

Get great looking skin this winter



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The winter's harsh cold winds and central heating can play havoc with our skin. As the temperature drops so too does the humidity, pulling moisture from our skin, leaving it dull, grey and dry. However, it's not just the environment that affects our skin but what's on our plates.

Free radicals from exhaust fumes, excess sunlight, smoking and processed foods result in a chemical reaction damaging our cells' membranes causing ageing and dull, lifeless skin. Increase your antioxidant level to counteract free radical damage by consuming more fruit, especially berries, vegetables of all types and colours and beans (kidney, pinto, black). These foods are super sources of skin-loving vitamins C, E and beta carotene.

Essential fatty acids are responsible for healthy, plump cell membranes. The best-known essential fatty acids are omega 3 and omega 6, which must be in balance for good health and good skin. Many people lack omega 3s. Oily fish, walnuts, and flax and chia seeds are among the best sources.

Tea, coffee and alcohol all dehydrate the body, leaching moisture from your skin and slowing down the digestion process. What goes in must come out! We need plenty of water to aid this process and to keep our skin healthy and vibrant. We are inclined to drink less in winter so try warming herbal teas with ginger, cleansing lemon juice in warm water as well as fresh clean water.

Cleansing and moisturising are imperative to glowing skin, but many skincare products contain harsh chemicals including petroleum and alcohol which further dry out the skin. Choose products with natural and nourishing ingredients and an oil base rather than a water base for more effective moisturisation.

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