



HEALTH MATTERS!



WITH GARY BAVERSTOCK
NUTRITIONAL THERAPIST

LOOKING GOOD FROM THE INSIDE OUT How to have the best Skin, Hair, Nail & Eye Health

Essential recommendations to help promote the best skin, hair, nail & eye health from our nutritionist Gary Baverstock.

Skin

The skin is the largest organ in the body. One square inch of skin contains approximately 250 sweat glands, 25 hairs, 40 sebaceous glands, at least 7.5 feet of blood vessels, 30 feet of nerves with 7,500 sensory cells at their ends. It is amazing to think that we shed one surface layer of dead cells every 24 hours! The following foods can help to promote optimal skin health.

- **Beta Carotene, Vitamins C and E & Selenium:** These are important antioxidants and free radical scavengers needed for optimal skin protection. Vitamin E also appears to lessen the likelihood of scars and Vitamin C is required for tissue repair.
- **Anthocyanins:** Are a particular type of flavonoid that can help to reinforce and preserve collagen in the body, so much so, that these naturally occurring compounds are often included in cosmetics to help improve skin elasticity
- **Omega 3's:** Act as a natural waterproofing for the skin and can be considered moisturising from the inside – to help the skin to look more hydrated and improve vitality. Omega 3's also help to control skin problems caused by allergies and are useful for inflammatory skin disorders like eczema.
- **Zinc:** Stimulates the healing of wounds and skin irritations, which makes it especially useful for skin complaints such as acne, eczema and psoriasis.
- **Evening Primrose Oil:** Is useful for many skin problems, particularly inflammatory skin disorders such as eczema.
- **B Vitamins:** Are important, especially B2 and B5 as they help to reduce facial oiliness. Deficiencies can be detected through skin health, such as cracking of the corner of the mouth (B2 & B6), as can be red greasy skin at the side of the nose. Low levels of B12 and folic Acid (B9) can result in a pale complexion and a general deficiency of the B vitamins is implicated in eczema.
- **Chromium:** Is thought that the skin's glucose tolerance is significantly impaired in those with acne, which makes chromium a particularly important nutrient in this situation.

Hair

Just like skin, the condition of your hair is an outward sign of inside health. The cells that make up each strand of hair require a regular supply of key nutrients. Eating the correct balance of the following vitamins and minerals to supply hair with all that it needs to remain shiny, lustrous and strong.

- **Protein:** As hair is made of protein (keratin), ensuring you have enough protein in your diet is crucial for making hair strong and healthy.
- **Iron:** Is an especially important mineral for hair and too little iron (anaemia) is a major cause of hair loss. The hair follicle and root are fed by a nutrient rich blood supply.
- **Vitamin C:** Is an antioxidant that can help to prevent free radical damage and also helps in the production of collagen, which strengthens the capillaries that supply the hair shafts.
- **Omega-3 fatty acids:** Are found in the cells that line the scalp and also provide the oils that keep your scalp and hair hydrated and moisturised.
- **Vitamin A:** Is needed by the body to make sebum – an oily substance created by our hairs sebaceous glands and provides a natural conditioner for a healthy scalp. Without sebum we may experience an itchy scalp and dry hair.
- **Zinc and Selenium:** Scalp protection involves other important minerals, notably zinc and selenium. A lack of zinc can lead to hair loss and a dry, flaky scalp.
- **Vitamin E:** The sun can damage our hair just like it can damage our skin so ensure you eat foods rich in vitamin E to provide protection for your hair.
- **Biotin:** Lack of the B vitamin Biotin can cause brittle hair and may lead to hair loss.

Nails

Healthy nails appear smooth, without ridges or grooves. They should be uniform in colour and consistency and free of spots or discoloration. Similar to symptoms such as fatigue, bloating or rashes, the health of our nails is often an indicator of what is going on inside your body. In order to improve the look and feel of your nails from the inside out, follow the nutritional steps below.

- **Omega 3 fats:** The health of every cell membrane in your body is dependent on the fats in your diet. Omega 3's provide the fatty acids your nails need to stay strong and prevent splitting.
- **Iron:** Is essential for healthy nails, skin colour, and hair growth.
- **Protein:** Your nails are composed of laminated layers of a protein called keratin.
- **Zinc:** A lack of this mineral in your diet could be the reason your nails are weak or not growing and the reason for the white spots many of us notice on our nails.
- **Biotin:** This B-vitamin promotes healthy cell growth and helps the body metabolize protein-building amino acids – all good things when it comes to helping nails grow stronger and healthier.

Eyes

There's no substitute for the quality of life good vision offers. Adding certain nutrients to your diet every day can help to promote optimal eye health. Choose these eye-friendly nutrients to reduce the risk of certain eye diseases, including macular degeneration and cataract formation.

- **Lutein and Zeaxanthin:** These potent antioxidants may reduce the risk of chronic eye diseases, including age-related macular degeneration and cataracts.
- **Vitamin C:** As an antioxidant this can help to lower the risk of developing cataracts and can slow the progression of age-related macular degeneration and visual acuity loss.
- **Vitamin E:** Is thought to protect the cells of the eyes from damage by free radicals, which break down healthy tissue. In its most biologically active form it is a powerful antioxidant.
- **Omega Fats:** Have been shown to be important for proper visual development and retinal function.
- **Zinc:** Plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc is highly concentrated in the eye, mostly in the retina and choroid, the vascular tissue layer lying under the retina.

Food Sources of The Key Nutrients

- **B Vitamins:** wholegrains, brown rice, leafy greens, mushroom, avocados, lean meats such as turkey, tuna, potatoes, bananas, lentils, chilli peppers, tempeh, beans, brewers yeast and molasses.
- **Anthocyanins:** all berries such as blackcurrants, cranberries, blueberries, bananas, red cabbage, grapes, kidney beans, black beans, pomegranates, plums, red fleshed peaches and cherries
- **Chromium:** whole grains, brown rice, meat, broccoli, mushrooms, green beans, brewer's yeast, beef, chicken breast, cereals, eggs, fish, sea food, dairy products and vegetables.
- **Protein:** chicken, turkey, fish, dairy products, lean red meats, soybeans, quinoa and eggs.
- **Iron:** red meat, chicken and fish, whilst lentils, chickpeas spinach and other leafy green vegetables need a little vitamin C to aid absorption.
- **Vitamin C:** blackcurrants, blueberries, broccoli, guava, kiwi fruits, oranges, papaya, strawberries and sweet potatoes.
- **Omega-3 fatty acids:** oily fish such as salmon, herring, sardines, trout and mackerel and plant sources including avocado, pumpkin & flax seeds and walnuts.
- **Vitamin A (Beta Carotene):** liver, fish oils, milk, eggs, leafy green vegetables, orange and yellow vegetables, tomatoes, fruits, dairy products, carrots, broccoli, cantaloupe and squash.
- **Zinc:** wholegrains, oysters, beef, eggs, pumpkin seeds, sesame seeds, lamb and oats.
- **Selenium:** Brazil and walnuts, tuna, cod, herring, lean beef, poultry and whole grains.
- **Vitamin E:** almonds, hazelnuts, sunflower seeds, peanuts, spinach, kale, Swiss chard, broccoli, tomatoes, kiwi, mango & avocados
- **Biotin:** wholegrains, liver, egg yolk, yeast, Swiss chard, eggs, wheat germ and salmon.
- **Lutein and Zeaxanthin:** green leafy vegetables such as broccoli, spinach and kale and brightly coloured fruits and eggs.