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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Cheap and Natural Way to Healthy Skin

By Wendy Owen

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Healthy skin happens when we eat good foods, have enough exercise, minimize stress and protect our skin from the harsh environment.

Certain foods are especially beneficial to the skin. Garlic is one such food. It contains sulphur compounds (which give it its rather strong odor) which are beneficial to your skin. It also acts as a natural antibiotic and cleanses the whole system. If you like garlic, eat it as much as you can. If the smell worries you, chew a piece of parsley afterwards and this will neutralize it. Odorless garlic tablets are available if this is all too hard.

Vitamin C is probably the most important skin vitamin in my opinion. Not least because the human body can neither make it or store it. This vitamin helps collagen formation which keeps the skin looking young and plump. This could be why smoker's skin can look older than a non smoker's. Smoking also uses up the oxygen in the blood. Give it up if humanly possible or at least cut it down.

Vitamin C is best consumed together with bioflavonoids, the way it is normally found in nature. The two have a synergistic effect. They can be found in Citrus fruit, berries such as strawberries and blueberries and vegetables such as broccoli.

Broccoli also contain vitamin A, an important vitamin for skin as it helps it fight infection from the inside out. Great for those with acne! Have some every other day if you can.

Carrots are a great source of carotenoids such as "beta-carotene" which your body converts to vitamin A. Beta-carotene is absorbed into the skin and can also protect it from the sun's harmful UV rays. Carrots also contain "alpha carotene" which protects against free radical damage. Carrots are a great way to get your vitamin A as excess carotenoids are expelled by the body. Too much vitamin A is toxic to the body.

Dark leafy green vegetables, particularly kale and spinach are a good source of zinc and iron. Iron will make sure your skin gets enough oxygen and zinc is a great pimple fighter. Eat some every day if you

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possible can or include some in a fresh juice.

Parsley deserves a separate mention as it is rich in just about all the skin boosting nutrients. It contains beta carotene, chlorophyll, vitamin B12, folic acid (great for firm skin), vitamin C and iron. Parsley can be added to juices, casseroles, sprinkled over any savory dish or simply chewed by itself. Its great for fresh breath too. Parsley is easy to grow, pop some in a pot and keep it near the kitchen door.

Olive oil is fabulous for dry skin and wrinkles. Use it for cooking – it contains monounsaturated fats and anti oxidants– or slather it on your skin after a bath.

Flaxseeds and flax oil (also known as linseed) contain the essential omega 3 oils not found in many foods. (Fish also contains omega 3). Flaxseeds contain fiber and phytoestrogens which balance the body's hormones and are vital for younger looking skin. Sprinkle some on your cereal or use in soups and stews.

Avocados give skin (especially dry skin) a boost. Although fairly high in fat, its the healthy monounsaturated kind which makes dry skin supple. Avocados contain glutathione which is one of the most powerful antioxidants around and will prevent cell damage in all skin types. They are also high in potassium.

Drink as much water as you can, this flushes out toxins and helps to hydrate the skin. If you can't drink eight glasses a day – I can't unless its 40 degrees – then just drink as much as you can without being uncomfortable.

Skin needs sufficient protein to replace and repair itself. Most of us have plenty of protein in our diets but a lot of it comes with a lot of fat attached. If you can substitute low fat items e.g. milk, peanut butter, cheese etc, then do so. You'll still be eating the same amount. Lean meat is fine, fish is even better as it contains natural omega 3 oils which are great for your skin and your health.

Try and add as many fruits and vegetables as possible to your diet. If you `re a committed junk food "junkie" this may seem impossible, but if you tackle it in small bites (pun intended!) It will be easy. Commit yourself to healthy foods on certain days of the week or drink water instead of soda in the afternoons. When this becomes comfortable, expand it to every day. Its just breaking old habits and replacing them with new ones. After a while you'll be comfortable with it. And you'll feel better and loose weight too.

The purists tell us that all vitamins and minerals can be obtained from foods and there is no need for us to take supplements. In theory this is true, however the stress of life today probably robs our system of vitamin B. Smoking uses up about 35 mg of vitamin C per day.

Added to this, the practice of storing fresh produce for extended amounts of time, can't help but deplete the natural vitamins in these foods. The pollution in our cities and some of our bad habits like eating junk and smoking (who me?) leads to the production of free radicals in the body. For this we need an antioxidant which contains among others beta carotene (a precursor of vitamin A), vitamin C, vitamin E, selenium, lycopene (found in tomatoes) and zinc.

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Healthy skin loves exercise! It doesn't matter what kind. Walking, jogging, all types of sport, aerobics, thumping around in the gym, whatever you enjoy try and fit it in three times a week. If you don't enjoy any exercise, find one! Join a group of people or find a walking buddy, you will get to enjoy it I promise!

Stress is bad for you and bad for your skin. Stress will slow the circulation of blood to the skin causing a shortage of oxygen to the cells. It will also deplete certain nutrients from the body – for example vitamin B. It can ruin your sleep thus preventing the repair and regeneration of skin cells. It will put worry lines on your face and will make you look old before your time! Who needs it? No-one! check out this page on stress to see how you can deal with this incapacitating disorder now!

As you may have gathered from all this, having a healthy skin is the same as having a healthy body, it's worth maintaining a good diet and lifestyle so you not only look great but you feel great too!

Like to have better looking skin? <http://www.holistic-facial-skin-care.com> will give you detailed information on all facets of skin care. The author, Wendy Owen has had a lifetime interest in general and alternative health and skin care.

Natural Cosmetics

By Maggie Ng

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In a world full of technology, machines and elements, the only thing protecting our bodies is our skin. Did you know we spend around 6 to 20 percent of our disposable income on products for our skin? Our skin is important to us and most of us will do anything to preserve its youth and longevity. But do we ever think about what we put on our skin every day?

Sure, many products claim to be safe or may even appear to be safe, but beyond the short term benefits of using the cosmetic, there are long term effects from daily absorption of its use. Creams that are suppose to treat dry skin may actually strip the skin of its natural oils, which are useful in preventing dryness. Some contain chemicals that seep through the skin and defat the skin.

So what's a better alternative? Natural cosmetics! Consider switching to completely natural products, which perform to the same standard as their non-natural counterparts. Whether you are a makeup artist or an esthetician that may use cosmetics every day or a consumer who applies the occasional moisturizer, we may not see any immediate effects from the current products we are using. Even though we are all dying for beautiful skin, keep in mind the healthy alternatives. We only have one skin, so care for it properly.

By

, Make-up Artist

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Maggie Ng is a member of the Organic Make-Up Company's creative team, as well as the Account Representative. She is a professional make-up artist specializing in client, bridal, fashion, runway, period work and designs. Maggie currently is a make-up consultant for Cargo Cosmetics. She also freelances, concentrating on magazine photoshoots, model testings, runway, etc. Her latest work includes Career Insider Magazine and EST Magazine.



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