

Tips on Maintaining HEALTHY SKIN

by Shelly Crossman, DCNP, FNP-C, Owner, Dermatology & Skin Care by Shelly

When we think about getting strong for the summer, we should think about the body as a whole, including having strong and radiant skin. Let's focus on just a few key areas that help build strong and healthy skin — a healthy balanced diet, staying hydrated, using antioxidant rich skin care products, and daily exercise.

A balanced healthy diet benefiting your skin includes foods rich in vitamins A, C and E, omega-3 fatty acids, lean proteins and collagen peptides, which help nourish your skin from within.

Your gut health is so important for healthy skin. Some skin conditions have been linked to an imbalanced gut. Eat foods rich in beneficial bacteria, like probiotics and fiber. Kimchi is also one of these beneficial foods. Anti-inflammatory foods, foods rich in antioxidants and amino acids are crucial, too.

Staying hydrated is underestimated and so crucial for keeping skin strong and supple.

Not only drinking plenty of water but by

consuming hydrating foods like watermelon and cucumbers can do wonders for your skin's health. If you do not enjoy water, I suggest looking up healthy additives (AG1) that have vitamins, minerals, adaptogens, antioxidants and digestive enzymes and actually taste good, or even try flavored vinegars.

I recommend 100% mineral sunblock. The saying is true, what you put on your body is as important as what you put in it. This is the MOST important thing you can do for your skin to prevent skin cancer and premature aging.

Also, look for products packed with antioxidants; they help protect your skin from environmental damage caused by the sun and other external factors and help slow skin aging. Lightweight moisturizers and serums with ingredients like vitamins C, E, Coenzyme Q 10, polyphenols, retinoids, resveratrol, niacinamide, glycolic acid, peptides (GHK-CU etc.), ceramides, lactic acid, salicylic acid and green tea extract are great options.

Regular physical activity promotes healthy blood circulation, which can give your skin a natural glow. So, whether it's jogging, hiking, taking a swim or maybe trying a new summer

sport, staying active can contribute to vibrant skin.

May is Melanoma and Skin Cancer Awareness Month. Make sure you're getting your skin checked from head to toe.

