Healthy From the Inside Out

The condition of your skin, hair and nails will often reflect the level of your overall health. The products you use can only go so far, it’s what’s going on inside that can really make a difference in your outward appearance. Take care of yourself and you will see the results inside and out!

Skin
Your skin is exposed to the sun, air and pollutants that can decrease moisture and can cause wrinkles, age spots and other skin issues. Here are tips to keep your skin looking great!

Sun protection is very important for healthy skin, since approximately 80% of skin changes are caused by sun exposure. Many moisturizers and products contain sunscreen and experts recommend one with at least SPF 15. You can also protect your skin from the sun’s harmful rays by limiting sun exposure during the hottest times of day (10am-2pm) and wearing protective clothing and hats.

Quit smoking, it depletes the skin of oxygen and nutrients reducing elasticity. It also makes skin appear older and contributes to wrinkles, especially around the mouth.

Skip the long, hot bath or shower, since the hot water and prolonged exposure can remove oils from your skin, drying it out. Afterwards, pat dry to help your skin retain some moisture.

Shave in the same direction hair grows, with a clean, sharp razor and use shaving cream, lotion or gel to lubricate and protect your skin.

Eat a healthy diet filled with fruit, vegetables, whole grains and lean protein. Also, stay well hydrated, drink plenty of water.

Exercise increases blood flow in the body, the skin included. It keeps your skin healthy and also can reduce stress, which is another way to improve your skin.
Cleanse and moisturize your skin. Choose a gentle cleanser, that won’t dry your skin. There are numerous types of moisturizers, so choose one that fits your skin type and the skin issues you may have. Some products contain antioxidants, skin lighteners and some are labeled as anti-aging. These different products are designed for specific skin issues you may encounter.

**Hair and Nails**
Issues with your hair and nails may suggest a nutritional deficiency. A healthy diet plays an important role in your health in many ways.

*A diet that includes healthy fats, protein and fatty acids* is essential for hair and nails to be healthy.

*Studies suggest that some fatty acid supplements* can improve the strength and growth of hair and nails.

*Avoid foods high in sugar and trans-fats*, they can deplete and disrupt absorption of nutrients and minerals needed for healthy hair and nails.

Sources:
http://www.mayoclinic.org
http://www.webmd.com
http://www.weightandwellness.com

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