

Mind and Body Connection by Panni

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Member, Associated Bodywork & Massage Professionals

Enhancing Your Complexion

Ten Lifestyle Choices for Glowing Skin

Cathy Ulrich

The old saying "beauty is only skin deep" isn't exactly true. A recent study estimates that U.S. sales of anti-aging products will reach \$29 billion by 2007. While these products may play an important role in the fight against aging, lifestyle choices grounded in maintaining overall health are the best ways to achieve glowing skin.

Bottom line: Looking healthy is about being healthy -- there's just no getting around it. Following are 10 suggestions for a healthy body and, consequently, glowing skin.

1. GET ADEQUATE SLEEP

Everyone has seen those puffy eyes and dark circles staring back in the mirror

at a reasonable hour. To get the best sleep possible, avoid caffeine after 2 p.m. and alcohol three hours before bed. Also, keep a regular schedule. Work to go to bed and wake up around the same time every night. Your body appreciates routine.

2. AVOID CIGARETTE SMOKE

Smoking causes premature aging by robbing the cells of life-giving oxygen. Smoking triples the risk of squamous cell skin cancer, and being around smokers can produce the same effects. Also, the habitual act of drawing on a cigarette puckers the lips, producing wrinkles around the mouth. There's no getting around it: Smoking hastens aging for the face and body.

3. DRINK TEA

We've heard about the battle between bad free radicals, which damage cells, and good antioxidants, which neutralize them. Green tea has long been known as a potent source of antioxidants. While black tea also contains antioxidants, an even better choice is red tea or rooibos.

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Nothing is so strong as gentleness. Nothing is so gentle as real strength.

-Frances de Sales



Simple lifestyle choices contribute to both overall health and a glowing complexion.

after a short night. More than any other factor, lack of sleep shows in the face. The nightly sleep cycle is the time when our skin cells regenerate and our nervous system resets. With busy schedules and constant demands on time, getting the right amount of sleep takes discipline. Most people need about eight hours of sleep, so plan your evening activities such that you're in bed

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A caffeine-free herb from South Africa, rooibos contains an even heftier dose of antioxidants than green tea. Possessing a rich, brewed flavor, red tea also has been shown to balance blood-sugar levels and nourish the liver -- both essential for healthy skin.

4. DRINK EIGHT GLASSES OF WATER DAILY

The best way to moisturize skin is from the inside out. Our bodies are 70 percent water, and cells require water to function properly. Water is also essential for cells to absorb nutrients and eliminate waste, which could otherwise manifest as skin conditions, like acne and eczema. By drinking eight glasses of water a day, we give our skin what it needs to stay healthy.

5. EAT A COMPLEXION-CONSCIOUS DIET

Foods rich in beta-carotene -- such as spinach, apricots, peaches, sweet potatoes, and carrots -- provide the raw materials for the body to produce vitamin A, essential for cell growth. Citrus, tomatoes, and berries contain vitamin C needed for collagen production, and protein-rich foods such as lean red meat, chicken, and fish are also necessary for healthy collagen. Avocados, nuts, and whole grains contain high concentrations of vitamin E, which has been shown to protect the skin against pollutants.

A balanced diet of whole grains, protein, and fresh vegetables and fruits provides the body with what it needs to grow strong, clear skin.

6. MAINTAIN A REGULAR EXERCISE ROUTINE

Exercise promotes circulation as well as healthy perspiration. Skin cells need adequate circulation to reproduce, and perspiring helps the skin eliminate waste and flushes the skin and body of toxins. Of course, regular exercise is an important part of a general health routine, and our skin reaps the benefits. The American Heart Association recommends 30-60 minutes of moderate to vigorous exercise, such as brisk walking, swimming, or cycling several times a week.

7. USE SUNSCREEN DAILY

You've heard it before, but it's worth repeating: Sunscreen is vital to avoiding premature aging. Harmful UVA and UVB rays from the sun cause premature aging and wrinkles and increase the risk

of skin cancer. Many skin care products contain sunscreen, so be sure to apply it daily before going out.

8. CONSIDER SKIN-SAVVY SUPPLEMENTS

While it's best to get nutrition from diet, supplements can be an important part of a healthy skin lifestyle. Vitamin E protects skin from air pollution, and vitamin C fights free radicals.

Most American diets are deficient in essential fatty acids (EFAs), which are the building blocks for cell walls. Supplementing your diet with 300-400 mg of GLAs (gamma linoleic acids) from borage oil and taking two tablespoons of flaxseed oil daily can give your skin what it needs to regenerate. Hemp seed oil and hemp protein powders also are also packed with EFAs.

9. GET A MONTHLY FACIAL

Getting a monthly facial performed by a

skin care professional helps slow signs of aging, improves skin quality, and can help ease skin conditions, including acne. Facial deep cleansing aids the skin in its ability to eliminate toxins; exfoliation rids the face of dead skin cells, making room for new cells to grow; and facial massage stimulates circulation, easing puffiness. Finally, a moisturizing mask replenishes the skin for a healthy glow.

10. ADOPT A DAILY SKIN CARE REGIMEN

Just from being out in the world, our skin picks up dirt, dust, and pollutants from the environment. Cleansing twice a day, moisturizing daily, and exfoliating three times a week keeps skin toxin-free and healthy. Your skin care specialist can help you find the best products for your specific needs and teach you how to use them. Improper face washing is common and can lead to or exacerbate a number of skin conditions.



Fresh vegetables and fruits, especially berries, are loaded with collagen-producing vitamins.

A Walking Workout

Have Fun While Burning More Calories

Imagine the lone hiker, backpack laden with sleeping bag and bedroll, wielding a well-worn walking stick as she climbs the side of a snow-covered mountain. For centuries, trekkers have used walking sticks, partly as a defense against attacking wildlife, partly to aid in balance, and partly as support on long, arduous climbs. But in recent years, many hikers have replaced the single wooden walking stick with hiking poles.

Held in both hands and used to distribute weight more evenly through the four limbs, wilderness hikers have found poles invaluable for safety, efficiency, and comfort on long hikes. What wilderness hikers have known for some time now is that walking poles are a great way to relieve pressure on knees, ankles, and the back. They encourage better posture and provide a total body workout by engaging the upper body.

Now, hiking poles are showing up in urban areas as fitness walkers discover the benefits they provide. Nordic walking--similar in technique to cross-

country skiing--is a great way to get a whole body workout, increase oxygen consumption, and burn more calories than regular walking or even speed walking. This total body workout burns 40 percent more calories and consumes 25 percent more oxygen. Poles can be purchased at most outdoor sporting stores, along with rubber tips for use on paved paths.

TECHNIQUE

Adjust your poles to approximately 70 percent of your height and loosely secure the straps around your wrists. Hold the poles at an angle behind you so they propel you forward with a slight bend at the elbow. Use an opposite hand-and-heel motion as you walk--right heel strikes as left pole tip contacts the ground. And you're on your way! Don't be shy with your poles. Remember: You're burning 40 percent more calories.

For more information, visit www.walking.about.com/od/nordicwalking/index.htm.



Add walking poles, and burn more calories.

Yogurt, the Super Food

Balance Digestion, Improve Immunity, and Prevent Disease

In some form, yogurt has existed since at least 2000 BCE, and many food historians believe it predates recorded history, possibly going back as far as 9000 BCE. Why such staying power? A bit of a wonder food, yogurt improves digestion, which can boost immunity and even help prevent colon cancer. One dairy product even most lactose intolerant people can eat, yogurt is loaded with active bacterial cultures, the key ingredients that make it so healthy.

While we typically think of bacteria as dangerous bugs that cause disease and infection, the body is host to billions of bacteria that live in the intestines and help digest the foods we eat. These good bacteria, or microflora, actually fight off the bad bacteria that cause illness.

Some of these same good bacterial species are used to ferment milk, and it's these cultures that give yogurt its texture and tart flavor. They also process much of the milk sugar, called lactose, during fermentation, which is why yogurt usually doesn't bother people with lactose intolerance.

Eating yogurt helps maintain the microflora in the gut, optimizing digestion and keeping harmful bacteria in check. Ever noticed how a course of antibiotics is often followed by a bout of diarrhea? This is because antibiotics kill off all the bacteria in the gut--the bad stuff and the good--leaving the gastrointestinal tract compromised. Fortunately, yogurt can help counteract this imbalance.

Furthermore, this food is a good source of nutrients, including B vitamins, calcium, magnesium, and phosphorus. Whole milk yogurt also contains conjugated linoleic acid (CLA), an essential fatty acid with cancer fighting properties, especially beneficial in preventing breast and colon cancers. And CLA has been shown to increase fat metabolism, helping the body convert fat to lean muscle.

Maintaining the good bacteria in the gastrointestinal tract is key to healthy digestion, and eating quality yogurt is a great way to do this. Be sure to read the labels and choose varieties that contain live active cultures to ensure you're getting the most from your yogurt.

HELLO EVERYBODY,

I hope you are All having a good time this summer and enjoying the nice weather we are having.

WITH MY COMPLIMENTS ENJOY a 10% DISCOUNT on your next MASSAGE THERAPY treatment at the MIND and BODY CONNECTION by PANNI between AUGUST 14 and SEPTEMBER 15 2007 by referring to this NEWSLETTER.

ATTENTION all PREFERRED CARE members. Your Tri-Vantage policy (2 Groups) entitles you for 12 massage therapy treatment a year with Panni Speirs MS., L.M.T at a 50 % discount.

ENJOY THE REST OF YOUR SUMMER!

Panni

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