation. A deficiency of essential fatty acids can be an underlying cause of skin problems and the modern Western diet is known to be low in essential fatty acids, particularly omega-3 fatty acids. Taking a potent, high quality fish oil can improve your skin health by improving hydration, elasticity and reducing inflammation. As a result, skin has improved texture and tone leaving it looking and feeling noticeably healthier.

Zinc is an important mineral for skin health. Think of zinc as an on-call, 24-hour skin mechanic. Zinc repairs damaged tissues and helps to heal wounds. As a result, if you don't have enough zinc, then your ability to repair damaged skin becomes impaired. Zinc deficiency can also result in your immune system having poor control over the maintenance of your skin. Your Practitioner can recommend a simple, easy taste test to check your zinc status, and then provide you with a high quality zinc supplement if your zinc status is low.

### Lifestyle is Part of the Prescription

There are changes you can make in your daily diet and lifestyle to help you on your way to better skin:

1. **You are what you eat:** So eat well! A healthy, well-balanced diet is essential for skin health and your Practitioner can provide you with dietary advice specific to your skin condition.
2. **Be active:** Exercise helps increase blood flow to the skin, and encourages the removal of toxins through sweat; so make daily exercise a part of your skin health program today!
3. **Aim for better stress management:** Stress can increase inflammation and affect digestive and immune function, all of which are contributing factors to poor skin health.
4. **Brush your skin:** Dry skin brushing prior to your morning shower is a simple technique to stimulate lymphatic circulation, helping your body to clear the build-up of toxins that can aggravate skin conditions.
5. **Wash your skin with pH-controlled gels:** Humans are covered in a diverse wardrobe of skin microbes, many of which promote skin health. Washing too frequently or using alkalising soaps can remove some of these beneficial microbes from the surface of your skin, allowing pathogenic organisms to cause infection.
6. **Support yourself with supplements:** Your Practitioner can recommend a personalised supplement regimen to boost your health status and address the causes of your skin ailment.
7. **Treat yourself topically:** Whilst a healthy body is essential for achieving the healthiest skin possible, topical treatments prescribed by your Practitioner may help to provide rapid, symptomatic relief.

### Don't Suffer in Silence

Treatment of distressing skin conditions can be complicated but you don't have to go through it alone. By working with your diet and lifestyle and recommending nutritional support that is specific to you and your skin condition, your Practitioner can help you to achieve the healthiest skin possible!

*Your Practitioner can help to improve your skin from the inside out, starting with some simple nutrients.  
Arrange an appointment today!*

