

RECENTLY UNCOVERED!



15 UNEXPECTED TIPS

That Will Make Your Skin
and Hair **GLOW** Like Never
Before (According to
Science)

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Glowing skin and glossy hair are not only popular beauty goals, but also key signs of good health and vitality. It's easy to see why so many of us spend money on fancy products that promise us we'll get the best skin and hair of our lives if we just apply copious amounts of creams and lotions on our body every day.

Don't get us wrong – some products can definitely yield incredible results by revitalizing and strengthening our cells, but the majority of products you'll find on the market are laden with perfumes, chemicals, and preservatives we don't really need to achieve the youthful, healthy look we're after.

Your diet and lifestyle are always going to be the most important factors when it comes to achieving radiant beauty, from the inside and out.

Want to get in on the best-kept secrets of healthy-looking skin and hair?

All you've got to do is keep reading and put these unexpected tips and tricks into practice – your hair and skin will definitely thank you for it!



1. EAT FOODS RICH IN ANTIOXIDANTS

Eating a health-promoting diet that's rich in antioxidants is often considered one of the best ways to keep your hair and skin looking healthy and youthful, and the best thing about this tipx is that it's incredibly easy to put to action!

Antioxidants are beneficial compounds that are naturally found in many different plant-base foods, and they're the best weapon our body has to combat free radicals and oxidative stress (1). It's only when we are not getting enough antioxidants from our diet that free radicals start buildingup and attacking our cells, leading to a gradual loss of structure and function.

In the case of hair and skin, this loss of structure can manifest as skin dryness and hair loss (2), wrinkles, and loss of firmness in the face (3).

You should make sure to incorporate plenty of antioxidant-rich foods in your diet to avoid oxidative stress and its effects on skin and hair cells: fresh fruit (especially berries), non-starchy vegetables (especially purple cabbage), nuts (especially walnuts), and spices (especially mint and cloves) are all great sources (4) of anti-aging antioxidants.



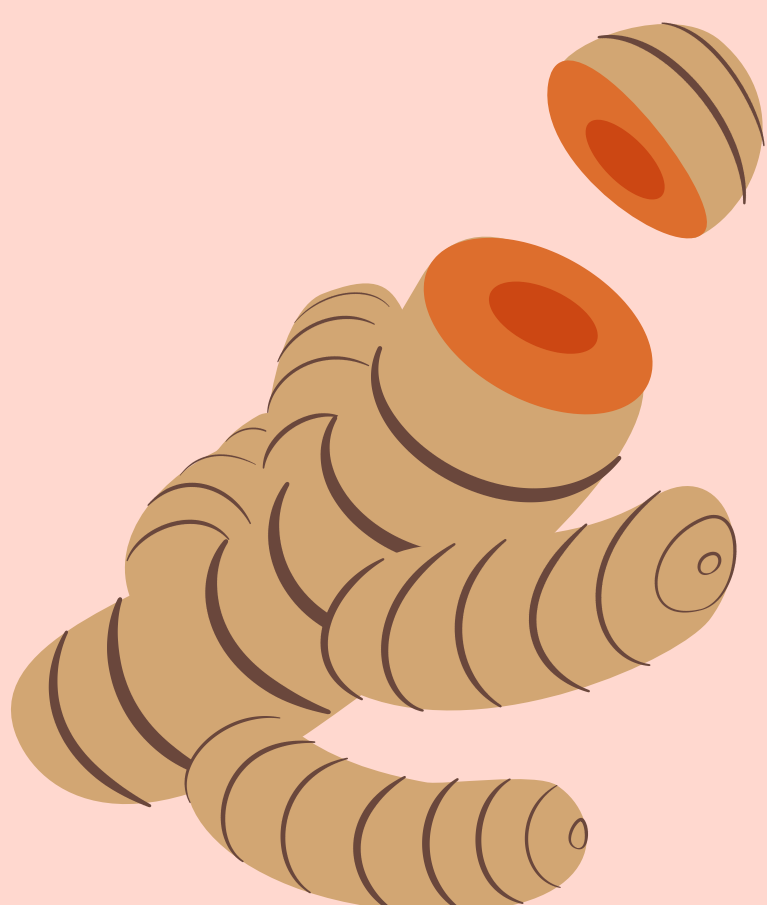
2. ADD TURMERIC TO YOUR FAVORITE RECIPES

Turmeric has long been recognized for its anticancer properties (5), and even though more research is needed to determine how exactly this unassuming Indian spice is able to aid patients when taken alongside traditional chemotherapeutics, it's clear that it is nothing short of a superfood.

So, how can turmeric give your skin and hair an all-natural boost?

The orange-tinted spice has been shown to brighten the skin (6) when distilled into oil, slowing the growth of body hair (goodbye peach fuzz!), evening out complexion, and helping with sun spots and age spots.

On top of all that, turmeric is also a powerful antioxidant, so adding it to your curries, sauces, stir-frys, and even tofu scrambles for a bit of color will work wonders on your hair and skin.



3. PROTECT YOUR SKIN WITH SPF

We're all aware of how important it is to wear sunscreen daily if we're going to be spending most of our time in the sun, but not everyone knows that wearing natural, quality sunscreen can help your skin achieve a beautiful healthy glow too!

SPF 30 has been proven to protect your skin from harmful UV rays that promote premature aging, dark spots, and dryness (7), leaving your skin feeling young, refreshed, and bright. You can boost skin clarity and texture by applying your choice of creamy, light sunscreen right before heading out of the door and starting your day – making it an effortless part of your routine is key if you're prone to forgetting!



4. EAT YOUR BETA-CAROTENES

Dry, dull hair is no problem when you're eating your fill of carrots, sweet potatoes, pumpkin, and mangos.

Why?

Orange vegetables and fruits contain health-promoting natural colorants known as beta-carotenes, which your body converts into vitamin A once metabolized (8). These compounds can help your skin against UV rays as well as help promote a healthy-looking natural glow (9). When it comes to achieving shiny hair, beta-carotenes can help turn dull and dry into luscious locks, preventing hair loss (10), aiding with the production of natural oils from the scalp (sebum) and promoting hair growth (11).

Make sure not to go too overboard with it however, as excessive amounts of beta-carotene can change your skin color by giving you a less-than-appealing orange tint. How much is too much? Well, you'd have to be consuming crazy amounts of sweet potatoes, carrots, and mangos before it becomes a problem: according to some experts, approximately 20 to 50 milligrams of beta-carotenes per day for a few weeks will raise your levels enough to see skin discoloration (12).



5. EXFOLIATE CAREFULLY AND NATURALLY

If you're already deep into skincare routine essentials, you already know the benefits of scrubbing and exfoliating your skin regularly.

Not all types of exfoliation, however, are as beneficial to your skin's youthful look and feel: in fact, some beauty trends like microbeads and walnut scrubs might actually be detrimental to your skin's health (13) and even overall health (14)!

The solution? Opt for making your own scrubs from natural ingredients – it's considerably cheaper, more environmentally friendly, and you'll know exactly what's going into your exfoliant.

Exfoliation works because it removes excess corneocyte build-up, stimulating cell turnover so to give you a smoother, more polished skin (15). You can try making a simple fool-proof formula by mixing brown sugar, olive oil, and a few drops of freshly-squeezed lemon juice, or by mixing coffee grounds, warmed coconut oil, and hot water for a scrub that's both efficient and gentle on your skin.



6. GIVE GREEN SMOOTHIES A TRY



Few recipes can give you an incredible, quick, and easy health boost quite like green smoothies can – especially after a tough workout!

It all comes down to the sheer convenience of it: jam all the best that nature can offer into a sweet drink that's refreshing, quick to make, and loaded with antioxidants and vitamins that have proven benefits on your skin and hair.

Try mixing veg rich in beta-carotene (like carrots) with turmeric, spinach, berries, fresh mint, and plenty of water for an incredible antioxidant boost that you can sip in the morning as you're having your breakfast, or even as a full breakfast if you mix in half a cup of oats for bulk

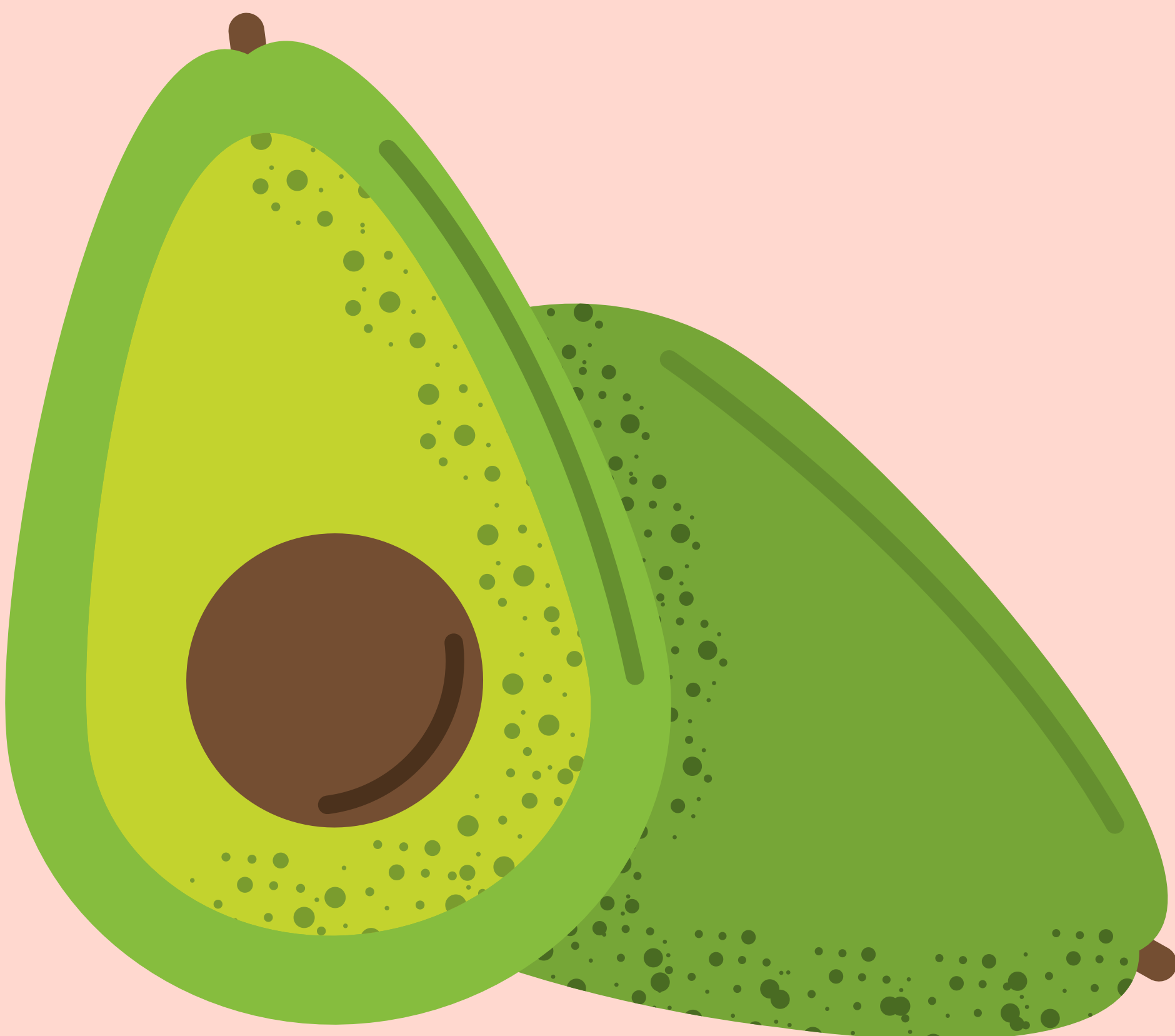


7. MAKE SOME AVOCADO TOAST

Instagrammable, delicious, and oh-so-healthy and satisfying, a simple slice of avocado toast with olive oil can work wonders on your hair and skin by providing you with plenty of vitamin E (16).

This nutrient has long been recognized as one of the most helpful vitamins when it comes to maintaining healthy, shiny, and glowing skin and hair, as it combats the effects of oxidative stress on the scalp (17) and UV photoaging (18).

If the combination of avocado and olive oil doesn't really do much for you, you can instead opt for incorporating other rich food sources of vitamin E into your diet, such as spinach, sunflower seeds, almonds, vegetable oils like sunflower, safflower, and soybean oil (19).



8. WATCH YOUR IRON INTAKE

Iron is a key component in the system of all living organisms, playing a crucial role in a series of metabolic processes, such as oxygen and DNA synthesis (20).

Iron deficiency can show up on your skin's appearance and hair health, possibly impairing wound healing (21), cell proliferation, and most notably promoting hair loss (22).

Pale skin and dark circles are often some of the most telling signs of iron deficiency anaemia, so incorporating iron-rich foods into your daily diet is non-negotiable if you want to improve the way your skin looks and feels.

The best plant-based sources of iron are pulses (especially lentils), sesame seeds, dried apricots, dark leafy greens, and soybean products like tofu (23).



9. DON'T BE AFRAID OF A LITTLE TONER

Applying toner to your hair can bring about more benefits than just the color correction it's intended for: according to industry experts (24), using acid-based toners on natural hair colors can add an effortless shine that won't affect color, reflecting the light as it hits your strands, and giving you a glossy varnish-like effect.

Experts recommend getting this “glossing” procedure done by professionals so to make sure you are using a high-quality product and applying the toner evenly – getting the back of your hair properly can be a struggle sometimes!

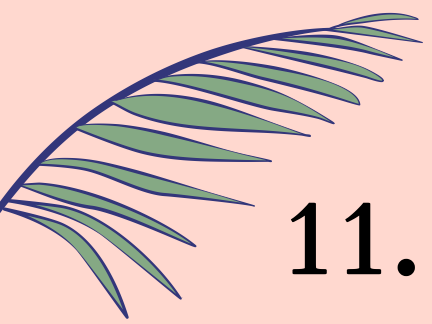
10. KEEP UP WITH REGULAR EXERCISE

We don't really need to tell you that regular exercise is good for you. What you might not know, however, is that getting your heart rate up on a regular basis can also help keep your skin looking beautiful and bright, giving you a subtle glow. So, how exactly does this work?

Endurance exercise like running or cycling can attenuate skin aging by regulating skin mitochondrial metabolism (25) and slowing down the appearance of wrinkles, loss of elasticity, and dryness.

According to some dermatologists (26), exercise can also help our skin thanks to increased heart rate and the expanded blood vessels, which can lead to improvements in how nutrients are transported throughout your body.

If you needed another reason to get off the couch and get your sweat on, this might be it!

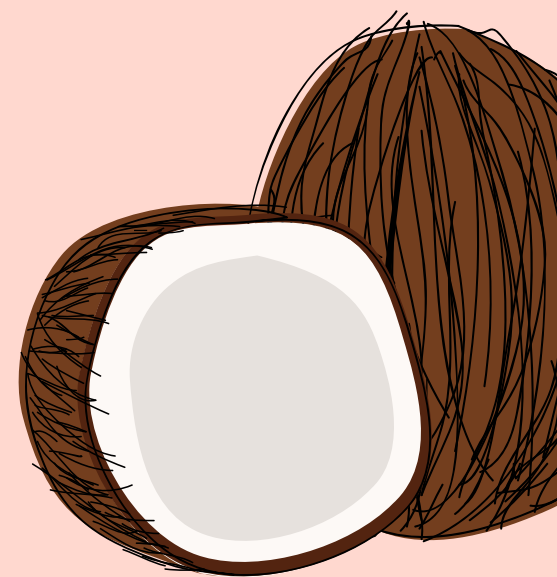


11. LOAD UP ON OMEGA-3S AND OMEGA-6S

Upping your intake of heart-healthy omega-3 and omega-6 fatty acids has been shown to promote hair growth, improve hair density, and hair thickness (27). On top of that, omega-3s in particular may play a beneficial role in treating acne (28), along with its psychological ramifications.

So, how can you get more omegas into your daily diet? The easiest way is to start incorporating more healthy foods rich in omega-6 like corn, tofu, and walnuts (29) into your diet, along with seaweed and algae-based omega-3 supplements to make sure you are getting enough to fight inflammation.

11. LOAD UP ON OMEGA-3S AND OMEGA-6S



Coconut oil is a cooking, baking, and skincare staple that's not going away anytime soon, and there are a lot of reasons why you should always keep a tub by your bedside!

Let's start with hair health: coconut oil has been found to reduce protein loss (30) when used both before washing hair and after, as a post-wash grooming product. Coconut oil is able to penetrate the hair shaft thanks to its low molecular weight, preventing hair damage and treating dryness and breakage.

Coconut oil is also beneficial when used on the skin, as it's an all-natural moisturizer that can hydrate the skin and ease irritation (31).

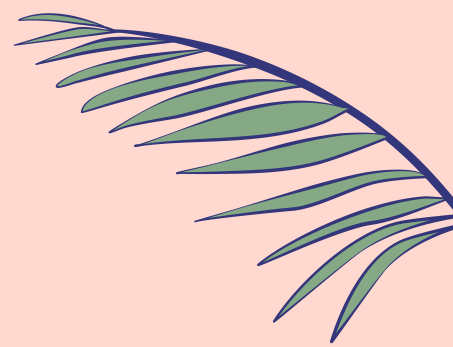


13. DRINK UP!

Adequate hydration is key when we want to boost our overall health and vitality, as water is the main component of all cells and tissues. So, it's not that surprising that a higher water intake has been shown to impact the skin's physiology (32), leading to improved skin hydration (both superficial and deep).

These findings have a domino effect on different facets of skin health: properly hydrated skin prevents signs of dryness and roughness (33), and excessive sebum build-up that can cause acne.

14. START YOUR MORNING WITH OATMEAL



Silicon can be found anywhere, from water to plants, and it is one of the most beneficial elements for healthy-looking hair and skin.

It plays an important role in optimal collagen synthesis and activation of hydroxylating enzymes, improving skin strength and elasticity, as well as promoting a slower hair loss rate and increased brightness (34).

Silicon can be found in many different foods, but plant foods like vegetables, cereal, and whole grains appear to be the best sources, with the humble oat (in its whole form) coming out on top as the best source of silicon in diets (35).



15. GIVE DAIRY A HARD PASS

If clear, bright skin is what you're after, you're going to be much better off giving dairy products a pass.

Dairy consumption has been associated with an increased incidence of acne (36) and breakouts, as well as being one of the most common triggers for atopic dermatitis (37). But these are perhaps the most superficial reasons why you should consider giving up dairy for good: milk consumption is associated with a higher risk of developing prostate cancer, cardiovascular issues, and Parkinson's disease (38) – definitely not what anyone would consider a health-promoting food!



RESOURCES

- 1.<http://acudoc.com/Antioxidants.PDF>
- 2.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5315033/>
- 3.<https://academic.oup.com/ajcn/article/86/4/1225/4649573>
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