

Happy Begins Here

HEALTH



THE FOOD ISSUE!
75 Easy Tips & Tasty Recipes

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LOVE YOUR

looks

←
Truly
radiant skin
starts from
within.

6 Secrets to Inside-Out Beauty

Emerging research is underscoring a shift in the way we think about beauty—from superficial fix to key component of good health. It's the 360 approach to looking great at every age.

By **JOLENE EDGAR**



Beauty gurus agree: One trick for great skin? Drink plenty of water.



Pop vitamin D₃ for vibrant skin and hair

Made in the skin through UVB exposure, the sunshine vitamin is a mainstay among dermatologists. They first recognized its ability to regulate skin cells while treating patients with psoriasis, a disease marked by warp-speed cell growth. More recently, “studies have shown that D₃ can help activate hair growth by similar means—boosting the metabolism of the follicles and encouraging those cells to turn over in a more normal way,” says Michelle Henry, MD, a dermatologist in New York City. Dermatologists are also using D₃ to treat acne, as it “strengthens the moisture barrier, preventing skin from drying out and then paradoxically unleashing more oil to protect itself from dehydration,” explains New York City dermatologist Whitney Bowe, MD. The vitamin also regulates the skin’s antimicrobial system, turning on the production of antibacterial peptides called cathelicidins, which is why “without sufficient vitamin D₃, we are more prone to developing infections and inflammatory conditions,” says Jeannette Graf, MD, a dermatologist in New York City. Bottom line: Since we create less D₃ as we get older, and few foods are naturally rich sources, supplements are still essential. Dr. Graf encourages adult-acne patients to take 5,000 IUs a day. (Talk to your doctor before trying any new drug.)

Drink kombucha for a probiotic punch

“There’s an irrefutable connection between our gastrointestinal tract and our skin, and internal inflammation can absolutely manifest outwardly,” says Robyn Gmyrek, MD, a dermatologist in New York City. (Her own celiac disease first presented as a blistering rash over 80 percent of her body.) Cue probiotics. Beyond countering the growth of bad bacteria and improving digestion, they’ve been shown to curb inflammation, strengthen immunity and neutralize free radicals that contribute to aging, explains Brooke Alpert, RD, author of *The Sugar Detox*. Lately, one particular source is earning lots of buzz: kombucha, a centuries-old fermented tea drink. According to Alpert, fermented foods offer more benefits than supplements, since they “contain more unique strains of bacteria while contributing vitamins, minerals and proteins.”



Soothe and repair with turmeric

“The botanical I’m most taken with at the moment is turmeric root,” says Tammy Fender, an aesthetician in West Palm Beach, Fla., and founder of Tammy Fender Holistic Skin Care. Turmeric derives its power from its active ingredient, curcumin—a polyphenol with antioxidant, antimicrobial and anti-inflammatory properties—says Barbara Delage, PhD, a nutrition scientist at the Linus Pauling Institute at Oregon State University. Ingested orally, curcumin is rapidly metabolized by and removed from the body, limiting its abilities. But applied to the skin’s surface—via a body gel or face oil, say—“curcumin may help a range of skin conditions by blocking inflammation and accelerating healing,” says Delage. Preliminary evidence also suggests that topical curcumin may help treat precancerous skin lesions by stimulating the removal of damaged cells. Find it in Kiehl’s Turmeric & Cranberry Seed Energizing Radiance Mask (\$32; kiehls.com), above.

SCAN TO SHOP!
SCAN THE RADIANCE MASK TO BUY THE ITEM (SEE PAGE 8), OR VISIT HEALTH.COM/SHOP-NOW.

Can cashews keep you from going gray?

“Copper may help hair maintain its natural color and prevent premature graying,” notes Dr. Henry. The chemical element helps activate tyrosinase, an enzyme that controls the body’s production of melanin (or pigment). “If we lack copper in our diets, we can see a diminution of melanin,” says Dr. Henry. To boost your intake, snack on ¼ cup of copper-rich cashews daily, toss a handful of copper-dense sesame seeds into your salad or stir-fry, enjoy an ounce of dark chocolate with 70 to 85 percent cacao or veg out with kale, summer squash, spinach and mushrooms (cremini and shiitake are especially high in the mineral).