

Ensure Healthy Glowing Skin for Summer

The term *feed your face* takes on a whole new meaning when it comes to maintaining healthy, glowing skin.

Most of us invest much time and money into our skincare regime, but we tend to focus on topical products rather than also considering the food that we put into our bodies.

Feeding your skin from the inside is vital if you want to keep it looking young and healthy and maintain long-term skin health, which no amount of expensive creams will provide on their own.

Naturopath Amanda Leahy* agrees, "Our skin is nourished primarily by what we feed it from the inside," she says. "It also serves as our body's first line of defence from the outside world, as it is presented daily with multiple challenges from the environment around us. The health, tone and look of our skin starts with the quality of the nutrition we provide it. Healthy skin needs an ongoing supply of quality vitamins and minerals to ensure it continues to look its best throughout the year."

As we recover from the drying effects of winter and spend more time outdoors and in the sun, it's a great time to think about how we can best help our skin look great by feeding it from the inside with nourishing and healing nutrients.

But first, some "in-your-face" facts about the main offenders...

Refined carbohydrates and sugar

In winter we tend to crave comfort foods and often these are stodgy, sweet options that result in a quick sugar rush rather than sustained energy levels. Refined carbohydrates such as white bread and sugar create a surge in insulin and an insulin-like growth factor called IGF-1. This can influence sebum (oil) production in the skin and result in skin cells dying quicker. Oil and dead skin cells block pores, which can lead to acne breakouts in acne-prone individuals.

Caffeine

Too much caffeine will dehydrate the body and lead to dry skin. Caffeine also increases the release of stress hormones that can have a negative effect on the skin and exacerbate existing skin problems.

Red meat

Lean red meat is an excellent source of protein, iron and other important nutrients, however, high saturated fat containing processed red meat products should be avoided as they can be inflammatory and enhance skin problems such as psoriasis and acne.

Smoking

If the internal effects of smoking aren't scary enough, the habit also creates excessive skin dryness, blemishes, and constricted blood flow, leading to premature ageing. Smoke is drying and promotes wrinkles and robs skin of the natural moisture that helps it look fuller and younger. It starves the body of oxygen, leading to dull skin tone and blemishes.

Alcohol

Alcohol expands blood vessels, allowing increased blood flow which may result in redness, flushing and broken veins. It also has a drying, moisture-zapping effect and breaks down skin tissue to create sagging and worsening of skin disorders such as acne and rosacea.

Cigarettes and alcohol both contain high levels of toxins, which your liver has to work hard to get rid of. This may also encourage oil production on the skin as it tries to help the body release these extra toxins, resulting in spots.

*Amanda Leahy is a naturopath working with Planet Health, a family owned Australian company distributing and producing premium health products that are manufactured to the highest standards and are known for their quality, reputation, innovation, ethics and philosophy.

Shine from inside out, the super skin food story...

Our skin requires the right nutrients to maintain a healthy glow and while many of these can be obtained from a healthy diet, in our busy, modern world, most of us don't get the best possible nutrition from food alone. The right supplements will boost your skin's moisture, elasticity and healthy tone.

Silica

The mineral silica is important for the health of connective tissue and plays a key role in the production of collagen which gives skin its elasticity and beauty. As we age, the silica in our skin starts to deplete, leading to a loss of firmness and wrinkles. A supplement such as Planet Health Qsilica Colloidal Silica can aid in maintaining a youthful complexion by replenishing the body's stores. Qsilica Skin Rejuvenation Masque is a cosmetic adjunct that can be used externally to help your skin look and feel younger. Together, they help to maintain smoother and firmer skin by reducing the physical signs of aging such as lines and wrinkles.



Essential fatty acids

Essential fatty acids are the 'good fats' that are vital for our all round health,



including our skin. Gamma-Linolenic Acid (GLA), the active component of evening primrose oil, is an essential fatty acid important for maintaining healthy skin. It does this by supporting the cell's moisture content and integrity for a smooth, glowing complexion. If your body's stores of this fatty acid are deficient it can lead to dry and flaky skin that is lacking in lustre. Efamol Pure Evening Primrose Oil helps support the skin structure and health by improving elasticity¹, moisture, smoothness and firmness, especially if your skin has dried out during the winter months. It has also been shown to help relieve symptoms caused by eczema and ease inflamed irritated skin². Efamol uses a patented variety of evening primrose seed (known as Rigel[®]) that is naturally higher than other varieties in the active GLA component.

Aloe Vera

Often referred to by scientists as 'the healing plant', Aloe Vera has been used for centuries in natural healthcare. The pure inner gel of the *Aloe barbadensis* plant contains numerous phytonutrients and active components such as saponins and polysaccharides that are essential for cell growth and renewal. Lifestream *Biogenic* Aloe Vera is beneficial for skin health because it's a high quality inner leaf gel that can reduce inflammation and help rejuvenate the skin. When the juice is taken internally or the gel applied externally, it can help to rebuild and regenerate damaged skin tissue.



Notes to Editors:

Efamol Pure Evening Primrose Oil contains high levels of the omega-6 essential fatty acid, gamma-linolenic acid (GLA). GLA plays an active role in the normal structure of every single cell membrane in the body and is essential for skin structure. A lack of GLA quickly leads to dry skin because the cells become less efficient at retaining moisture.

A recent clinical trial confirmed that Efamol Pure Evening Primrose Oil aids the healing of dry and irritated skin and significantly improves its appearance in just three months. Volunteers showed improvements of between 10-25% in skin moisture, smoothness, firmness and strength after supplementing their daily diet with the supplement¹.

References:

1. Muggli R. Systematic evening primrose oil improves biophysical skin parameters in healthy adults. *International Journal of Cosmetic Science*. 2005;27(4):243-249
2. Morse N, L and Clough P, M. A meta-analysis of randomized, placebo-controlled clinical trials of Efamol[®] Evening Primrose Oil in Atopic Eczema. Where do we go from here in light of more recent Discoveries? *Current Pharmaceutical Biotechnology*. August 2006

Make sure you also get enough...

Amazing Antioxidants

Antioxidants play a major role in combating free radicals, the potentially damaging molecules that are continually produced in our bodies as a bi-product of pollution, drugs, smoking or second-hand smoke and stress. Free radicals can damage collagen, which is responsible for keeping skin looking plump and elastic. Antioxidants neutralise the harmful effect of free radicals and help maintain youthful skin appearance. Make sure your diet contains good amounts of fruit and vegetables every day.

Vitamin A

Vitamin A has an important role in the forming of new skin cells and is needed for the maintenance of normal skin. Milk, butter, liver, oily fish and eggs are good sources of vitamin A. We also produce vitamin A from its plant form, beta-carotene found in dark green vegetables (spinach and broccoli) and orange fruit and vegetables (apricots, sweet potatoes, pumpkin).

Vitamin E

Well known for its skin protecting and enhancing properties, vitamin E is found in cold-pressed vegetable oils, nuts, seeds, wheatgerm, wholegrain, avocados and sweet potatoes.

Selenium

Selenium works with vitamin E to protect the body from free radical damage and is particularly useful for a well functioning immune system, which in turn should help fend off infections. The best sources include cereals, chicken, beans, wholegrains, wheatgerm, seafood, eggs, Brazil nuts and mushrooms.

Vitamin B Complex

B vitamins all have important roles to play in our health and certain B-vitamins such as biotin are needed for maintenance of healthy skin. Vitamin B6 plays a key role in normal protein and glycogen metabolism. It can impact on skin health and the regulation of hormonal activity, thus benefitting those prone to cyclical spot outbreaks. B-vitamins are found in oily fish, meat, eggs, soya beans, wholegrains, wheatgerm, fortified breakfast cereals and dried beans.

Zinc

Zinc is instrumental in helping our bodies heal from infection, whether it is an internal problem or a skin problem like acne. It's required for the synthesis of collagen and responsible for the smooth, plump and flawless appearance of healthy skin. You'll find it in meat, shellfish, beans, wholegrains and pumpkin seeds.

Vitamin C

Known for its healing and antioxidant properties, Vitamin C plays a very important role in skin care and can be depleted from the body by stress, too much sun exposure and consumption of harmful chemicals (smoking, drugs and alcohol). It's also essential in the production of collagen. Good sources are tomatoes, peas, peppers, Brussels sprouts, sweet potatoes, oranges and kiwi fruit.

Water

Ensuring sufficient fluid intake is important for the skin to remain hydrated. Try to consume approximately two litres of fluid a day from food, beverages or water (equivalent to between eight and ten glasses of water) to keep skin moist, refreshed and supple.

The Planet Health Qsilica range, Efamol Pure Evening Primrose Oil and Lifestream Aloe Juice and Capsules are TGA listed complimentary medicines available nationally at selected Health food stores. See volume and RRP chart below.

For further information, go to www.planethealth.com.au

Qsilica Colloidal Silica Gel 500ml	RRP \$32.95	AUSTL 152482
Qsilica Colloidal Silica Capsules 50	RRP \$32.95	AUSTL 132732
Efamol Pure Evening Primrose Oil Capsules 80	RRP \$19.95	AUSTL 153440
Lifestream Biogenic Aloe Vera Juice 500ml	RRP \$17.95	AUSTL 80030
Lifestream Biogenic Aloe Vera Capsules 60	RRP \$35.95	AUSTL 121330

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