

a lifestyle- based

Approach to Healthy Skin

A free-info booklet



www.mywellnessdoctor.co.uk



Factors that adversely affect the skin

INADEQUATE
HYDRATION

SUNLIGHT

OXIDATION

NUTRIENT DEPLETION

INFLAMMATION

LACK OF EXERCISE

INADEQUATE

LACK OF SLEEP

OILS

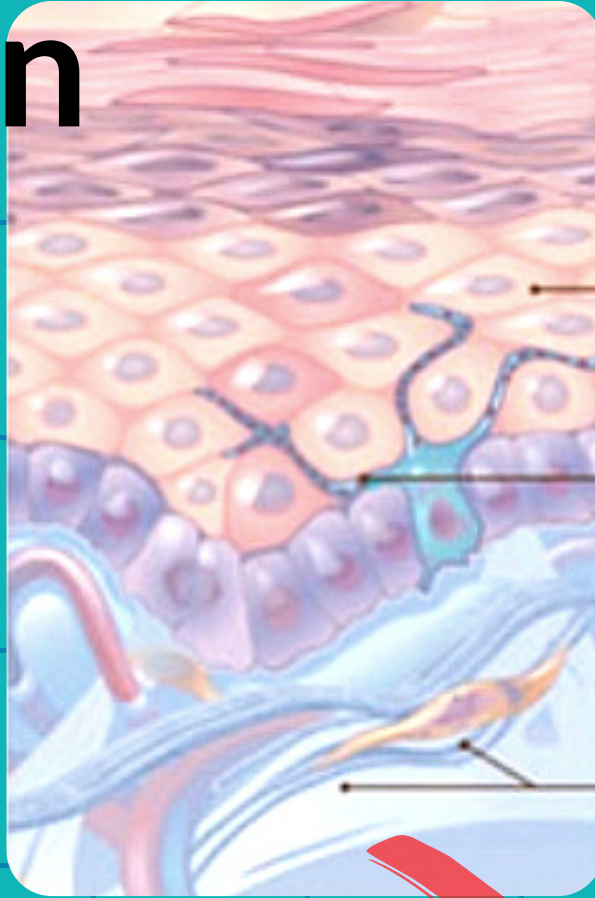
STRESS

POLLUTION



Healthy skin

Hydrated & organised epidermis



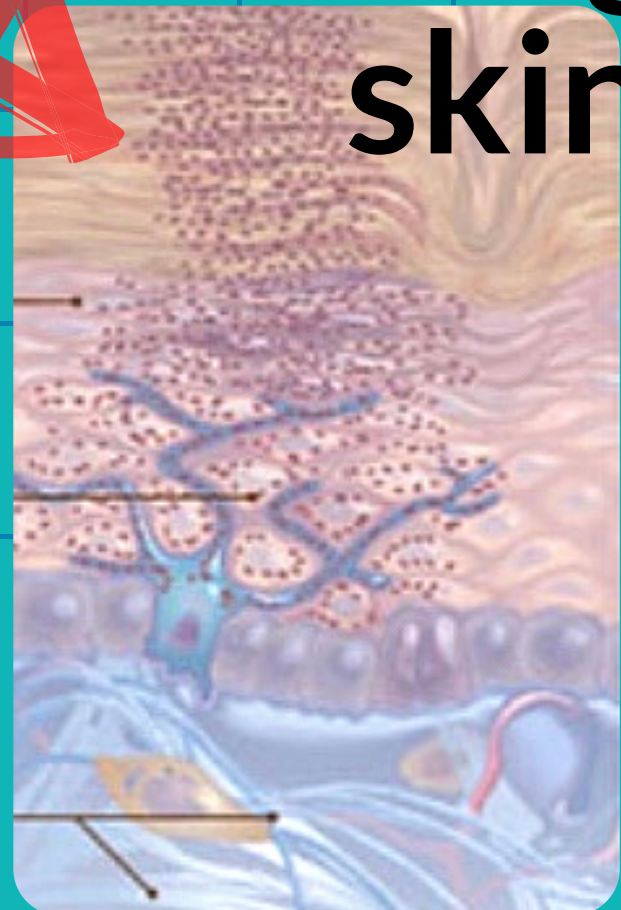
Evenly distributed pigmentation
Supportive, strong collagen & elastin

Damaged skin

De-hydrated & disorganised epidermis

Excess Melanin

Weak, damaged collagen & elastin



Oxidation

By free radicals, damages cell membrane fatty acids, impacting on the skin barrier

Lack of sleep

Sleep is the bodies chance to repair damage from the day. Lack of sleep leads to a build up in cellular waste and

gradual dysregulated pigmentation & weaker structural elements

Inadequate hydration

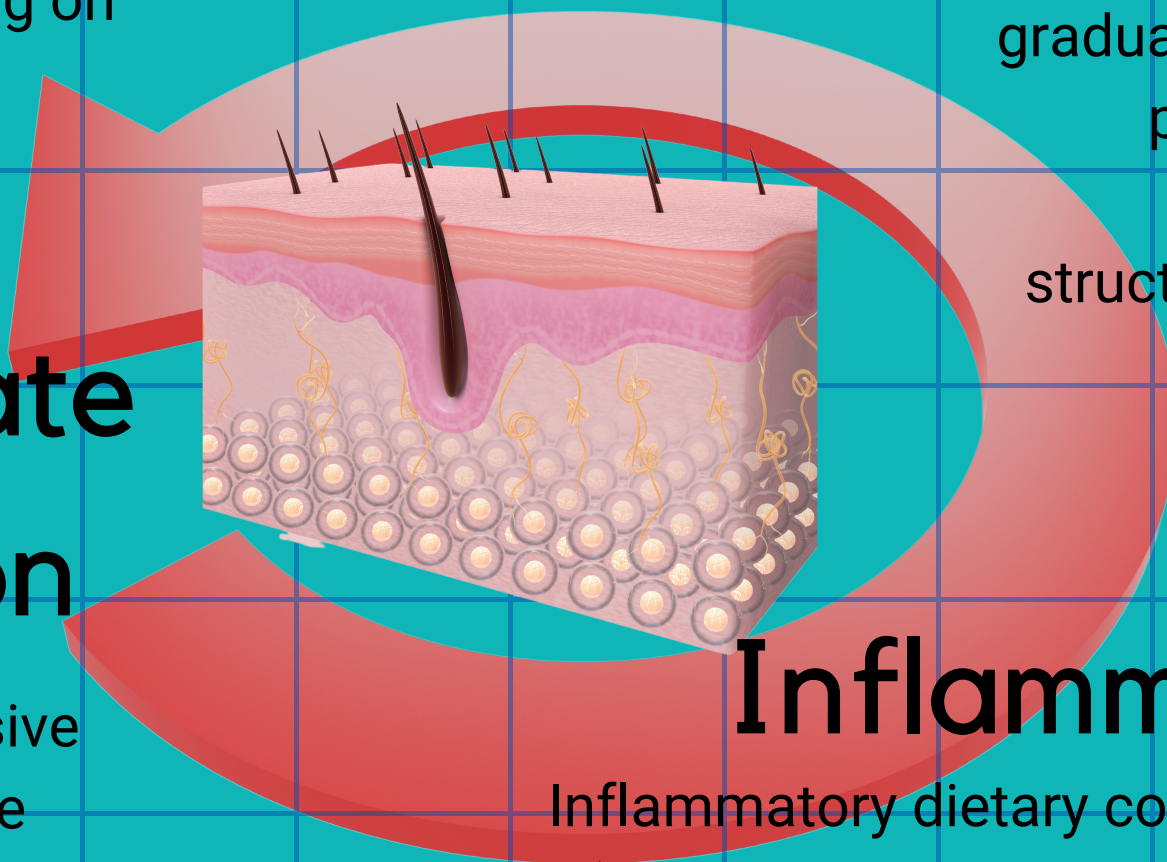
Flatter, less cohesive epidermal cells are less effective at maintaining water.

The skin appears dull & dry

Subsequent increased bacterial skin penetration worsens inflammation and cell cohesion.

Inflammation

Inflammatory dietary components (animal fats/proteins, processed carbohydrates) activates metalloprotease enzymes gradually weakening the elastin and collagen matrix



Nutrient depletion

A lack of minerals like zinc, copper and magnesium impact on the skins renewal processes and enzyme activity.

Inadequate vitamin C impacts on collagen production

Inadequate oils

Optimal Omega3:6 balance ideally through good seed/nut and legume intake helps in skin surface repair and optimal sebum constitution.

Lack of exercise

Exercise positivity impacts:

1. Epigenetics
2. The microbiome
3. Inflammaging

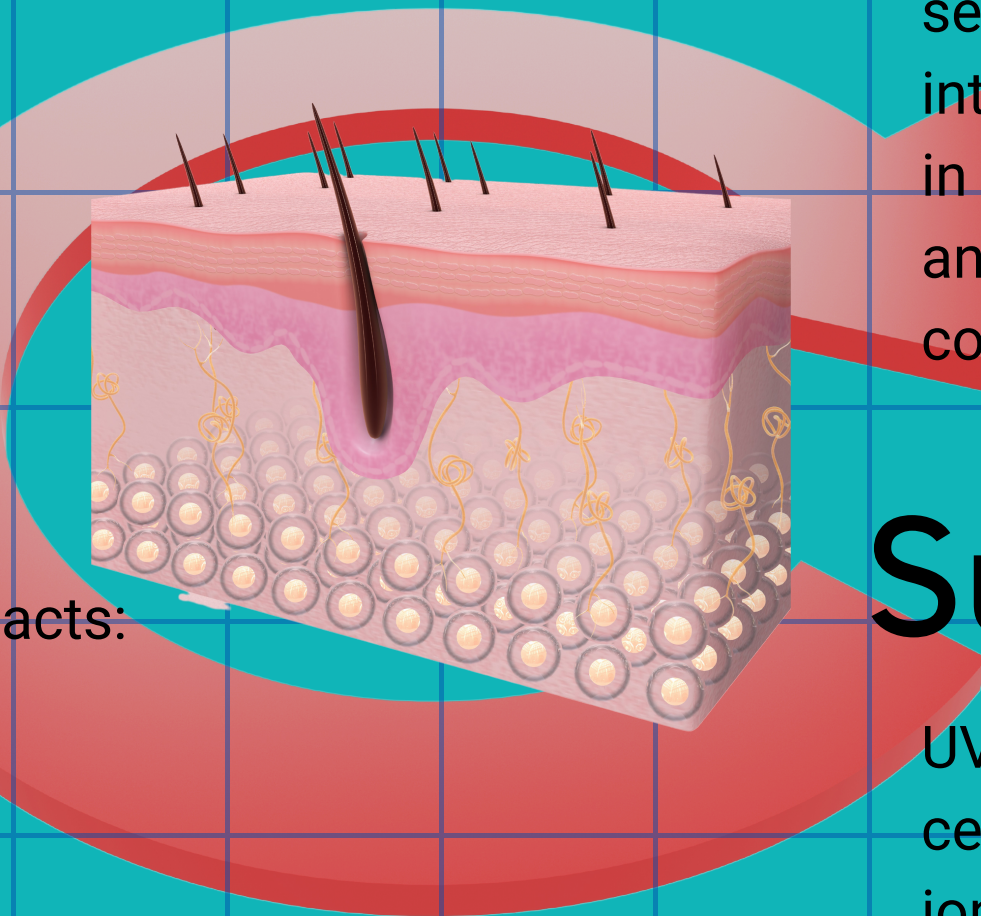
All three have a healthy impact on our skin. Exercise also improves blood supply.

Stress

Chronically high cortisol levels downregulate repair mechanisms, impact cellular immunity and, raises glucose concentration in the dermis promoting damaging glycation.

Sunlight

UVA contributes to cellular aging. UVB can ionise DNA atoms leading to skin cancer.



A woman in a black suit sits on the letter 'O' of the word 'SOLUTIONS'. A man in a dark suit stands to the left, pointing at the 'S'. A man in a dark suit sits on the floor to the right, working on a laptop. A man in a light blue shirt and dark tie stands to the right, pointing at the 'S'. A man in a dark suit stands to the far right.

SOLUTIONS

EXERCISE

150 MINS/WEEK

**8-9 PORTIONS OF
FRUIT & VEG / DAY**

**SPF 50 IN SUMMER
& 20 IN WINTER**

**2-3 PORTIONS
NUT/SEEDS DAILY**

WHOLEGRAINS

2-3/DAY

**RELIEVE STRESS
MEDITATION,
CBT, SOCIALISE**

**AVOID ANIMAL FATS
& PROTEINS**

**7-8 HOURS
SLEEP**



Thanks for reading

[Li(festyle) + (S)kin]

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