



*"You don't get in life what  
you want, you get in life  
what you are"*

Les Brown

## NUTRITION

What we eat and what we drink really are vital parts of what we are - and what we will become. Along with rest and relaxation, a nutritious diet is one of the essential ways we can protect and nourish our skin. Everything we do (and don't) put into our mouths is likely to affect optimum skin health.

The amazing thing is that many of the skin problems your client presents with can be completely transformed by making straightforward but hugely beneficial changes to the diet. Greater emphasis needs to be placed on treating skin problems from the inside (from nutrition) than by the use of creams and lotions from the outside.

### *For example*

- A clogged, spotty complexion often reveals a diet high in unhealthy fats and sugar
- An ultra-sensitive skin may be the result of poor digestion and inadequate absorption of nutrients
- Very dry, flaky skin may indicate deficiencies of essential fatty acids (EFAs) and vitamin E
- Slow-healing skin may need vitamins A and B6, and zinc

In this chapter, we shall look at skin helpers and skin villains, nutritional supplements, basic food groups and eating the right food combinations.

For the benefit of skin health we need to make full use of Mother Nature's healing sustenance, including fresh fruit and vegetables, nuts, seeds, wholegrains, fresh fish - and masses of fresh water!

The skin foods detailed here are a selection of some of the best.

### **The Food Groups**

Nutritional experts all advocate a balanced diet that includes a wide variety from the main food groups every day.

1. Carbohydrates
2. Protein
3. Fats
4. Vitamins
5. Minerals
6. Fibre
7. Liquids such as water and juices

Eating a variety of foods from each of the groups should satisfy most nutritional requirements. The key to a balanced diet is the correct amount of proteins, carbohydrates and fats. Vegetables should make up the dominant part of any diet, with fish and fruit being the other vital components.

### *~ Carbohydrates ~*

#### **What do they do?**

Carbohydrates are the body's primary source of energy and the main fuel for the body's cellular renewal. They're used in the brain, nervous system and muscles. Carbohydrates, which include sugars, starches and cellulose, also help to break down and burn fat.