
skin | optimal skin nourishment

by Elina Fedotova

IN THE ESTHETICS PROFESSION, we often like to solve skin problems with topical treatments and products. While the right cream or lotion can improve appearance, the root cause of skin trouble is often poor digestion, which leads to the buildup of toxins in the body. These problems in turn cause imbalances of the immune system and hormones. To improve any complexion, we need to consume food that helps balance our bodies from the inside out.

Organic foods

Eating food that comes from “clean” sources helps reduce our intake of toxins, including partially hydrogenated fats, pesticides, hormones and other toxic chemicals. Purchase produce from local growers. They are a great source for rich food, and doing business with them supports the community—but always remember to verify that it is organic.

Probiotics

It is important to get a daily dose of probiotics, the live microorganisms that help keep our digestive systems clean and balanced. These occur naturally in foods like sauerkraut and other cultured vegetables, Kombucha tea and yogurt products. Probiotics are also available in the form of dietary supplements.

Hot complexions: acne and rosacea

Clients whose skin becomes red and inflamed will see improvements if they avoid foods that are high in fat, salt, caffeine and sugar. It is also wise for these individuals to abstain from spicy cuisine, red meat,

chocolate, bread and processed foods, including pasta made from white flour.

Recommended delicacies for those with “hot” complexions, as defined in traditional Chinese medicine, include the following foods:

- Vegetables and leafy greens that possess cooling properties—particularly lettuce, spinach, celery and cucumbers.
- Broccoli, cranberries and apples. These foods contain quercetin, another powerful antioxidant and anti-inflammatory agent.
- Oats, whole grain bread, brown rice and wheat germ are good sources of vitamin B, which is very beneficial for people with rosacea.
- Fish that is rich in omega-3 fatty acids, such as salmon and tuna, reduces inflammation.
- Individuals with hot complexions may also benefit from eating nuts, sprouts and seeds.

Aging, dry skin and hyperpigmentation

Every day the skin is bombarded with oxidative stress from processed foods, environmental toxins, ultraviolet rays and other environmental aggressors. The result: premature aging and hyperpigmentation.

Antioxidant rich foods that help restore the skin include:

- Red and black currants, raspberries, blueberries, pomegranate and sesame seeds.
- Grapes and red wine contain resveratrol, a “super antioxidant” with strong anti-aging properties.



- Vegetables like spinach and kale, which contain lutein, an antioxidant that helps hydrate the skin.
- Yellow and orange root vegetables, including carrots, sweet potatoes, pumpkins and squash. They are great sources of beta-carotene.
- Honey. A 2004 study conducted by the University of California concluded that the sticky sweetener contains as many antioxidants as oranges and strawberries.

As a skin care professional, you have the opportunity to help your clients understand that beautiful skin is achieved through a combination of natural topical treatments and products and a nutrient-rich diet. ■

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