

Tips For A Healthy Skin Glow

Increase fruits and vegetables to 10 servings a day: This will supply fiber for healthy bowel movements as well as provide additional antioxidants that will scavenge free radicals that have been shown to cause wrinkles; color, color, color.. that's the name of this game, eat foods with color, reds, purples, etc.. The flavanoids and life supporting phyto-chemicals are found in foods with color.

Drink ½ your weight in ounces of water: A 180 pound person should drink a minimum of 90 ounces of water every day.

Movement: We can call it exercise but we need movement to flush the lymph system every day. Movement is truly one of the great anti-aging factors we have at our disposal. The right amount of perspiration begins the process of removing plasticizer residues found in our food as well as heavy metals.

Dry Skin Brushing: Before every shower, brush off the dead skin with a dry brush or cotton towel. Brush toward the heart with firm but gentle strokes. This anti-aging, time tested technique assists with lymphatic movement as well as ridding the body of excess cells.

Assess Gall Bladder especially if fatty foods make you nauseous.

Assess Thyroid Health if fatigue and hair loss is a big part of your clinical picture.

Oil your skin from the inside out by adding extra healthy oils to your diet, avocados, coconut oil, olive oil should be staples for your diet daily. My current favorite winter time oil both internally and externally is Mixed EFA's by Biotics Research. 1-2 tablespoons every day. This product was developed by Dr. Gary Lasneski to improve cell membrane integrity. He was also looking for oils to go deep in the cell membrane to deal with viruses that are difficult to get to and treat. The beauty of this oil is its taste...there is none! Add it to salad, vegetables or protein drinks.

Make sure you are taking a good multivitamin mineral. We need some of those trace minerals as co-factors to rid the body of toxins and for optimal nutrition. We especially need the co-factors to use our oils to reduce inflammation naturally. My current favorite is Pro-Multi Plus from Biotics. 1-2 capsules three times per day.

Salt and Soda alkalizing Baths – years ago I learned from Dr. Russell Jaffe that one of the ways to rid the body of excess acids is to use the old salt and soda bath. This is a great way to open pores and allow metabolic acids to leave the body and rehydrate the skin. Here's the recipe... 1 cup Epsom salts and 4 tbsp of Baking Soda in a hot bath –soak for 30-40 minutes. Make sure the water is as hot as you can stand it. Use this bath 2-3 times per week. Patients really like this bath recipe if they take the time to do it. As you can imagine it is also a great stress reducer as well.

*To the novice that may seem like a lot of things to add to your schedule.
But remember your skin is a reflection of your overall inner health so we are talking skin here but we are also reducing your risk for many other diseases by the steps above.*