

- Skin—care / Food

Raw foods for healthy skin

Wangaratta Chronicle · 20 Apr 2022 · 3

MANY raw foods are especially good for nourishing the skin.



Raw food provides the body with substantial amounts of fibre, minerals, vitamins, and essential fatty acids (EFAS).

All of these are important for hydrating the skin, maintaining its underlying structure (collagen and elastin) and supporting the vascular system that brings in nutrients, and carries toxins away from the skin.

Many types of raw foods can be combined to create delicious snacks and meals that are ideal for nourishing your skin, including:

- * Nuts and seeds, including raw nut butters;
- * Fruits and vegetables (avocado, banana, oranges, berries, kale, spinach, other dark greens);
- * Freshly made juices (fruit or vegetable);
- * Soaked/sprouted beans, legumes and grains;
- * Dried fruits and vegetables; * Fermented foods such as Kimchi and Kombucha; and
- * Seaweed.

Here are some of the many key nutrients that raw foods provide to the skin:

Antioxidants help your body process damage and slow down cellular ageing.

Many dermatologists recommend diets that are rich in the major antioxidants, vitamins, A, C, and E, to keep your skin wrinkle-free.

Antioxidants are abundant in fruits, especially citrus fruits, cantaloupe, berries, and veggies such as bell peppers and spinach.

Essential fatty acids (EFAS) – the Omega-3 and Omega-6 fatty acids are important for keeping your skin smooth.

Without fat, vitamins, A, D, E, and K are not readily absorbed; this can create a chain reaction of nutrient insufficiency that affects the skin.

EFAS also help reduce inflammation and are obtained through foods such as avocado, fish, olives and flaxseed.

Fibre supports movement in the gut, in turn helping your body remove toxins and keeping your skin healthy.

People who suffer from skin problems may also be suffering from constipation.

Glowing Skin Smoothie

We all know that beauty begins from within and that starts with the nourishment we give our bodies.

Why not start your morning with a delicious Glowing Skin smoothie.

A rich, creamy and sweet blend of avocado, banana, mango or berries and pineapple in a coconut water base provides ample hydration and Vitamin C (essential for producing collagen, a protein that helps maintain skin tone and plumpness).

Mix in spinach and/or kale to your liking for that superfood finishing touch.

Ingredients:

1/2 cup plain coconut water (or more as needed)

2 frozen bananas (previously peeled and sliced)

1 cup chopped pineapple (frozen or fresh)

1 cup chopped mango or berries (frozen or fresh)

2 cups spinach or kale

1/2 avocado, sliced

For allergy testing and natural skin management, contact Christos Miliankos or Tayla Adams at the NE Naturopathic Group on 5798 3344 to arrange an appointment.