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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!**

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

**By Jasdeep**

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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 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.

## **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.

## What Diet Your Skin Needs: Find Out!

Foods to avoid include fatty foods, white flour, sugar and caffeine. These 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.

For more free information on food for healthy skin like this article, please visit



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