

TOP 10 TIPS

Skin Nutrition

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SKIN DEEP BEAUTY

What

There are no neutral foods, every bite is either building health and beauty – or involved in its destruction.

Why

Skin can be damaged, diseased, prematurely aged by environmental factors such as dehydration, airborne pollutants, applied substances (cosmetics etc) and the daily diet.

Tell me how

Eating whole foods and plenty of them!

The most potent anti-ageing, skin-beautifying nutrients are the antioxidants found in brightly coloured fruits and vegetables.

Read on for my top 10 whole food tips.

ANTIOXIDANT

I've been drinking this bright red tea since holidaying in Egypt in 2010, it really is my favourite thing!

This medicinal plant has a tart, fruity flavour, much more potent than the fruit tea bags found in Supermarkets. Packed with an antioxidant punch, this beauty is also anti - inflammatory due to the anthocyanins which give it it's purplish hue.

This tea can be drunk hot or cold and it is well worth adding a cup to your daily diet to harness all of its virtues.

It is advisable not to overdo it though, as it is known to lower blood pressure and has other side effects when drunk in excess. If in doubt, seek advice from a nutritionist.



ANTI-WRINKLE

Another staple in my diet is the humble oat. Naturally gluten free, this grain is rich in beta - glucan , which is also a popular ingredient in topical skincare due to its ability to hydrate the skin due to its humectant properties.

When consumed in the form of oats it lends itself to the regeneration of the skin itself and also the fibroblasts, the cells which produce our collagen. It also boosts skin immunity and has anti - wrinkle properties.



Sweet Potato

VITAMIN A

The sweet potato contains far more nutrients than its white counterpart, namely Carotenoids, which are responsible for its bright orange colour. They are a great source of Pro vitamin A (beta - carotene) which is converted in the body to actual vitamin A, so eliminates the need for consuming animal foods containing vitamin A, such as liver - I know which I'd sooner eat!

Also a good source vitamins B3, niacin, which is linked to healthy skin. Easy to eat, just scrub and pop in the oven, a perfect convenience food.



ELIMINATES

Who ever said 'an apple a day ..' was onto something. These giant 'berries' are often overlooked in favour of their more exotic cousins in the fruit world.

This staple is a worthy addition to my top ten list because it is easy to eat, is rich in a number of antioxidants and has the ability to remove heavy metals from the body thanks to it's pectin content.

Pectin is a form of soluble fibre that assists with bowel health - what has bowels got to do with healthy skin you may ask? The answer to that is, beauty begins in the bowel! Without healthy functioning bowels, our bodies are unable to eliminate toxins which can build up and poison our systems and this is reflected in our skin.



LIMITS DAMAGE

I pop a Brazil nut every day like a kind of vitamin pill. One is all that's required to fulfil your daily need for selenium.

This trace mineral is a compound of certain antioxidant enzymes which work to limit the damage to skin caused by free radicals.

Think of a car that has been left to go rusty - well, your cells go rusty in a similar way if excessive free radicals are not mopped up with an antioxidant rich diet.



VERSATILE

A newer addition to have found its way into my beauty diet because it is basically healthy chocolate!

This powdery superfood is rich in antioxidants and is a perfect partner to porridge and smoothies. You can even add it to chilli, but like everything else, the most benefits are to be gleaned by eating it in its raw form. Contains the 'skin mineral' Copper, anti wrinkle due to its role in stimulating collagen production; also helps to prevent the hair turning grey.

It is also a source of Manganese, which is a key antioxidant and has a principal role in collagen synthesis.



GOOD FATS

Growing up in the 70's I didn't have so much as a sniff of an avocado, but lucky for our skin and health they are widely available these days. Rich in mono - saturated fatty acids, (the good guys) they are also a fantastic source of skin restoring vitamin E.

I like to smash these green gems up and spread them on toast in place of butter - they also make a regular appearance in my smoothies, which I rely heavily on as I'm not the world's greatest cook!



VITAMIN C

When I used to visit my grandma when I was little, I used to love tinned pineapple rings with carnation milk poured over the top - affectionately nicknamed 'evap' from evaporated milk.

In recent times, these exotic powerhouses have made a comeback into my kitchen, but not the tinned variety.

They are a fabulous source of vitamin C, which you may already know is essential for collagen synthesis and also rich in manganese.

I hold my hands up and admit I do keep a supply of frozen pineapple chunks in the freezer, for when the cupboards are bare or I'm pushed for time. Done is better than perfect!

With my skin wyitch hat on, fresh would always be my first choice, but sometimes life gets in the way.



PROTEIN BOOST

I won't lie, this isn't the greatest tasting superfood, but it made it on to my list because of its staggering skin boosting properties. I find the best way to eat this is to add it to a juice or smoothie, so you can disguise the taste with lots of tasty fruits.

A tablespoon of Spirulina contains a suprising 4g of protein and numerous beauty nutrients such as the amino acids lysine and threonine, which have a major role in collagen synthesis. These particular amino acids can't be manufactured by the body, so we need to eat them in our diet.



BONE HEALTH

Last but not least - these fruity favourites make it into my diet every single day. It is a well known fact that they are rich in the powerful antioxidant ascorbic acid, better known as vitamin C, which protects us from the damage caused by UV light.

They are also a good source of calcium for bone health. As skin sits on top of muscles and bone, we want to keep this foundation strong and healthy so our skin doesn't sag, as well avoiding the far reaching ramifications bone loss would have on our health and wellbeing generally.

