

- Skin—care

# Glow from within

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We've all heard the phrase 'you are what you eat', and our skin is the first one to make it true. Today's stores, be it pharmacies or salons all are flooded with skincare products. These products can help and nourish from the outside, but real, lasting radiance begins from within. The connection between nutrition and beautiful skin is powerful and in nutritional language it is said, what you put on your plate directly influences how you look. Let's get deep into it and understand the relation between nutri



Skin is body's largest organ, and just like heart or brain, it thrives on the nutrients. Every cell in present in the skin depends on vitamins, minerals, amino acids, and healthy fats to repair itself and stay strong. When diet lacks these essential nutrients, skin struggles to defend itself, leading to dullness, dryness, or premature aging.

A diet rich in whole, colourful, unprocessed foods can help maintain elasticity, fight inflammation, and protect against environment like pollution and UV rays. Essentially, beauty nutrition helps keeping skin both healthy and radiant. structure.

**Vitamin C – Found in citrus fruits, bell peppers, strawberries, and kiwis, vitamin C boosts collagen production, helping skin stay firm and youthful. It's also a powerful antioxidant that protects against freeradical damage.**

**Vitamin E – This fatsoluble antioxidant helps neutralize oxidative stress and keeps skin hydrated. Nuts, seeds, and avocados are excellent sources.**

**Omega3 fatty acids – Vital for maintaining the skin's lipid barrier, omega3s found in salmon, chia seeds, and walnuts help lock moisture and calm inflammation.**

**Proteins – A very essential nutriin moisture and calm inflammation for skin health. It acts as the building block for collagen, Zinc – This mineral supports elastin, and keratin, which mainskin healing and regulates oil tain skin firmness, elasticity, and production, making it particularly**

**important for acne-prone complexions. Its found in pumpkin seeds, lentils, and lean meats.**

**Lycopene, a potent carotenoid antioxidant- Found primarily in cooked tomatoes, this phytonutrient, improves skin health by neutralizing free radicals, reducing UV-induced damage, and stimu-**

lating collagen production. Regular consumption can decrease skin redness, enhance firmness, and delay premature aging.

Water – Hydration is the key to healthy skin. Drinking enough water keeps cells plump, Think of daily diet as skincare routine in edible form. Fresh fruits, coloured vegetables, whole grains, eggs, fish and lean proteins, like, lentils, nuts and healthy fats create a balanced nutritional base for glowing skin. Focus on antioxidant rich foods like berries, leafy greens, and hydration. Healthy fats from sources like olive oil, flaxseeds, and fatty fish keeps skin supple.

Meanwhile, limit highly processed foods, excess sugar, and oily foods as they can make skin looking dull, dehydrated and more prone to breakouts .

Beautiful skin is not just about what we eat, it's also about how we live. Regular exercise improves circulation, delivering more oxygen and nutrients to your skin. Quality sleep allows body to repair and rejuvenate. Stress management is equally vital, as chronic stress can trigger inflammation and hormonal imbalances that show up on the face.

To conclude, nutrition is one of the most easily accessible beauty tool. By regularly nourishing body with skinloving foods, one can create a natural glow that no product can replicate. Remember, radiant skin isn't built in a day, it's nourished and built by healthy choices. Eat well, hydrate and sleep well, manage stress and then let your inner health glow through your skin.