



newsreport

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from ANP

Feeding the skin... from within

What you do when you are not visiting the salon and using professional products at home is a vital ingredient in the health of your skin. Lifestyle decisions like smoking, sunbathing, alcohol consumption and diet will all have an effect on the health of the skin. When the body is allocating nutrients from food the skin is the last organ to be provided for. A poor diet, stress, smoke, lack of sleep, alcohol and other environmental pollutants all take their toll on the body's capacity to stay healthy and neutralise all the toxins that it has to contend with daily.

There is an increasing body of clinical research pointing to the fact that beauty treatments can only go so far. The very familiar term 'you are what you eat' goes a lot further than just the weighing scales. Healthy, good looking skin depends on a combination of the right diet, with vitamins and minerals at effective levels, as well as the right treatments and products.

Research shows the importance of nutrition for healthy skin and concludes that taking oral supplements has many benefits over topical application. It feeds skin over the entire body in a bioactive form and feeds even the deeper layers of the skin (British Journal of Nutrition, 2006).

But why do we need supplements? Due to a multiplicity of influences even an apparently 'healthy' diet today in the UK can be deficient in vitamin and mineral levels required for good skin and wellbeing. Factors such as soil quality, farming methods, packaging, transportation, storage and even cooking methods all have a draining effect on the vitamin and mineral content of our food. All this means that individuals have to take control of their own health.

Using great products on the skin is only doing half the job. Feeding the skin from within has a powerful effect on its surface. For example, essential fats omega 3 (EPA and DHA) and omega 6 (GLA) are needed for every single skin cell to maintain its plumpness and smoothness. Dry skin is often a sign of a lack of these fats, which are a vital component of the cell walls; without them skin becomes and remains dehydrated, no matter how much water is drunk. Vitamin C supports the immune system and also prevents sagging skin by strengthening collagen. Antioxidants protect against free radical damage that contributes to wrinkles.

For more information: Solve Your Skin Problems – Patrick Holford £6.99 available from your salon.

What's good about... fruit & veg for skin

A good diet consisting of fresh, untreated foods is essential for the health of your entire body, not just your skin and reducing the speed at which it ages or degenerates in any way. Given the importance of keeping your digestive tract and liver in good working order for healthy skin, a diet should include foods naturally high in fibre; e.g. raw or lightly cooked veg and fruit, wholegrains, root vegetables, lentils, beans and other unprocessed foods, well chewed and eaten when you are relaxed.

A recent report in the British Journal of Nutrition stated that 'dietary bioactive compounds – including Vitamins A and C, carotenoids, polyphenols, selenium and zinc – have beneficial effects on skin health.' It also noted that 'the use of functional foods and oral supplements for improving skin condition is increasing.'

Eating plenty of antioxidant-rich foods every day is therefore a key dietary factor - red/orange/yellow vegetables and fruits such as sweet potatoes, carrots, apricots and watermelon, purple foods such as berries and grapes, green foods such as watercress, kale, alfalfa sprouts and broccoli, 'seed' foods such as peas and wholegrains, fresh nuts, seeds and their oils, onions, garlic.

So remember:

- * The Rainbow Rule... foods that offer a range of colours to help keep you healthy.
- * Fresh and Raw... vegetables and fruits are best when just picked and eaten raw. So buy the freshest don't cook or store too long.
- * Water and Fibre... fresh fruit and vegetables have a high water and fibre content so are great for increasing your water intake and cleansing the gut with undigested fibre.

Ref. Myriam, M, Sabatier, et al. Skin bioavailability of dietary vitamin E, carotenoids, polyphenols, vitamin C, zinc and selenium. *British Journal of Nutrition* 2006, 96:227-238.

What's bad about... sugary snacks for skin

Refined sugar and carb snacks may give you a quick buzz, but this burst of 'energy' is not good for your system. Very simply explained it puts the blood sugar out of balance and your body sends out more insulin to cope with this. If this happens regularly it results in the decreased ability to remove excess blood glucose from the bloodstream.

This then finds its way into the tissues and starts to create a low-grade chronic inflammation that causes the tissues to age prematurely. It will also cause long term systemic problems with other organs and a continued intake of highly refined sugary foods will have a detrimental effect on general health too – possibly resulting in diabetes, cardiovascular disease and Alzheimer's.

So avoid that chocolate bar or bag of crisps and have some nuts or an apple instead.

ANP presents: New SKIN Range

A great new range of SKIN supplements has been developed to make choosing your personal supplement programme easy-peasy!

As many of you are now aware – supplementing a healthy diet can have great results on your skin. But how do you know what is right for you? ANP have now simplified the whole process so that you can choose your core product from three different strength multis - and then add from a great new SKIN range depending on your specific needs.

Those of you not familiar with taking daily supplements can start with SKIN Vitality1 – a great single-pill 'multi' that is formulated by Patrick Holford with the best ingredients as a base-line daily supplement. You may then choose to add from the new SKIN range: SKIN Omegas – for dry and sensitive skin, SKIN C – for thread veins and those who bruise easily, SKIN Collagen Support – for wrinkles and fine lines or SKIN Defender – for those worried about the effects of sun damage and as an extra protection for paler skins. Any of these can be added as a boost to your specific needs.

It's a great system formulated by Patrick so that everybody can find a supplement that suits their personal skin requirements and lifestyle. Ask your salon for more details on the new SKIN range.

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IMPORTANT: The content of this newsletter is for general information only and does not constitute medical or other professional advice.

Good skin starts on the inside - talk to your therapist or visiting nutritionist about the Advanced Nutrition Programme products