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## Beauty Ain't Just Skin Deep

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natural weak estrogen-like compounds, and estrogens are

thought to help skin quality. In addition, soy may increase production of hyaluronic acid, an interstitial fluid which fills out wrinkles. Soy beans themselves, in my opinion, are preferred, since they are less processed than soy products. Soy may not be advised, depending on medical history.

### 3. Take Omega 3 Oils

There are many types of fats, but only some provide true benefits, and at different life stages the amounts of each are important. In this article, I address only the general properties of omega 3 oils. They benefit skin, hair and nails, since as a natural component of cell membranes, they form a protective barrier against the elements. If you want shinier hair and stronger nails, omega 3s (sold as fish oils), could be the answer.

### 4. Exercise Regularly

Daily exercise promotes circulation, bringing oxygen to the skin, joints, and brain. Exercise lifts mood, and increases the skin's radiance. Skin nutrients are delivered and waste products taken away more efficiently when circulation is improved via exercise. Regular activity also increases positive neurotransmitter levels; those feel-good chemicals become look-good chemicals.

### 5. Decrease Acne and Eczema

Even in a recession, millions of dollars are being spent in the quest to look wonderful. Ironically, some of the best skin and body care opportunities are addressed each time we eat. Nutrition influences energy levels, body shape, and skin quality, to name a few. Here are half dozen pointers that apply universally to helping someone look their best (note - consult your doctor or nutrition specialist before taking nutritional supplements or changing eating habits):

- 1) Avoid sugars and empty starchy foods
- 2) Eat foods with natural skin nutrients
- 3) Take Omega 3 Oils
- 4) Exercise regularly
- 5) Decrease acne and eczema
- 6) Lower stress

#### 1. Avoid Sugars and Empty Starchy Foods

This is important to do for several compelling reasons. First, sugar and starch-laden foods form compounds within skin membranes called advanced glycosylation end products (AGES). These AGES can be likened to dry bread crust, and they age the appearance and function of the skin and body. Second, high empty carbohydrates cause a spike in blood sugar, which raises insulin, promoting acne growth. Third, the blood sugar spikes are followed by a sharp decline in brain blood sugar levels known to negatively alter mood. It's hard to look your best when you're feeling down in the dumps and your energy is low.

#### 2. Eat Foods with Natural Skin Nutrients

Skin is plumped by water, collagen, and hyaluronic acid, to mention a few. Vitamin C and high Vitamin C foods (broccoli, peppers, strawberries, oranges and Brussels sprouts) help with collagen formation. Soybeans contain

Did you know that acne can increase from high skin insulin levels when blood sugar fluctuates? Higher bacterial growth on the skin occurs to encourage acne formation. Eczema can develop from stress, food allergies, intestinal conditions, and other factors. A nutrition specialist can help determine underlying causes of acne and eczema to benefit skin and overall health.

#### 6. Lower Stress

That special glow from inner happiness and confidence supersedes any amount of beauty treatments and vitamins. Stress hormones such as cortisol cause premature aging of the skin, so the idea is to lower the output of those hormones. These days, the stresses of life probably won't disappear, but coping in a positive way is a choice to make. Try some of the following to maintain balance, confidence and flexibility: deep breathing, meditation, a varied exercise routine, yoga, massage, and chiropractic care.

At Lamorinda Nutrition, we believe in beauty from the inside out. Improving your nutrition may solve not only health but also beauty issues. Give it a try and enjoy the results.

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