



THRIVE, not survive!

Your Ideal 'Health Insurance': Living Quality Years without Intervention

Is Your Diet Giving You Wrinkles?

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Wrinkles may be an inevitable part of aging, but that doesn't mean fighting them is useless. Protecting your skin from exposure to ultraviolet radiation is the most significant thing you can do to prevent wrinkles, sagging, and discoloration. And, some people try invasive techniques, such as chemical peels, Botox, dermal fillers, or surgery.

But those efforts are all done from the outside. What about protecting your skin from the inside?

Can something as simple as modifying what you eat and drink help you smooth the lines on your face or prevent future wrinkles?

Erase wrinkles NO, look younger YES!

Studies show that what you eat, or don't eat, has a definite effect on the health of your skin. As the outermost barrier of the body and your largest organ, the skin is continuously exposed to various sources of stress, including many environmental factors. So, although a new diet won't clear away all your wrinkles or halt skin aging, nutrition can make a huge difference not only in how you look, but also how you feel. This in turn will influence how young or old you may appear to be.

Food fight... against aging!

Researchers are just beginning to explore the extent of diet's role in the skin aging process. One recent study revealed that people whose diets are rich in vegetables, beans, olive oil, nuts, and grains are less likely to wrinkle than those who feast on red meat, butter, dairy, and sugary foods.

Experts suspect that antioxidant vitamins A, C, and E and the minerals zinc and selenium may keep wrinkles at bay by reducing the amount of potentially damaging free radicals produced by skin cells. One study revealed that a



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supplement that included a combination of these antioxidant vitamins helped protect the skin from aging due to solar UV exposure.

Another study suggests that for light-skinned people, consuming a diet rich in carotenoids offers similar UV protection and also may contribute to healthy skin coloring.

To achieve a healthy, youthful glow, limit sun exposure (especially on the face) and turn to carotenoid-rich foods such as cantaloupe, apricots, carrots, sweet potatoes, spinach, and other fruits and vegetables that have deep green, yellow, orange, and red hues. **Supplementation (vitamins and minerals) is most likely needed to provide your skin further protection against aging.**

In addition, several research reviews have revealed that **botanical antioxidants show promise as an effective means of protecting skin cells** against ultraviolet radiation; this is another good reason to eat at least four servings of fruits and five of vegetables each day.

Some Healthy Food Choices for Your Skin and Body

Choose	Nutrients Supplied
Vegetables	
Spinach, leaf lettuce, carrots, squash, sweet potatoes	Vitamin A (carotenoids)
Tomatoes, bell peppers	Vitamin C
Fruits	Vitamin A (carotenoids)
Papayas, mangoes, cantaloupe	
Oranges, grapefruits	Vitamin C
Other Foods	Vitamins B, D, zinc, selenium
Fortified whole-grain cereals (check label)	
Nuts, sunflower seeds	Vitamin E, zinc
Salmon, tuna	Vitamins D, E, calcium, omega-3 oils, selenium, protein
Vegetable oil	Vitamins D, E
Low-fat milk	Vitamin A (retinol), calcium, zinc, selenium
Eggs	Vitamins A (retinol), E, B, zinc
Legumes, dried beans	Vitamins B, zinc



Visit the water fountain of youth—several times a day!

Imagine what happens to a plant when it goes without water for too long. It begins to droop, then it becomes dry and brittle. Watering the plant may bring it back, but it will likely have damaged leaves. Water works similarly within people. By drinking water, you moisturize your skin from the inside out, helping to maintain its elasticity and suppleness—less drooping, less drying, and less damage. Monitoring such things as your thirst and energy levels, as well as the concentration of your urine, is a good way to assess whether you're getting enough to drink. Alcoholic beverages and caffeinated drinks such as coffee, tea, and colas don't count; they have a diuretic effect that may deplete your body's water supply. Exercise and low humidity climates also can affect your body's water level. Remember to drink extra water each day to account for these factors.

The bottom line: you'll get out what you put in!

It may not be a sure cure for crows' feet, brow furrows, or laugh lines, but improving a few food and behavior choices could save your skin. Although studies specific to wrinkle prevention are currently limited, a host of other **studies reveal that the same vitamins and nutrients that may protect your skin also are beneficial to the health of your eyes, teeth, nails, bones, and circulatory system.** So, if a more youthful appearance is what you seek, then skin is only a portion of the equation. By eating a diverse diet, including five servings of vegetables per day, you can lower your age add as much as 4 years younger. And adding more antioxidants and essential oils can bring out a healthier and younger-looking you.

