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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!**

**Achieving Youthful Healthy Skin With Vitamins A, C And E**

**By Charlene J. Nuble**

We all want healthy skin. While the main reasons for pursuing healthy skin tend to be purely

shallow and cosmetic in nature, healthy skin is beautiful and keeps us looking younger than our years and there are actually some practical health benefits to maintaining the good health for our skin. The purpose of the skin is to act as a barrier. It serves to prevent bacteria, viruses and other contaminants from entering the body and causing infection, illness and disease. There are many vitamins and minerals that help to keep skin healthy and thus be able to serve its vital role in the protection of the body.

Antioxidant vitamins such as Vitamin A, Vitamin C and Vitamin E are very important to healthy skin because it is these vitamins that share in the responsibility of controlling the damage that free radicals byproducts of energy production within the body and of environmental contaminants such as air pollution produce. Among the several types of damage done by free radicals is the destruction of collagen and elastin which are fibers that support the skin and keeps it looking supple. As these are damaged wrinkles and a lack of that youthful firmness can occur. Vitamin C also plays a part in the production of collagen making it essential to the function and look of the skin. Recent studies have found that Vitamin C and E used together may help to repair sun-damaged skin.

Vitamin A has its own important role in skin health and beauty in addition to its anti-oxidant properties. In terms of diet even small deficiencies can negatively affect the skin causing flakiness and dryness. Dryness can make lines and wrinkles that are much more apparent. Its primary use however, is as a topical solution for the treatment of severe acne and the reduction of lines and wrinkles themselves. Recent research has showed that a topical solution that contains both Vitamin A and Vitamin C can in some cases reverse the damage done by the aging process and by sun-damage.

Deficiencies in the Vitamin B complex can leave the skin prone to cracking, bleeding and dangerous skin lesions that allow all kinds of bacteria, viruses and other contaminants to easily enter the body. But in terms of strictly cosmetic concerns even a little shortage of the Vitamin B complex can result in scaly and poorly textured skin. Topical preparations have been found to play an important role in the hydrating of skin cells leading to noticeably firmer and healthier looking skin.

## Achieving Youthful Healthy Skin With Vitamins A, C And E

Vitamin K has been found to relieve those awful dark circles under the eyes. Some research has found that creams made up of both Vitamin K and Vitamin A are more effective than those that just contain Vitamin K but researchers are still following up on these results.

Minerals important to the look and to the health of the skin include selenium, copper and zinc. Selenium whether used as a topical solution or taken in the form of a dietary supplement is thought to play a big role in the prevention of skin cancer. Copper, zinc and Vitamin C work together to form elastin which helps to support skin keeping it firm and healthy.

Topical solutions and dietary supplements can help to keep the skin healthy and youthful in appearance. However, it is important to recognize that these are powerful substances and using them within the standard guidelines of dosage is essential to good health. There is such a thing as too much of abusing such natural healing powers which could then result to a not so pretty sight. But when used correctly however, your skin can look better than ever.

Charlene J. Nuble 2005. For up to date links and information about Vitamins, please go to:

<http://vitamins.besthealthlink.net/>

or for updated links and information on all health related topics, go to:

<http://www.besthealthlink.net/>

### **What Diet Your Skin Needs: Find Out!**

**By Jasdeep**

#### **What Diet Your Skin Needs: Find Out! by Jasdeep**

There is no denying the fact that appropriate diet not only benefits your health, but also your SKIN. A stressful life (inadequate care) and unhealthy eating are two major reasons for poor skin and various skin problems like rashes, dry skin, black circles under your eyes, pimple, acne, pigmentation etc. There are other secondary reasons too which can affect your skin like at the time of pregnancy when there is hormonal change or genetic problem i.e either you have oily or dry skin because of your genes. But more than 70% of the affected skin is due to primary reasons and one of the major primary reason is inappropriate diet.

Different skin needs different type of diet. But there are few general rules for healthy skin which are universal for everyone.

Here is the list of the rules:

a) Water, the magical drink, acts as the best medicine for the skin. It not only refreshes you and make your skin glow but also purifies your body which makes the body run most effectively. Read the

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benefits of water and how it helps your skin glow at  
[http://www.weightloss-health.com/Water\\_Benifits.htm](http://www.weightloss-health.com/Water_Benifits.htm)

b) Vitamins are as essential to skin as oxygen to body. Some vitamins do a world of good to your skin. These vitamins are mandatory for glowing and healthy skin.

List of Vitamins essential for your glowing skin and their sources (natural) :

- 1) Vitamin C : It can be easily found in all citric fruits like orange etc.
- 2) Vitamin A : Sources for Vitamin A are papaya , orange , egg yolk etc .
- 3) Vitamin B : It is found in all leafy vegetables along with fruits Other sources are Whole grains, brewers yeast etc.
- 4) Vitamin E : It is found in oilseeds, vegetables like broccoli, nuts etc.

Trust me, it isn't that difficult also to maintain a healthy skin. All you need to take care of it properly and make sure you eat well. You can always consult your skin specialist for the right diet and simply follow it.

More on healthy food at <http://www.weightloss-health.com/healthy%20food.htm> and free healthy recipes of all kinds at <http://www.weightloss-health.com/Recipes.htm>

About the AuthorJasdeep : for <http://www.weightloss-health.com> your complete and most comprehensive family guide on Health.Also get free tips and tricks on weight loss , diet and muscle Building at <http://www.weightloss-health.com>If you wish to reproduce the above article you are welcome to do so, provided the article is reproduced in its entirety, including this resource box and LIVE link to our website.



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