

# Healthy Skin

*by Regina Ann*

People often ask me what I do to have such healthy looking skin. Healthy skin is not just about what you put on it but also what you feed it and how you nourish it. It is a combination of an entire lifestyle that results in healthy skin. There are many articles out there on healthy skin but few of them consider the whole person. This article is a wholistic view of how to achieve and maintain healthy skin for a lifetime.

Healthy skin starts with a healthy gut. If the bacterial flora of the gut is out of balance then the system is unable to as readily absorb nutrients from the foods you eat and the supplements you choose. Probiotics are essential to intestinal health. There are wonderful probiotic supplements available at your local market and online. When choosing a probiotic supplement look for one that contains a broad spectrum of healthful bacteria. In my experience, the best probiotics require refrigeration and your market should carry them in a refrigerated display.

Along with probiotic supplements there are many foods that are excellent sources of probiotics and they aren't all dairy. Foods which contain probiotics include:

- Yogurt (make sure it's natural/organic and not processed with added probiotics)
- Buttermilk
- Kefir
- Tempah
- Miso
- Kim Chi (Korean side dish)
- Sauerkraut (be sure it is natural and not loaded with preservatives)
- Kombucha

Prebiotics are food for Probiotics. Whereas probiotics are beneficial bacteria, prebiotics are what you need to eat to keep the beneficial bacteria in your system.

Foods that naturally contain prebiotics include:

- Oatmeal (if you are gluten sensitive be aware that oats may cause a reaction)
- Flax
- Barley
- Onions
- Greens (especially dandelion, spinach, collard, chard, kale, and mustard)
- Berries, bananas and other fruit
- Legumes (lentils, kidney beans, chickpeas, navy beans, white beans, black beans, etc.)

As your intestinal health comes into balance your body will be better able to absorb the nutrients from your diet. One of the best pieces of dietary advice I have ever received is to eat a rainbow. Make sure the food on your plate is colorful. Listen to your body. Your body will tell you what foods it needs in the moment to be healthy. If your body is craving foods that are not beneficial foods, explore the cause of the craving.

Now that we've talked about the inside scoop to healthy skin, let's talk about the outside. Skin is the largest organ of our body. That being said, my recommendation is that if you shouldn't eat it then you shouldn't put it on your body either. Nature provides everything we need to keep our skin clean and healthy.

My personal care product list includes things such as:

- baking soda
- apple cider vinegar
- lavender essential oil (therapeutic grade)
- natural soaps which are safe to eat (not that I would want to but I could)
- oils such as coconut and olive
- hydrogen peroxide

Next Issue we will talk about more about what you can do for healthy skin. Until then, here's to your healthy skin.

~\*~ *Regina Ann*

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