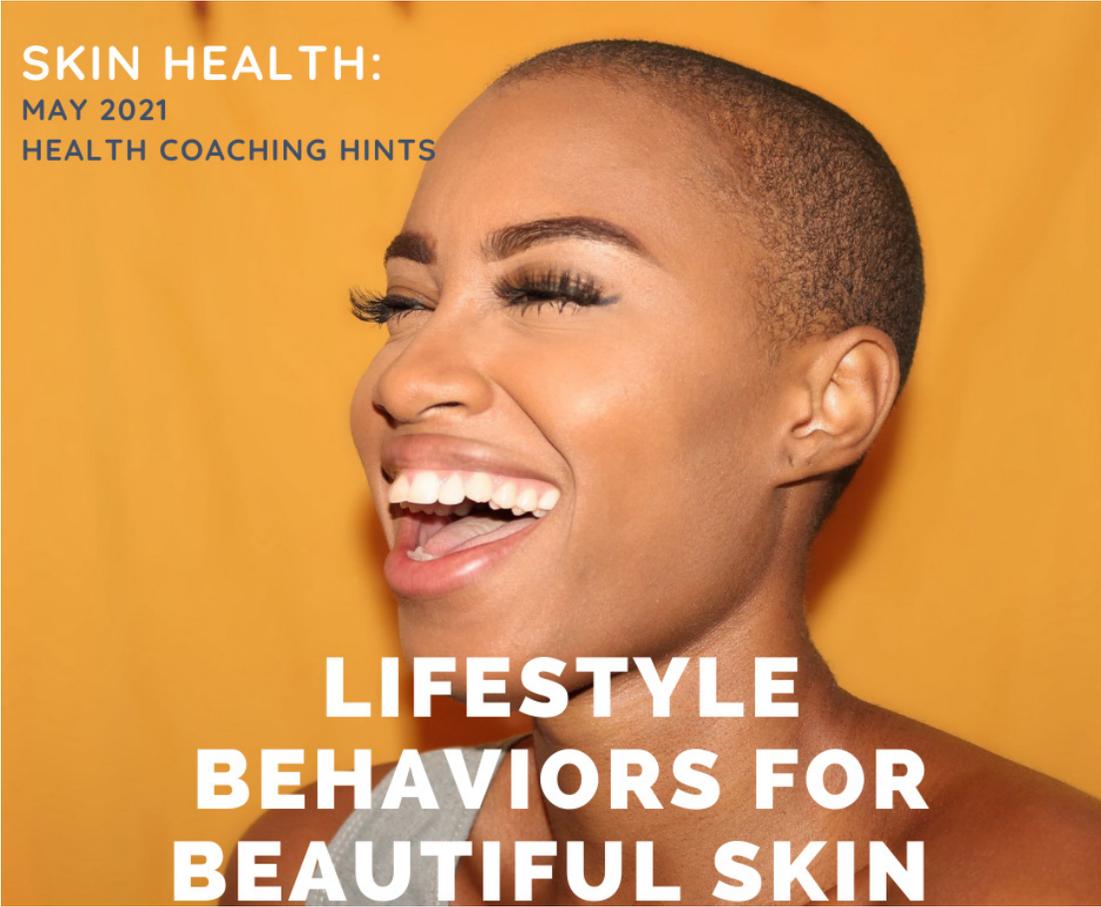


SKIN HEALTH:
MAY 2021
HEALTH COACHING HINTS



**LIFESTYLE
BEHAVIORS FOR
BEAUTIFUL SKIN**

**Health Coaching Hint #1:
Eat a Skin-Healthy Diet**

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Your skin is one of the largest, hardest working organs in your body. Not only does it protect you from external factors (bacteria, viruses, UV rays, pollution, and chemical substances), but it also helps regulate our internal systems (body temperature, maintains fluid balance and controls moisture loss).

When it comes to making sure that this hardworking organ is functioning at its optimal potential, what we eat can be a big influence. A healthy diet that includes a good selection of the following foods can go a long way towards promoting younger looking and longer lasting skin.

FOODS HIGH IN ANTIOXIDANTS OR PHYTONUTRIENTS PROTECT AGAINST UV DAMAGE

and may even be linked to reducing the risks of skin cancer. These foods are high in lycopene, lutein, and zeaxanthin and include:

• **Mangoes • Tomatoes • Kale •**

TO KEEP YOUR SKIN HYDRATED AND COUNTER THE DRYNESS AND SCALING

that can occur, especially with conditions like psoriasis or dandruff, try eating more of these foods:

• **Dark Chocolate (cocoa flavanols) • Green & White Tea • Olive Oil •**

TO REDUCE WRINKLES AND KEEP YOUR SKIN LOOKING YOUNG LONGER,
you may want to include more of these:

• **Olive Oil • Green & White Tea • Soy •**

Even though foods can help protect and enhance the quality of the skin, you should not rely on them solely for protection from the sun. I'll share how you can more appropriately protect your skin from harmful UV rays next week.

Health Coaching Hint #2: Protect Your Skin from the Sun

While a certain amount of exposure to sunlight can be good for your health and well-being, too much can be harmful. One universal cause of skin damage and skin cancer is exposure to the sun's ultraviolet (UV) rays. However, following these suggestions can ensure you minimize the harm that could be caused:

SEEK SHADE. As much as possible, avoid extended periods of direct sun exposure when the sun's rays are at their strongest (between 10 a.m. and 2 p.m.). A good rule of thumb is if your shadow is shorter than you are, seek shade.

WEAR PROTECTIVE CLOTHING. Wearing lightweight, long-sleeved shirts, pants, sunglasses, and a wide-brimmed hat can add a layer of protection to your skin. You can take it to the next level by using clothes that have a UPF protection or use a laundry additive that is designed to block UV rays.

USE SUNSCREEN. The Academy of Dermatology suggests using a broad-spectrum protection (protects against UVA and UVB rays) that has an SPF of 30 or higher and is water resistant. It should be used every day, even if it is cloudy, and it should be applied at least every two hours or more often if you are swimming or perspiring.

NOT SURE WHICH SUNSCREEN IS SAFE TO USE FOR YOU AND YOUR FAMILY?

The Environmental Working Group is a "non-profit, non-partisan organization dedicated to protecting human health and the environment," and they have created a 2020 Guide to Sunscreen (www.ewg.org/sunscreen/). This is an excellent resource for learning more about which products have tested safe for consumers like you.

At Empowered Health, we recommend sticking with the inorganic sunscreens (zinc oxide or titanium dioxide) because they are the only ones that are within absorption limits set by the FDA.

Health Coaching Hint #3: Reduce Daily Stress for Clearer Skin

Your stress level can have an impact on how healthy your skin is. It is believed that increased stress can lead to increased sebum (the oil that is known to clog pores). If you've ever had that unwanted pimple pop up just before an important event, you know what I am talking about.

To help reduce or prevent acne breakouts and other skin problems it can be helpful to have a plan for extra self-care when you know you will be dealing with an excessive amount of stress. You may also consider adding a regular stress-reducing practice into your daily or weekly routine.

Suggestions to get you started include:

- **Physical Activity** • **Deep Breathing** • **Positive Social Interactions** •
- **Laughter** • **Affection** • **A Big Ol' Cry** • **Creative Expression** •
- **Meditation** • **Guided Imagery** • **Mindfulness** •

Find one or two of these stress-reducing activities that work for you and start practicing them today for clearer skin tomorrow.

Health Coaching Hint #4: Hydrate Your Skin from the Inside Out

It may seem obvious, but one great way to keep your skin hydrated is to drink plenty of water. When you realize that your skin is about 64% water it becomes even more apparent why this simple adjustment can have an impact on your overall skin quality.

Well hydrated skin has been shown to be thicker and more dense, which would allow it to be a better barrier between your internal systems and the external world. Drinking plenty of water also increases skin elasticity, reducing the signs of aging, irritation, and blemishes.

HOW MUCH WATER SHOULD YOU BE DRINKING?

The recommended amount of water you should be drinking daily is half your body weight in ounces, more if you are exercising or perspiring. This means, if you are a 180 pound person, you should be drinking 90 ounces of water a day. The average adult in the U.S. from 2011-2014 only consumed about 39 ounces of water a day according to the CDC.

ARE YOU DRINKING AS MUCH WATER AS YOU SHOULD?

If not, here are some tips to help you begin to increase your water intake:

- Keep a reusable water bottle with you, preferably glass or stainless steel
- Set reminders throughout the day to have a glass of water
- Replace other drinks with water, especially those with added sugars like soda
- Add natural flavors to your water. Fresh squeezed juices or fruit infusions are a great way to make it more flavorful
- Eat more foods that have a high water content, especially fruits and vegetables.
- °Drink a glass of water first thing when you wake up every day