



Marc, My Words

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Food Promotes Healthy Skin

Healthy skin is as much about what you put on your plate as what you put on your skin. A healthy diet is crucial to good skin care. What we eat has a direct result on the way our skin looks. Provide your body with nutritious, natural foods and you'll see vibrant, glowing skin. Provide your body with the opposite and your skin will eventually look older, porous, and dull. So what foods encourage healthy skin?

Blueberries, Blackberries, and Strawberries- These fruits have the highest "total antioxidant capacity" of any food.

Low Fat Dairy Products- This is one of the best sources of Vitamin A and according to experts the health of our skin cells is dependent on this vitamin. Low fat yogurt is not only a great source of Vitamin A but also acidophilus, the live bacteria that promotes good intestinal health.

Fish, flax seed and walnuts- There is one thing that ties these foods into one category- essential fatty acids. Healthy cell membranes rely on these fatty acids. The cell membrane acts as a barrier to harmful toxins. This barrier also holds in water, so the stronger the barrier the better your skin cells can retain moisture.

Turkey, Tuna, Whole-Wheat Bread and Cereals- Selenium, a crucial mineral, is the common link in these foods. When selenium levels are high our skin cells are less likely to suffer oxidative damage which can increase the risk of cancer.

Marc Ward
Master Formulator, Chemist



TOPICS

- Foods to Promote Healthy Skin
- Massage Therapy

"The flowers anew, returning seasons bring! But beauty faded has no second spring."

- Frank Moore Colby

Benefits of Massage Therapy

Aside from releasing tension and making you feel relaxed, a massage can also help create healthier, better looking skin. This should give us all a good reason to start scheduling monthly massage therapy sessions.

A quality massage session is to our skin what a 30 minute jog on the old treadmill is to our heart. It's cleansing, invigorating and provides a certain level of activity that our skin rarely experiences. A massage shouldn't be thought of as a guilty pleasure or indulgence but a healthy and necessary step in our journey for optimal skin care.

Massage therapy reduces tension in the skin while improving blood flow. Better circulation provides a number of benefits to our skin; it removes toxins quicker, provides more oxygen, and promotes faster skin cell regeneration. Massage therapy increases sebum production, which is your skin's natural oils, making your skin more supple.

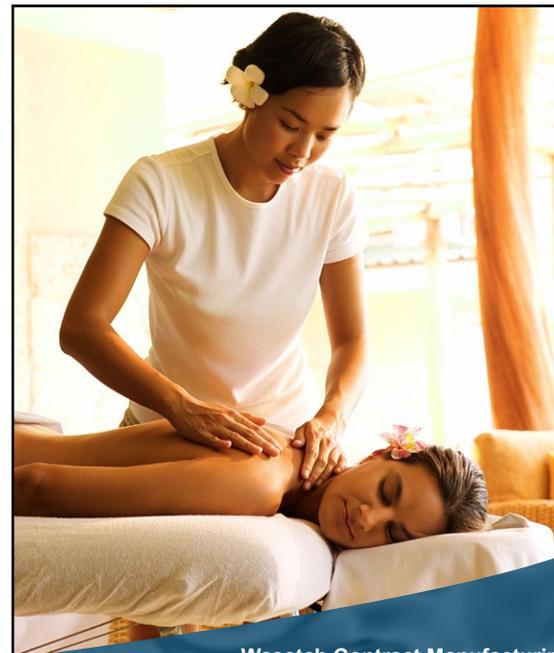
Other benefits from massage therapy include:

- Exfoliation
- Increased production of sweat helping

to excrete waste products and toxins through the skin

- Dilation of surface capillaries improving skin tone and color
- Reduction in superficial scar tissue making scars softer and more pliable.

If that isn't reason enough to schedule a massage, then I don't know what is. Just make sure your massage therapist uses quality oils and lotions that won't clog your pores.



Wasatch Contract Manufacturing
12248 South Lone Peak Parkway Suite # 106
Draper, Utah 84020
801.566.4449 • Fax 801.572.2731

Customer.Service@WasatchContractManufacturing.com