

NUTRITIONAL ROOTS WELLNESS

MONTHLY INSPIRATION FOR A BETTER YOU.

5 Steps to Glowing Skin – Start from the Inside



Summer is around the corner! And, for many of us, that means more skin exposed to the elements. Here are some tips to help you maintain healthy and glowing skin - from the inside out.

I love the heat! Every spring, I get excited (and a little impatient) for the real warmth to hit. And, along with it, the green grass, blooming plants, and dirt ready to be dug! Warmer weather means I am outside SO much more and exposing more skin to the sun.

And, while...

...a little exposure to the sun is good.

...sunscreen can protect us when we need it.

...wearing clothes that cover the skin can also protect us.

We can also support our skin from the inside out with nutritious supports.

Here are two wildly important things about your skin right out of the gate:

Number 1: your skin is the heaviest and largest organ of your body.

Number 2: your skin is the external reflection of your overall health and well-being.

Take a second to absorb that (a little skin-related humor!)

The beautiful outer covering of our body comes in all different colors, shapes, and sizes, and is a powerful, multifaceted organ.

The skin:

- provides the body with sensory capabilities,
- protects its underlying tissues from the outward environment,
- regulates body temperature, and
- excretes toxins.

But perhaps most importantly, it acts as an external reflection of our internal health.

Today, I'm going to share with you five steps to achieve glowing skin from the inside out.

Step One: Stay Hydrated

For most people, this is much easier said than done, but it is the simplest and most affordable path to achieving healthy, glowing skin. When our bodies are dehydrated, our skin can become dry and itchy, informing us outwardly that our internal organs are thirsty.

To ensure you're well-hydrated, be sure to drink half your weight in fluid ounces per day.

So, if you weigh 140lbs, your goal should be to drink about 70 ounces of water per day. Also, try and limit diuretics that dehydrate you further.

$$\text{OUNCES TO DRINK} = \frac{\text{WEIGHT}}{2}$$

Popular diuretics include coffee, juice, soda, energy drinks, alcohol, and other caffeinated beverages.

Step Two: Include Healthy Fats in Your Eating Plan

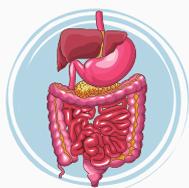
Healthy skin requires essential fatty acids, such as Omega 3 and Omega 6, to reduce inflammation and create a glowing, supple appearance. Our bodies cannot produce these essential fatty acids on their own, so we need to obtain them through high-quality foods.

Foods rich in these EFAs include, but are not limited to:

- wild-caught fatty fish such as salmon and mackerel,
- pasture-raised eggs,
- other animal proteins,
- seeds, such as flax, chia, or hemp, and
- vegetables like spinach, Brussels sprouts, and avocado.



Step Three: Support your Gut Health



Evidence has demonstrated an intimate connection between the gut and skin health. Studies have shown a direct correlation between an imbalanced and unhealthy gut microbiome and certain skin disorders such as acne, eczema, and psoriasis (1).

To support this gut-skin relationship, probiotic supplementation can be incredibly helpful. In addition to a high-quality probiotic supplement, you should also include probiotic-rich foods such as sauerkraut, kimchi, or whole-fat plain yogurt if you tolerate dairy.

Step Four: Maintain Balanced Blood Sugar



The food choices you make with every *meal and snack* impact your blood sugar! This means that a healthy diet is truly the foundation of well-balanced blood sugar.

Following a nutrient-dense whole foods diet of high-quality proteins, healthy fats, complex carbohydrates, and filtered water will be key to having beautiful, smooth skin. Additionally, avoiding refined sugars and processed carbohydrates is

important, as these foods wreak havoc on your gut health and therefore, skin health.

Step Five: Maintain an Active and Non-Toxic Lifestyle



As a part of this beautiful, multifaceted organ, the skin both excretes and absorbs. Exercise and sweat therapy is the best way for your body to get rid of unwanted toxins.

However, if you utilize chemical-filled body products, you're reabsorbing those toxins, only to sweat them back out and start the whole cycle over again.

To maintain beautiful skin, it's important to exercise and sweat, but also ensure the products you put on your body are non-toxic and pure.

Check out the [Glowing Skin Supports](#) page for some resources!

Following these five steps will provide a wonderful jumping-off point to support your skin, the largest organ of your body. Maintaining a diet of nutrient-dense whole foods will provide the ultimate foundation for optimal health and glowing skin from the inside out!

Glowing Skin Supports

MADE



EASY

On Your Own



Monitor your water intake!

Use rubber bands on a glass to represent each glass you need to drink in a day. For example if you need to drink 70 ounces and each band = 10 ounces, you will use 7 bands. Remove the bands each time you finish a glass.



Use the Environmental Working Group for product toxin levels!

www.ewg.com

Here, you can search products and food items for toxin levels. You can also get the Clean 15 list, Dirty Dozen list, and more!

Nutritious Foods



Add avocados, pastured eggs, salmon, and hemp hearts to your weekly shopping list.

These foods are fantastic sources of healthy fats!



Remove foods with added sugar from your weekly shopping list.

Always check the ingredient section of food labels, also, for sneaky sugars!

Purchase Options:



Buy probiotic rich foods.

Some options...



HAWTHORNE
VALLEY



TO REVIEW...



Step One: Stay Hydrated



Step Two: Include Healthy Fats in Your Eating Plan



Step Three: Support Your Gut Health



Step Four: Maintain Balanced Blood Sugar



Step Five: Maintain an Active and Non-Toxic Lifestyle

RESOURCES

1. Salem, Iman, et al. "The Gut Microbiome as a Major Regulator of the Gut-Skin Axis." *Frontiers in Microbiology*, Frontiers Media S.A., 10 July 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6048199/.

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