

THE SUPERFOODS for beautiful, glowing skin!

I am often asked if there is something special you can eat which will help to maintain elasticity, cell turnover and prevent early-onset aging in skin, and there are LOTS! Here are some skin-Superfoods offering Antioxidant protection~include as many of them in your daily diet as possible and I believe you'll see a real difference....

Blueberries

Packed with antioxidants and phytoflavonoids, these berries are also high in potassium & vitamin C, making them the top choice of doctors & nutritionists. Not only can they lower your risk of heart disease and cancer, they are also anti-inflammatory, crucial in optimal skin-health.



"Inflammation is a key driver of all chronic diseases, so blueberries have a host of benefits," says Ann Kulze, MD, of Charleston, S.C., "When selecting berries, note that the darker they are, the more anti-oxidants they have. Eating blueberries not only tastes good, but can make you look good as well because they increase circulation to help your skin glow. Stephanie Clarke and Willow Jarosh - R.D.s and co-owners of C&J Nutrition in Manhattan - understand the beautifying benefits of these little snacks. "That deep blue/purple color translates to helping your skin look young too," says Clarke. "This color is a result of compounds called anthocyanins, powerful antioxidants that shield the skin against harmful free radicals that can damage the collagen that keeps your skin firm."

"On top of that, blueberries are also packed with vitamin C, another antioxidant crucial for collagen production," adds Jarosh. Antioxidants are nature's fountain of youth, and blueberries are bursting with them.

Omega 3-Rich Fish

Superfoods for the Heart, Joints, and Memory - Wild salmon -- not farm-raised -- is one of the best food sources for omega-3 fatty acids, which helps keep your skin supple and moisturized. Salmon also has selenium, an essential mineral that protects the skin from sun exposure. The vitamin D in salmon keeps your bones and teeth strong and healthy, too. Dr. Nicholas Perricone MD whose international best-seller, The Perricone Prescription expounds the soaraway benefits of Salmon says, *"Wild Salmon contains essential fatty acids and powerful antioxidants such as the carotenoid, astaxanthin, that have important anti-inflammatory properties. My decades of research show that chronic, sub-clinical inflammation is the single greatest precipitator of aging and age-related diseases. These include heart disease, diabetes, Alzheimer's disease, arthritis, certain forms of cancer, and wrinkled skin"*.



Tea

Superfood for Lowering Cholesterol and Inhibiting Cancer *"The overall antioxidant power of black tea is the same as green tea," says Dr. Perricone, "but green tea does have ECGC, a powerful antioxidant that we really do think is quite special."* A recent Japanese study on green tea found that men who drank green tea regularly had lower cholesterol than those who didn't. Researchers in Spain and the United Kingdom have also shown that ECGC can inhibit the growth of cancer cells. Another reason not to toss out your used bags: Some clients have also confided that their old tea bags helps to shrink blood vessels underneath the skin and eliminate darkness around the eye area... it's definitely worth a try!



Oats Known as an Inflammation reducer, Oats soothe and heal skin. Inflammation is one of the number one causes of premature aging, and while it all starts on the inside, reducing outer inflammation is also necessary for optimal skin-health. Because oats are slightly rough, they are one of nature's most amazing exfoliates. They soften the skin, making it super duper silky smooth. Oats have actually been clinically shown to help heal dry, itchy skin. Many people who suffer from eczema say that an oatmeal bath totally sorts them out! They are totally hypoallergenic unlike many of the ingredients in medications which are prescribed to people who have eczema. Oats can also soothe chicken pox, mosquito bites, and dry skin (caused by excessive central heating, pollution etc.) They soothe mild burns, any type of irritated skin.

Broccoli

Broccoli? Skin care? Two reasons. One is Vitamin A. Vitamin A is great at improving turnover of skin cells, keeping your skin fresh and dewy. The other is the sulforaphane. In a 2007 study from Johns Hopkins University, researchers found that sulforaphane applied topically helped reduce skin redness, which is a measure of cell damage. The team speculated then that skincare products based on sulforaphane, while not a substitute for physical sun-screens that block UV rays, could help cells handle sun damage.



Vitamin C fruits

It's been centuries since British sailors discovered the key to avoiding scurvy: vitamin C. You probably grew up being told that getting enough vitamin C would ward off colds and other ailments, we also know it does have a vital role in maintaining the health of your skin. My Vitamin C serum facial is one of the most popular I am asked for year-round due to its healing and premedative benefits.



Those sailors and others who couldn't get fresh fruits and vegetables suffered bleeding under the skin, ulcers and joint weakness. That's because vitamin C, also known as ascorbic acid, is key to the production of collagen, a protein that aids in the growth of cells and blood vessels and gives skin its firmness and strength. I believe that, over the age of 40, and especially when living in sunny climates, a daily application of Vitamin C serum is essential to aid long-term hyper-pigmentation (brown spots). It is a quick, easy, non-negotiable part of everyone daily moisturizing routine. Simple!

Spinach This delicious dark leafy green plant is packed with anti-oxidant powerhouses which work to slow down the aging process and protect skin cells from free radical damage (these are the nasty guys that are gonna try to give you wrinkles). Spinach also strengthens your skin tissue.

Spinach is also high in anti-inflammatory properties, and the green goodness inside is going to help flush out any toxins that might have been building up over time simply due to the way most of us live our lives these days. Dr. Perricone tells us, *"Spinach is an amazing addition to your diet if you're prone to or suffering from psoriasis, mainly because of the anti-inflammatory effects helping to ease the raised redness"*. It is also high in folate (which is a vital nutrient for DNA repair). And that means it's going to help your skin to look its absolute best from the inside out.

Acai

According to WebMD, *"Açaí pulp is a remarkable concentration of antioxidants that help combat premature aging, with 10 times more antioxidants than red grapes and 10 to 30 times the anthocyanins of red wine. Also, it has a synergy of monounsaturated (healthy) fats, dietary fiber and phytosterols to help promote cardiovascular and digestive health, and an almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to proper muscle contraction and regeneration. The fatty acid content in açai resembles that of olive oil, and is rich in monounsaturated oleic acid. Oleic acid is important for a number of reasons. It helps omega-3 fish oils penetrate the cell membrane; together they help make cell membranes more supple. By keeping the cell membrane supple, all hormones, neurotransmitter and insulin receptors function more efficiently. This is particularly important because high insulin levels create an inflammatory state, and we know inflammation causes aging"*.



Tomatoes

Tomatoes are a nutritional powerhouse, due in part to their high amount of lycopene, a powerful antioxidant that gives tomatoes their red color, and may lower the risk of heart disease, improve vision, lower 'bad' cholesterol, and, studies suggest, even decrease the risk of 9 common types of cancer. In addition to lycopene, tomatoes are also loaded with vitamins A & C. But not all tomatoes are created equal. Organic tomatoes have higher concentrations of vitamin C and lycopene and pack more of a nutritional punch. Want gorgeous skin? You're in luck—lycopene boosts pro-collagen, the molecule that keeps your skin firm and youthful looking. The same molecule may also help prevent sunburn. A small study showed that women who ate 55 grams of tomato paste each day had a 33 percent increase in skin protection against ultraviolet (UV) exposure. Although more research on a larger group of people is needed, and diet is not a substitute for sunscreen, it's very possible that tomatoes offer some protection against sunburn.



Walnuts

"Walnuts offer up healthy Omega-3 fats that strengthen the membranes of your skin cells, locking in moisture and nutrients that keep it plump and glowing and keeping out toxins that can damage skin cells," say Stephanie Clarke and Willow Jarosh, Registered Dietitians and co-owners of C&J Nutrition in Manhattan. The nourishing fats in walnuts soothe dry skin. "These healthy fats may also reduce skin inflammation and play a role in protecting the skin against harmful UV rays," say Clarke and Jarosh. Additionally, these anti-inflammatory agents help to keep your hair looking glossy by reducing scalp irritation. Olive Oil Olive oil is an excellent skin moisturizer that can be used on all skin types. It can be applied directly to the skin to moisturize specific areas, or it can be added to bath water for an intense all-over skin softening treatment. It can also be used to treat many skin complaints, including chapped lips, dry skin patches, psoriasis and hard skin on the feet. Olive oil, like it's cousin, Vitamin E Oil, has also been used to treat acne, as it contains powerful antibacterial properties that help to reduce existing spots and prevent new ones from appearing.



And Finally, the Yummiest Superfood Yet ... **Dark Chocolate!**

New research has shown that dark chocolate is packed with antioxidants and can lower blood pressure. It's recommended that you look for chocolate with 60% or higher cocoa content; the darker, the better. In addition, the darker it is, the lower the fat and sugar content. Now that's my kind of health food!



The VITAMIN C Facial includes deep cleaning, exfoliation, extractions to clarify & the rejuvenating facial massage to oxygenate, stimulate & encourage further exfoliation before finishing with a Vitamin C enzyme serum & vitamin-packed organic moisturizer. Call 239-293-9987 to book your facial ~ A MUST for those who know that Wellness extends to their skin too.

Simply Faces' principal Susan Watts was born, raised & educated in London, UK. She spent 17 years as a trader working in the International financial currency markets before relocating permanently to Naples in 2002 after visiting regularly since 1994.

She decided to dedicate the second half of her working life to her passion of skin-health, education & skin wellness, quickly moving into the field of Clinical Oncology Esthetics after learning there was no one certified in the whole of SW Florida to help patients in need. She enjoys dividing her time between healthy clients and those who are 'health-challenged' & seeking comfort from Chemotherapy & Radiation side effects and Auto-Immune disorders.

She has written for a number of publications & is currently working alongside the American Cancer Society, Premiere Oncology Infusion centers, The Wedding Pink and other non-profit organizations around the US, volunteering her time & resources. She sits on the President's Council of the Make-A-Wish Foundation of SW Florida, granting wishes to the children with life-limiting illnesses.

Susan is a graduate of the Janet Filderman Formula in London; the beautician of choice for the Royal Families of the UK, Saudi Arabia and Sweden. She is the only person in the US who offers the facial method originally created for HRH Princess Diana, their most frequent client. It is, by far, her most requested treatment every week.

Susan holds a Bachelor of Science degree in Statistic-analysis & Economics, and is also a graduate of The Royal College of Music in London. She was the US face of New York-based E.L.F. Cosmetics in 2010.

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