

## **TIPS FOR HEALTHY SKIN**

1. **Keep yourself well hydrated:** adults should drink approximately half your weight in fluid ounces of water daily. For example, if you weigh 160 lbs you need to drink 80 ounces of water, which is about 10 glasses per day.
2. **Eat adequate amounts of fresh healthy fats:** extra virgin olive oil, flaxseed oil, avocado, nuts and seeds.
3. **Eat wild small fish** (mackerel and sardines) at least twice per week, or consider a fish oil supplement.
4. **Eat a healthy protein source with each meal** (lean meat, fish, tofu, eggs, legumes).
5. **Eat mineral-rich foods, such as vegetables.** Aim for 6 servings of vegetables per day.
6. **Stay away from deep fried foods, white sugar, refined flours, junk food and drinks.** Dairy products are also common contributors to unhealthy skin.
7. **Don't expose yourself to cigarette smoke** (first- or second-hand smoke) and if you live in smog areas, use air filters in your home and work.
8. **Use non-toxic skin care products.**
9. **Exercise regularly** to maintain your microcirculation.
10. **Cleanse the body with a detoxification program** in an appropriate and timely way under the guidance of your Naturopathic doctor.

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