Women's Health Library

Healthy Skin

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

See our full line of premium quality supplements at Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Acquire Healthy Skin from the Inside Out

Did you know that the way your skin looks and feels is merely a reflection of your food and supplement intake? Environmental factors such as humidity and pollutants can also affect the skin but to a smaller degree. Dermatologists often recommend a complete change in diet and nutrient intake in order to regress the negative effects of the normal aging process and improve skin health. Daily nutrient and fluid intake directly reflects the health of the skin and learning more about diet and supplements can save endless dollars spent on scrubs, creams and gels.

Diet Regime for Optimal Skin Health

1. Increasing "good" or essential fatty acids (EFAs) in the daily diet. Salmon and other fatty fish (such as cod, mackerel and herring) are suggested at least two to three times a week to achieve healthy skin. If a person does not consume fish, other foods that contain EFAs are olive and canola oils, soybeans, spirulina, green leafy vegetables and flax seeds.

2. Decrease saturated and trans fatty acids. Cut out high-fat red meats, fried and overly processed foods, which are often loaded with unwanted fats and can be detrimental to achieving optimal skin health. Increase lean meats and proteins such as broiled or baked chicken and fresh turkey.

3. Cut down on certain carbohydrates, such as white breads, pastas, rice and sweets, which can have pro-inflammatory effects on the body and skin.

4. Increase greens, such as green leafy vegetables and add assorted fresh fruits and berries of all colors (the colors reflect the different antioxidant and nutrient properties of the various fruits) to meals and snacks whenever possible. Frozen berries can be purchased as well.

5. Eat 6 small meals per day following the guidelines above to help decrease inflammation in the body and improve skin health.

6. Drink plenty of fresh water.

Suggested Skin Health Supplements

-***Omega 3 Fatty Acids*** **(EFAs)** are known for their assistance in helping the body to decrease inflammation and achieve healthy skin. Some individuals use EFAs therapeutically for certain skin conditions. Evening Primrose Oil is a great alternative for women with allergies to fish.

-***Vitamin C (Bio-C Complete)*** is a powerful antioxidant and plays a major role in collagen formation and capillary strength, which are important factors for assisting the body in achieving healthy skin.

-***Vitamin E (Ultimate One Multi)*** is an antioxidant known to help protect your cells and tissues during the aging process and often indicated in skin disorders such as acne, eczema and psoriasis.

Alpha-Lipoic Acid is a fat and water soluble antioxidant enabling it to function in most parts of the body. It can enhance the function of vitamins C, E and glutathione.

Ultimate One Multiple Vitamin/mineral to ensure adequate intake of basic vitamins and minerals. Available with or without iron.