

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**You Can Have Healthy Skin**

**By MalaMaal.com**

**You Can Have Healthy Skin**

With new research, new products and new skin protection advice popping up all the time, it is hard to figure out the best things to do to improve and protect your skin.

A skin care program is the combination of skin care products and a routine that will be most beneficial to the skin. You will first need to consider your diet and type of life-style since these two factors play an important role in the health of a person's skin.

These days we seem to be living in the fast-food age and the condition of your skin is often neglected. You still can't beat the old fruit and vegetable diet when it comes to good health and a good complexion.

Remember to feed and nourish your skin by eating the proper foods. Give your skin a drink too. Those eight glasses of water a day your mom always told you to be sure to drink are essential to maintaining your skin's elasticity and suppleness, say experts. And don't count coffee or any of the caffeinated sodas as part of the eight glasses because caffeine is dehydrating. The water you choose can be sparkling water, mineral or straight from the tap. Another suggestion is that you keep a liter-size bottle close at hand, or simply drink a glass or two with your meals, and a few in between.

You need to give some thought and consideration to the type of makeup you use. And be sure to clean your tools regularly. Things such as cosmetic brushes get dirty and can carry bacteria and germs and may cause skin irritations and breaking out. One of the leading cosmetic authorities suggests that cosmetic brushes be thoroughly cleaned at least twice a month. A good way is to soak brushes for about 10 minutes in a dish of warm, soapy water using mild liquid detergent or baby shampoo. Rinse and blot excess moisture with a towel and stand the brushes, handle end down, in a tall glass until they are thoroughly dry.

Keep environmental pollutants from being absorbed into the skin with a good moisturizer that also acts as a skin barrier. Check the labels for those with added Vitamin A, C and E, which help block the penetration of pollutants.

## You Can Have Healthy Skin

A good exercise program such as aerobics can activate and rejuvenate the skin and improve circulation and blood flow. Also, body sweat triggers production of sebum, which is the skin's own natural moisturizer.

One skin care expert has come up with a do-it-yourself version of a treatment you may like to try. Stir the juice of half a lemon into one cup of plain yogurt. Keep it in the refrigerator and apply it as you would a cream every night before bed. You can even apply a thin coat of moisturizer over it if you like, after waiting about five minutes for the yogurt mixture to penetrate. With consistent use, you should see more even pigmentation and smoother skin in three to four weeks.

Get serious about stress reduction. Skin conditions such as acne appear on many people who are stressed out, and chronic skin conditions then tend to get worse. Set aside quiet time to meditate or

daydream. Be sure to get enough sleep. To avoid morning eye or facial puffiness, sleep on your back so fluid doesn't collect there. And, you can keep the oil from your hair away from your face by wearing a head covering or a soft headband when you go to bed. And keep in mind that too much stress can affect your overall health as well as your complexion. [sk to get down to the essential things.](#)  
This Article is Courtesy of

<http://www.MalaMaal.com>

– the ultimate Resource for

Instant Download

eBooks and Software

covering various subjects that include health, self-improvement, diet and weight

loss, recipes, love and relationships, Christianity, blogging, RSS, sales and marketing, scripts and templates, search engine optimization, traffic building, etc. You are free to reprint this article in other websites, as it is without editing, as long as the author's biography and all active hyperlinks (including anchor text) remain intact.

MalaMaal.com

is a unique eStore with the Latest Collection of

Resell Rights eBooks and Software

.

Most of these eProducts are sold at fabulous discounts, some at over 90% Off on their list prices. Free eBooks are also available for instant download.

## **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 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.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**