

How to Obtain and Maintain Beautiful Naturally Healthy Skin

Skin is something everyone, especially women, strives to maintain looking beautiful, youthful, and glowing. It is the organ in our body that receives the most external exposure to all of the dirt, UV-rays, and toxins in our world. Keeping your skin healthy is important to the overall health of your body because it is your first line of defense and the first barrier and filtration system for your body against the outside world.

Most of us use products to help protect our skin, moisturize it, and even enhance it. It is an industry that makes roughly \$160 billion dollars annually. While these products can be beneficial, it is important to look at the ingredients in them. 33% of personal care products contain at least one chemical linked to cancer. 22% of cosmetics are contaminated with the possible cancer causing impurity 1,4-dioxane. Also, on average there are 10 ingredients that are banned by the FDA in cosmetics in the United States. It is important to take a look at the ingredients in your cosmetics and lotions to make sure they contain 100% all-natural or organic products. Also avoid any products that use Perabans, which are being linked to cancer.

Improving your diet and lifestyle is also extremely beneficial to the health of your skin. Your skin turns ultraviolet rays into vitamin D, so about 15 minutes of direct sun-exposure is recommended daily. But don't forget to apply your sunscreen every hour and a half when outside your skin is protected. Also make sure you are applying a sunscreen that does not contain Oxybenzone and Retinylpalmitate, which have been linked to causing tumors in lab rats. Drinking water is also directly correlated to the health of your skin. The healthier, more hydrated the skin is the more glowing and beautiful it will look. As a general rule, the amount of water an individual should consume is half of an individual's body weight, that number should be the amount of ounces of water consumed per day.

True all-natural products are hard to find because so many are contaminated. It requires work and a little bit of research. Some products that are highly recommended and are guaranteed to be made from 100% purity and quality substances is USANA's Sensé line of cosmetics and person hygiene products. <http://shop.usana.com/shop/cart/Categories?parentCat=5>. Some other remedies include using natural and organic foods to treat certain ailments. Food is a very powerful medicine. Dr. Leslie Baumann, MD is the leading expert of cosmetic ingredients. She suggests finding your certain concern and then finding the proper ingredients and botanicals to treat it. Below is part of an article written by Dr. Baumann on certain foods and botanicals that she suggests for some common conditions.

- **Argan oil**, derived from the fruit of a tree that grows in Morocco, has been dubbed "liquid gold." The vitamin E-rich oil can be found in a Kiehl's body lotion. Baumann says Argan oil may improve skin ailments such as eczema, [psoriasis](#), [wrinkles](#), and dry skin. She also recommends olive, safflower, walnut, avocado, and evening primrose oils for dry skin.
- **Soy** can help prevent pigmentation, Baumann says. "**Active soy**" in Aveeno Positively Radiant and Neutrogena products has been altered in the laboratory for greater effectiveness. Licorice, mulberry, and burberry extracts, along with Vitamin C from citrus fruits -- grapefruit, lime, lemon, and orange -- can also fade brown spots.
- **Maitake mushrooms**, found in Origins' Plantidote, may help people with sensitive skin who suffer from rosacea and redness, she says. Chamomile, oatmeal, aloe vera, licorice, and cucumber extracts all have soothing properties; check out Jurlique products. **Feverfew**, a member of the sunflower family, also has calming properties. It's an ingredient in Aveeno's Ultra-Calming line.
- **Rhodiola (or rhodeola)**, known as golden root, is native to the high Himalayas. In a recent study of people with sensitive skin, those treated with rhodiola extract reported improved skin sensation and less skin dryness. Origins' Youthtopia skin-firming lotion contains extracts.
- **CoffeeBerry** is harvested from the coffee cherry, the outer, fleshy casing of the coffee bean. It is said to possess antioxidant activity greater than pomegranates, berries, and green teas. In studies sponsored by Stiefel Laboratories, which owns the proprietary name, CoffeeBerry treatment improved the appearance of wrinkles, fine lines, and pigmentation. Look for the Revaleskin brand.
- **Resveratrol**, a polyphenol from wine and grape skins, serves as an antioxidant and anti-inflammatory. Animal studies suggest that resveratrol applied to the skin may help protect against harmful UV damage. The Caudalie line contains resveratrol.
- **Green tea** is rich in antioxidants, especially one that may curb UV skin damage, some studies have shown. Pomegranate products may also help protect against UV skin damage, according to other research.
- **White tea** is unfermented and uncured; only the young tips are used. Origins has a line called A Perfect World featuring white tea. In an industry-sponsored study, white tea extract was also shown to limit sunlight-incurred damage in human skin.