

Nutritional Bites - Issue 1

You will read about some interesting facts and nutrition tips to help keep you healthy and looking and feeling good! In this issue we will focus on how to get your skin looking good for summer and the importance of essential fats.



Looking good on the outside begins by being healthy on the inside. To have healthy skin we need to focus on whole, unprocessed foods with plenty of fibre and drink plenty of water, at least 8 glasses per

day. Water rehydrates the skin and flushes out toxic wastes.

Reduce or avoid saturated fats found in fatty meats and fried foods sugary foods and drinks, coffee, refined carbohydrates and processed and junk food, alcohol and fizzy drinks. These foods dehydrate the body and clog the skin and do not provide essential nutrients needed for the health of your skin.

Did you know that many skin disorders are associated with problems in the bowel and digestive system?

If the body is lacking in digestive enzymes or is unable to rid itself of waste products effectively via the bowel, it will attempt to use the skin as an alternative route to eliminate toxins, leading to a variety of skin related problems such as acne, eczema, spots etc.

Top Tips for Healthy Skin

1. Drink Plenty of Water. Try to drink at least 1.5 litres of water per day—more if you are in a hot climate or exercising. Lack of fluids leaves your skin cells dehydrated and can lead to conditions such as dry skin.
2. Eat lots of anti-oxidant rich fruit and vegetables—and choose a rainbow color selection—purple, red, blue, orange, red, green and yellow. The red and purple colors in berries and yellows and oranges

in sweet potatoes and carrots etc are great sources of antioxidants. Antioxidants in foods help to protect our skin (and other) cells from damage from pollution, chemicals, smoke, sunlight, toxins etc. Also these antioxidants can promote skin firming collagen and slow down the formation of wrinkles.

3. Eat plenty oily fish and avocados—these provide essential fatty acids which are vital for healthy skin cells. Use cold pressed oils such as flaxseed oil, walnut or avocado oil to make salad dressings. Enjoy avocados in salads and sandwiches and try salmon, trout, mackerel, sardines and herring for your healthy, oily fish! If your skin is very dry you could also try to take an essential fatty acid supplement.

4. Eat foods high in Vitamin E—Vitamin E helps to keep skin elastic and supple. Nuts and seeds such as almonds, hazelnuts, brazil nuts, sunflower and pumpkin seeds are great as are other foods rich in Vitamin E such as eggs, mango and wholegrains such as brown rice and oats.

5. Eat plenty zinc rich foods—zinc is an essential mineral for skin health and also skin healing—try good quality meat, seafood, eggs, nuts, beans, lentils, brown rice to improve your skin.

You could also try to externally apply honey, leave for 20 minutes then rinse off. To help your skin feel soft and smooth.

Skin Facts

Did you know the skin is the largest organ in your body.

1 inch of skin contains 60 sweat glands, 65 hair follicles, over 1000 nerve endings, 9000 sensory cells, 94 oil glands, 1250 pain receptors and many heat receptors! - an amazing organ indeed! Many factors affect the health of the skin—age, genes, climate, pollution, diet, stress and hormones. However changes in complexion are usually swayed by two major factors—how well your internal organs of elimination are working and if your body is lacking vitamins and minerals. Its all back to your food again!

Try a mini morning cleanse with warm water and a squeeze of lemon juice to kick start your digestive juices and clear out wastes and toxins from the day before.

Dry Skin Brushing for Beautiful Skin

The skin plays an essential role in ridding the body of its wastes and toxins.

Dry skin brushing is one of the most powerful ways to cleanse and exfoliate the skin and the lymphatic system. Waste material is carried away from the cells by the blood and lymph and is eliminated via the



bowel. Skin brushing opens up the pores, allowing the body to breathe and thus enhance proper functioning of the organs.

You can buy a long handled natural bristle brush from a health foods shop or chemist. Brush the skin daily BEFORE a bath or a shower. A complete skin brushing should take about 4-5 minutes.

Try to cover the whole body except the face, when brushing. You only need to pass once over the body in clean sweeps, brushing in long stroking movements, always in the direction of the heart.

Research News—The Evidence Mounts for Brain Food

3 more studies have been published recently showing a clear benefit from giving school children Omega 3 supplements. One gave 15-16 year olds supplements in the 12 weeks up to exams. On average they exceeded the results predicted for them by one grade.

In another study involving children with persistent behaviour difficulties and at high risk of exclusion, a combination of EPA, DHA and GLA was given for 3 months and produced a massive reduction in inattention, impulsivity and hyperactivity.

A third study of 47 young children age 2-3 years showed massive improvements in behaviour with fish oil supplements.

Other new research shows that people who eat oily fish have a 47% lower risk of developing dementia and a

39% lower risk of developing Alzheimer's disease than those who don't.

The Fats of Life

Did you know that eating the right kind of fats in your diet can help with your health and wellbeing?

Today there can be the mistaken belief that to be healthy we need to eat a low fat diet. Followers of low fat diets or people eating the wrong kinds of fats can be unwittingly storing up future health problems.

These 'good' or essential fats must be eaten as they are not made in the body – so they are an essential nutrient for health. Many people today are deficient in these kinds of fats.

So what can these 'good' fats do for you? For example, they can help balance hormones, reduce pain and inflammation, protect heart health, boost your immune system, keep joints supple, promote good bone health, improve the texture of your skin, improve mood and help you lose weight by "burning fat" in the body. They are also important for children's learning and development. So as you can see they are a vital ingredient for good health.

These 'good' fats, which are helpers to health are found in oily fish such as salmon, mackerel, fresh tuna, herring, sardines and trout. Also they are found in nuts and seeds and their oils such as flaxseeds, pumpkin seeds, avocados, walnuts, almonds and sunflower seeds. Try some fresh nuts / seeds in cereal or as a healthy snack!

However don't cook with plant oils as they become rancid – try olive oil or coconut oil instead.

People in other parts of the world who get their fats from nuts, seeds, oily fish, olive oil and avocados remain healthier than those who consume a lot of fried foods, fatty meats and processed foods. Think of the typical Mediterranean diet!

So enjoy your 'fats of life' and reap the rewards.