

# Winter Skin



Our skin is our largest organ and is nourished by our inner blood and lymphatic fluid. The health of the skin is a direct reflection of what is going on inside your body. Skin is influenced by hormones, immunity, toxicity and emotions too. The main job of the skin is to wrap up our body and keep it moist, clear wastes, store fats and make vitamin D as well as protect us against infections. The environment we live - temperature and wind, as well as our water quality can affect the protective layers of the skin.

You might not think of food when you look in the mirror and see acne, cold sores, eczema, psoriasis or dandruff, but what you put in your mouth and on your skin has a big effect on this massive organ.

## Naturopaths top 5 tips for healthy skin:

- 1. Restore your skins lustre with healthy oils:**  
Swap deep fried foods and fatty meats for a daily dose of healthy oils found in avocado, olive oil, fish, nuts and seeds. These oils add lustre and regulate the oily balance in the skin.
- 2. Water, clear soups or warm, delicious herbal teas:**  
Help with hydration and flush wastes away from the skin. Dry skin means you are dry on the inside so drink some more.
- 3. Movement:**  
Exercise increases blood and oxygen flow to the skin. It doesn't have to be much – a walk or bike ride is great. Just warm up the skin.
- 4. Natural skin care:**  
Chemical laden skin care products and soaps can strip oils from our skin and weaken the layers. Ask your day spa skin specialist for a skin care routine to suit your skin condition. Natural products are best.
- 5. Detox dietary allergens:**  
If food is not suiting your digestion, creating bloating, constipation or discomfort, you could have an intolerance. Your Naturopath can guide you to the eating plan to suit your body. Fresh foods are great for skin.

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