

## Enhancing Your Complexion

### Ten Lifestyle Choices for Glowing Skin

Cathy Ulrich

The old saying "beauty is only skin deep" isn't exactly true. Recent studies estimate that U.S. sales of anti-aging products are approaching \$30 billion a year. 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

evening activities such that you're in bed 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

*Those who  
bring sunshine  
into the lives of  
others, cannot  
keep it from  
themselves.*

-James M. Barrie



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

dark circles staring back in the mirror 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

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

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black tea also contains antioxidants, an even better choice is red tea or rooibos. 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.

# Nuking Food Safely

## How To Microwave with Care

The microwave oven--that ubiquitous appliance now found in every American kitchen--is, for the most part, safe. However, microwaves can come with some specific health risks--including microwave exposure and chemical contamination--if they are old, not used properly, or used with non-microwavable dishes or coverings. Fortunately, following a few guidelines can help you effectively avoid microwave leakage and prevent chemical exposure, while using your microwave safely and soundly.

### Avoid Leakage

- Ensure a tight seal by regularly cleaning the door seal with water and a mild detergent.

- Avoid microwaves that have loose doors. If the door doesn't close tightly, don't use it.

- Keep your distance, standing at least two feet away from, and to the side of,

operating microwaves.

### Prevent Exposure

- Avoid heating food in plastic or Styrofoam, which contain plasticizers. These leach into food during microwaving, creating xenoestrogens--substances that mimic hormones in the body and have been associated with birth defects, developmental delays, low sperm counts in men, early puberty in girls, and an increased risk of certain cancers.

- Steer clear of plastic wraps to cover your food during microwaving. Most of these also contain plasticizers that can leach into food, especially if they come in contact with hot, high-fat food.

- Use microwaveable glass cookware to ensure safe microwaving.

Microwave ovens are part of today's cook world and offer certain conveniences --there's little chance of escaping that

fact. But by taking a few simple precautions, you can ensure microwave cooking adds to your life--not take away from it.



**A few simple tips will ensure microwave safety.**

# Nuts Help Control Diabetes

## The Benefits of a Healthier Diet

If you're a diabetic, or are otherwise concerned about your glucose levels, a new study has some potentially life-saving news for you. Researchers have found that replacing carbohydrates with just two ounces of nuts on a daily basis significantly improved glycemic control and reduced LDL cholesterol for patients with type 2 diabetes.

The study was published in the August issue of *Diabetes Care* and features the work of David Jenkins, MD, PhD, DSc, who says that, "Nuts, including peanuts, can make a valuable contribution to the diabetic diet by displacing high glycemic index carbohydrates and replacing them with vegetable fats and vegetable proteins which have been shown in the long term to be associated with better cardiovascular health and diabetes

prevention."

### Why so good?

One of the qualities of nuts that the study gives as a potential cause of this benefit is that they are a source of mono- and polyunsaturated oils--fatty acids that are healthier than saturated fats. In addition, they report that the high amount of protein found in nuts helps reduce hunger by increasing the length of time that one feels full.

### Making the change

One thing to consider when seeking to implement this change in your diet is the increasing prevalence of peanut and other tree nut allergies. A 1999 study by the National Institute of Health (NIH) estimated that approximately 1.1 percent of the population, or some 3 million

Americans, are affected by this allergy, which can cause hives, throat tightness, wheezing, vomiting, and other serious side effects.

On the other hand, the NIH reports that over 18 million Americans have been diagnosed with diabetes and estimates that there are an additional 7 million who have not been diagnosed. If consuming two ounces of nuts a day can significantly improve aspects of this condition, which is associated with blindness, heart disease, kidney failure, limb amputation, stroke, and death, it would appear to be a smart move to make.

*Love of beauty is  
Taste. The  
creation of  
beauty is Art.*

-Ralph Waldo Emerson

First of all, thank you for being a valued client. I hope each and every one of you find the articles and information in this newsletter helpful and insightful. I would love your feedback and any suggestions you would like to see in future Newsletters.

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