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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!

Dry Skin And Water

By Emmanuel M. Aubrey

You Know That water makes up almost 70% of you body and about 90% of you blood. Well you skin is made up of it too so there are many reasons why you should drink that ever so abundant stuff H2O.

I wake up everyday and take a shower and wash with some soap or body wash everyday before I go to work i usually put on some lotion or baby oil right after I get out of the shower. Yet my skin is still dry by time I get to work. Does this sound like you? If so you may want to read on to find what might be the problem.

Dry Skin And Water Is There A connection ? umm yeah

Most people especially in these days of 30 types of soda pop, sports drinks, and every other option out there that we consume is just not as good as the on fluid are body was meant to take in and thats water. Im not saying that all these other beverages are not good for you it's just that if you have dry skin you may want to cut down on them or for everyone you drink drink the some amount of water. also along with water you may want to add a little natural oil to your diet as when you eating a salad put a teaspoon of salad oil on you salad make sense right salad oil on the salad.

More on Water and dry skin You skin is has what is called acid mantel it sort of protects your skin and keeps moisture in but when you wash with soap and other detergeants you wash it away and it take a couple hours to days to build it back up. you skin also should be elastic but it may not be do to low water retention in the skin and oil loss which later results in wrinkles.

Drink more Water and Revive you skin

Stop spending so much money on all the creames and toners and lotions and you name it. for a whole month drink nothing but water and take some natural oil everyday and try not to bath as much unless you have to. if you do need to bath more than once a day which isn't reccomended try to use an exfoliant instead most exfoliant do not dry skin out as much as harsh soaps. For healthy skin Drink Water

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Water makes up most of what you are so if your not drinking at least 3 liters a day you may be hurting yourself more than you think not only your skin but it effect you whole body infact it effect you weight and even your mood so give it a try it was the first drink out the original Water.

Emmanuel Aubrey A man that Had Really Dry skin And still does when he doesn't take his own advice. if you want more information on dry skin or other health issues you can find it here :

http://www.emmanuelaubrey.com/dry_skin.html

Emmanuel Aubrey

<http://www.emmanuelaubrey.com>

,

<http://www.felinekittentocat.com>

,

<http://www.maximize-traffic.com>

Dry Skin Care Treatment Information

By Ryan Cote

Dry skin, formally known as xerosis, can appear anywhere on your body, ranging from your face, to your arms and legs, to your feet. Dry skin has a low level of sebum, the oil naturally produced by the skin to keep it lubricated. Because of dry skin's inability to retain moisture, it is usually chapped, cracked and feels tight, especially after washing.

Dry skin can be caused by many factors. Some people are genetically inclined to dry skin. Poor diet and nutritional deficiencies contribute to parched skin. Exposure to the elements, such as sun, wind, cold and chemicals, can dry out your skin. Medical conditions, such as diabetes and an underactive thyroid can cause dehydrated skin, as well as skin conditions such as psoriasis and eczema.

You should be gentle with your dry skin care treatment. Cleansing is important, but harsh soaps should be avoided, as well as hot water. A skin cleanser formulated for dry skin, coupled with lukewarm water, is the best way to wash up and should be done twice daily. Avoid vigorous scrubbing and rubbing with washcloths and towels so that a layer of moisture remains on your skin. Follow up with a moisturizer and consider using one with a sunscreen of at least SPF15 to protect your skin from sun exposure during the day.

There are several other helpful ways to hydrate parched skin. Using a humidifier in your home can

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improve the condition of your skin by keeping the surface hydrated. Avoid detergents with harsh chemicals and strong fragrances, which can irritate your skin. Wear clothing that is made of breathable, natural materials, such as cotton, and avoid itchy fabrics, such as nylon or wool. Drink at least six to eight glasses of water per day to keep your entire body properly hydrated. Finally, a healthy, well-balanced diet that is rich in vitamins A, B5 and C supports healthy skin and overall body fitness.

With a little extra care and attention, your dry skin can be supple, well-nourished and beautiful.

For more free information on dry skin care treatment, please visit:

<http://www.FreeSkinCareInformation.com>



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