

Do nutritional supplements make a difference in skin rejuvenation??

Cindy D., Plano TX

Even though changing your nutrition is not going to wipe out all your wrinkles or completely stop skin aging, **it is important to realize that what you eat affects every organ in your body- and skin is no exception.** If you think that an expensive skin cream will completely nourish your skin, then think again! Applying a cream with nutrients to the surface of your skin does not ensure that those nutrients actually penetrate into your skin cells. They may just "sit there" until your next shower.

The journey towards healthy skin begins with good nutrition - a well-balanced diet is essential for healthy skin. When the nutrients are ingested and absorbed into your bloodstream, they are sure to be delivered to your skin cells. A good diet won't necessarily reverse damage that is already done, but it will prevent more damage. Skin cells need plenty of vitamins, minerals, and healthy fats -like Omega-3 and Omega-6 Essential Fatty Acids (EFA). Fatty acids strengthen the skin's ability to retain moisture and stimulate the production of collagen and elastin. As well, EFAs help

keep your skin stay soft and repair damage. In fact, dry, itchy, scaly skin is a sure sign of fatty acid deficiency. **Vitamins A, C, and E are also important to help your skin fight infection and heal.** We recommend that when having a facial or micro-dermabrasion, it is always a good idea to add a multi-vitamin ampoule to your treatment. The addition of the minerals zinc and selenium will also help fight the aging process. Zinc can clear the skin by controlling oil, and it is also important in cell growth. Selenium can protect your skin against sun damage by helping minimize the damage caused by free radicals.

The simple guide below will help you find these nutrients in your diet. If you find it difficult to include these foods in your diet regularly, you can always choose to take supplements.

Vitamin A:

Yellow and dark leafy vegetables.

Vitamin C:

Citrus fruits, broccoli, bell peppers, Brussels sprouts, and leafy greens.

Vitamin E:

Vegetable oils, nuts, seeds, olives, spinach, and asparagus.

Zinc:

Oysters, pumpkin seeds, lean meats, and chicken.

Selenium:

Whole grains, seafood, garlic, eggs, and liver.

Omega 3 EFA:

Fish is not the only source! Flaxseed oil contains twice as much as in fish oil. Other sources are green leafy vegetables, soy, and grains.

Omega 6 EFA:

Linoleic Acid - nuts, grains, soy, and sunflower and safflower oils.

Dr. Fiona Wright is the founder of Skin MD and Beyond Wellness Center (formerly the Aesthetic Institute of Plano). She has lived and practiced in Collin County for 12 years and has earned a reputation as one of the premier physicians in the area of cosmetic dermatology in the Dallas - Fort Worth area. She has been featured in several NBC News Health Reports and is well known for her honest opinions and expertise.



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Christopher J. Riegel, M.D., Medical Director Pamela Riegel, R.N., Clinical Director

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