



## BOOST & NOURISH YOUR SKIN THIS SUMMER

Our skin is designed to protect our precious insides from potentially damaging environmental stressors, it gives us a whole range of different sensations and it has the role of being the largest detox organ we have in our body. We need healthy skin to help us regulate our temperature and to provide us with sweat and lymph glands, essential for efficient elimination of toxins, known as detoxification.

One of the ways in which we can nourish our skin is through our diet and there are a number of foods out there that can support with this. Here are some of my favourites.

Berries contain high amounts of vitamin C, which is important in collagen formation. Collagen gives skin its elasticity and strength and is the most abundant protein in the body. Broccoli, parsley and kiwi fruits are also very high in vitamin C.

Olive oil is a rich source of vitamin E, used by our body to prevent damage to collagen and to the healthy fats in our skin cells. Avocado's, sunflower seeds and almonds are also good sources of Vitamin E.

Brazil nuts are high in Zinc, an essential mineral needed by the skin to maintain proper structure, to improve wound healing and to help protect against UV radiation from the sun. Pumpkin and sunflower seeds also contain good levels of Zinc.

Linseeds contain high levels of essential omega 3 fats, shown to improve flexibility and reduce inflammation in the skin. Chia seeds are also an excellent source of omega 3's.

Dandelion root is a well-known caffeine free coffee alternative and has a stimulating effect on the liver. This means when you drink this tea your liver will produce more bile to help you digest your food; improve the detox system in your liver, placing less pressure on your skin to detox.

Macadamia oil contains high levels of palmitoleic and oleic acid making it the perfect choice for mature or dry skin. It also contains Phytosterols which are protective to the skin working much like cortisone in helping to reduce itchiness and inflammation. For this reason it is the perfect choice as a daily nourishment to keep our skin looking and feeling vibrant and healthy.

A good dose of vitamin D and salt water is also a fun way to nourish your skin this summer.

## **Natuopath, Affordable Wholefoods**

**Here are some of our favourite Skin Nourishing Recipes**

Macadamia, Turmeric & Passionfruit Smoothie

Vietnamese Noodle Salad

Colourful Quinoa Salad

Swiss Chard Quiche