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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!**

**Vitamin Recommendations For Healthy Skin**

**By Ryan Cote**

A healthy diet, regular exercise and a good cleansing routine will make your skin more beautiful.

Incorporating certain vitamin supplements will also improve the appearance of your skin, as well as provide a wide variety of additional health benefits to your body.

The following are vitamin recommendations for healthy skin...

Vitamin A, with carotenoids, is fat soluble and helps to maintain and repair skin and mucous membrane tissues, as well as minimize the production of sebum. This can be particularly helpful to you if your skin is oily. The recommended dosage of Vitamin A is 10,000 IU per day.

A complex of B vitamins can provide a wide range of benefits to your skin, such as keeping a healthy skin tone by their antioxidant properties. The B vitamins also help to reduce stress and aid the immune system. A complex of 200 mg of B vitamins can make a visible difference to your skin over time.

Vitamin C, with bioflavonoids, is an antioxidant that actually has an antibacterial effect and you can take 1000 mg per day or more of this vitamin. Those with diabetes should check with their doctor regarding specific dosages recommended.

Vitamin E is also a powerful antioxidant that inhibits the oxidation of fats and protects your cells from free radicals, such as pollution and peroxides. You can take 400 IU of the vitamin daily to aid in internal cleansing.

Another potent antioxidant is zinc, which should also be in the vitamin supplements you take daily.

A well-balanced diet that incorporates the proper vitamins can make a big difference in the health and appearance of your skin. However, the use of vitamins is a powerful means of improving your health and you should always check with your physician prior to assuming a regime of supplements to ensure that none of them conflict with any pre-existing health conditions or medications. Those people with diabetes or who are pregnant need to be particularly careful prior to establishing a routine of vitamins supplements to ensure the proper dosage is administered.

## Vitamin Recommendations For Healthy Skin

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### **Food For Healthy Skin**

**By Ryan Cote**

The American Academy of Dermatology advises us that, "A healthy diet is important for improving raw materials for healthy skin." The basis for having healthy skin is a well-balanced diet that includes essential vitamins that aid in the important functions of your body's system.

The following are food for healthy skin...

Vitamin A is one of the vitamins you need to maintain good skin. This vitamin minimizes oil (formally known as sebum) production, makes the protective tissue of your skin stronger and aids in the repair of tissues. Vitamin A can be found in foods such as carrots, spinach, parsley, tomatoes, peaches, mangoes and apricots.

A complex of B vitamins can help to maintain a healthy skin tone, with the added benefit of reducing stress. Vitamin B complexes are in foods such as eggs, meat, liver, fish, whole grains, leafy green vegetables, avocados and peanuts.

Another important vitamin for your skin is Vitamin E, which is an antioxidant and prevents certain cell damage. This vitamin can be found in foods that include almonds, broccoli, wheat germ and vegetable oil. Vitamin C is another antioxidant and is in citrus fruits, such as oranges and grapefruits. An additional antioxidant is Zinc, which can be found in whole grains, brazil nuts, pumkins seeds and brewers yeast.

An essential part of a well-balanced diet is drinking plenty of fresh, clean water. Drinking six to eight glasses of water per day aids in transporting fluids throughout your entire body to maintain healthy, hydrated skin.

Foods to avoid include fatty foods, white flour, sugar and caffeine. This foods contain little nutritional value and can aggravate your skin.

Incorporating a fitness routine into your schedule three times per week or more can improve your circulation and aid in having healthy skin, especially when combined with proper diet choices.

A well-balanced diet and lifestyle will reflect on your skin and give you a healthy complexion.

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