

better nutrition

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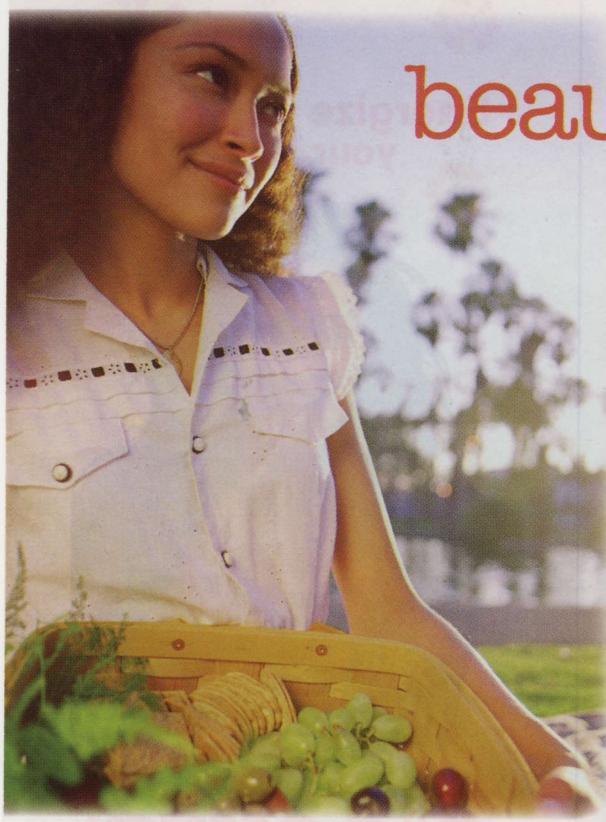
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KAT JAMES ON
GREEN BEAUTY

12 FISH
OIL FACTS

TOP BEAUTY-
BOOSTING FOODS





If it's true that you are what you eat, who wouldn't want to be more beautiful simply by eating beauty-boosting foods? As it turns out, the foods that are good for you on the inside are also good for you on the outside. Conversely, the condition of your skin, hair, and nails offers clues to the health of your entire body.

"Eating the right foods can help your skin fight acne, reduce redness and inflammation, resolve moisture problems, and even reduce wrinkles," says Allison Tannis, MS, RHN, nutritional scientist and the author of *Feed Your Skin, Starve Your Wrinkles: Eat Your Way to Firmer, More Beautiful Skin with 100 Foods that Turn Back the Clock*.

"The body becomes less able to digest and absorb nutrients as you age, and the result is that fewer skin-healthy nutrients from the foods you eat actually reach your skin. This means that the foods you eat

beauty-boosting foods

Put these nutritious foods on your menu for brighter, firmer, acne-free skin

By Sherrie Strausfogel

need to have a greater concentration of skin-beautifying nutrients," says Tannis.

"Wellness, health, and beauty are intentions," according to Debra Luftman, MD, a dermatologist and coauthor of *The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful*. "What's good for your heart and weight is good for your skin and brain. Avoid the bad stuff:

refined and processed foods, saturated fats, grease, high-sugar foods, and high-sodium foods. Good nutrition should consist of unprocessed food: fruit, vegetables, nuts, seeds, whole grains, healthy fats, and protein."

Best Foods for Skin

Luftman suggests eating avocados, wild salmon, herring, mackerel, eggs, walnuts, canola oil, and soybeans for their omega-3 and omega-6 fatty acids, which moisturize your body from the inside out, helping to keep your skin supple and glowing.

She also encourages a diet that includes berries, red grapes, and green tea, whose phytonutrients minimize the effects of free radical damage and prevent wrinkles. Oranges, red

peppers, and broccoli have plenty of vitamin C, which is vital for the production and formation of collagen, skin's structure.

Dark orange, red, or green fruits and vegetables, such as butternut squash, carrots, cantaloupe, sweet potatoes, and tomatoes, are rich in beta-carotene, an antioxidant that

converts to vitamin A in your body and switches on DNA that's in charge of producing new skin cells and shedding old ones. A regular influx of new cells keeps the surface of your skin smooth, fresh-looking, and resistant to irritants. This helps prevent acne breakouts, wrinkles, and precancers.

Sunflower seeds and almonds help provide sun protection. These seeds and nuts are loaded with vitamin E, an antioxidant that protects skin from the free radicals caused by UV rays.

TWO EASY RECIPES FOR EYE-AREA REVIVAL

1. Freeze two wet green tea bags for an hour; then place on your eyes for 10 minutes.

The antioxidants in green tea will help reduce wrinkles and dark circles, while the cold will shrink puffiness.

— Debra Luftman, MD, dermatologist and coauthor of *The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful*

2. Placing cucumber slices over your eyes has long been heralded as a method to fight puffiness, but eating them can also help you look your best. Cucumber is mostly water, so eating it hydrates your skin, flushes out toxins, and relieves the inflammation that can cause your skin to appear puffy.

— Allison Tannis, MS, RHN, nutritional scientist and author of *Feed Your Skin, Starve Your Wrinkles: Eat Your Way to Firmer, More Beautiful Skin with 100 Foods that Turn Back the Clock*

