- Skin—care

Do you want to look good without filters?

How to achieve that summer glow with healthy skin from within

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Skin conditions range from pimples, acne breakouts, rashes, dermatitis, dandruff, fungal infection, and can even be as bad as autoimmune skin conditions like psoriasis or worse, skin cancer.



Many factors cause the skin to break out, get inflamed, and age faster. Hormonal imbalances, a compromised immune system, which is highly associated with skin cancer and autoimmune skin diseases, exposure to environmental toxins, smoking, inadequate and poor quality sleep, stress, and primarily poor nutrition and hydration.

Oxidative stress is the number one culprit in skin inflammation and aging. Pimples, acne, wrinkles, rashes, and other skin irritations are all related to oxidative stress. This occurs when the free radicals or toxic chemicals in the body outweigh the antioxidants that quell inflammatory processes in the body.

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Since we need to prevent oxidative stress or at least neutralize it, we need large amounts of antioxidants regularly. Before you rush to purchase antioxidant capsules and the like, we need to understand that the best source of antioxidants is not chemically derived. They must come from wholesome, minimally processed plant sources like vegetables, fruits, herbs, spices, whole grains, nuts, and seeds.

Vitamin E supplements are marketed as antioxidants, but high doses of isolated nutrients can cause nutrient imbalances if used inappropriately. Collagen capsules are isolated nutrients that come in large molecules that are burdensome to the kidneys. Would you like to obtain antioxidants and collagen from synthetic sources at the expense of your health? Only those who have specific medical conditions that warrant nutrient supplementation under the supervision of a doctor and a registered nutritionist or dietitian must take concentrated dosages of nutrient supplements.

Aim to consume at least two servings of fruits and three servings of vegetables a day. That would amount to two medium-sized or one to two cups of fruits a day and one and a half cups of cooked or three cups of raw leafy vegetables every day. You can also eat your fresh produce in the form of smoothies. If your intake is inadequate, you can take fruits and vegetables in freeze-dried form. Just make sure that these are whole fruits and vegetables that have undergone freeze-dry techno-

logy to remove only the water and keep the phytonutrients and fiber intact until consumption. Examples are freeze-dried berries, wheatgrass, soy, and other vegetables.

Oftentimes, we hear about glutathione being taken in pill form or intravenously to make the skin glow, and as a side effect, whiten too. Glutathione is a powerful antioxidant that is produced by the liver. You can nourish your liver to produce glutathione naturally instead of pill popping every day. Consume cruciferous vegetables and allium vegetables that contain sulfur compounds to strengthen the liver. Cruciferous vegetables include cabbage, broccoli, cauliflower, bokchoy, arugula, kale, watercress, radish, pechay, mustard greens, dahon ng singkamas or turnip greens, Brussels sprouts, and the locally and widely available malunggay. Cruciferous vegetables must be chopped 45 minutes before cooking to allow the enzyme myrosinase to be activated. This enzyme helps in the formation of sulfur compounds. Allium vegetables are garlic, onions, leeks, shallots, chives, and scallions that can be added to flavor dishes. These vegetables must be chopped and allowed to settle for at least 10 to 15 minutes to allow the allyl sulfides to form.

Remember to nourish your skin with wholesome, minimally processed plant food sources every day to get that naturally glowing and smooth skin from within.