

Summary

Vitamins and how they affect the skin

What? Using a daily multivitamin with minerals to help your nutrient intake is good if you're not eating a balanced diet. It's also a good idea. Supplements are available over the counter at almost every retail store.

Why? Vitamins are also used by people that are exposed to higher levels of air pollution. Just eating a diet rich in fruits and vegetables can go a long way to support our skin health by providing antioxidants that damage, breakdown and age our skin.

How does it relate to the skin? –Some vitamins that are great for the skin are vitamin E, B, C, K, and A. Vitamin E helps to reduce wrinkling. Vitamin B helps with nerves and stress. Vitamin K helps with bruising. Vitamin C helps with sun exposure to the skin. Taking a good quality fish oil (Omega-3), helps to keep our barrier function in the skin very strong and intact which keeps toxins and pollutants out.

When? Implications One has to be sure to buy from reputable companies. Vitamins are also prescribed by doctors. Since the skin manifests what is going on inside the body it is important to take vitamins if the person is not eating a healthy diet rich in the necessary vitamins.

What does it benefit? People that would benefit are those not eating a balance diet

Where does it typically occur Even though vitamin and mineral supplements are a good thing, it is possible to overdose. Vitamin A overdose is extremely dangerous. Vitamin A is excellent for a variety of skin conditions such as acne, eczema and even "fish scale" disease, however, toxic amounts can lead to increased pressure in the cranium causing headaches, dizziness and nausea.

What causes this? A balanced diet rich in whole foods, vegetables and fruit, supplemented by vitamins, will not only make skin look better, but heal it, protect it and revitalize it. This is all done from the inside of the body, out.