

Wellness Tidbits

November is National Healthy Skin Month



FEED YOUR SKIN FROM THE INSIDE OUT

Your skin is the largest organ in your body and acts as your first line of defense to provide protection against the outside world. It helps to regulate body temperature, resist harmful microbes, and aids in the creation of vitamin D, which in turn maintains healthy bones and teeth. Unfortunately, your skin is usually the last to receive nutrients, which is why eating a balanced diet and drinking plenty of water is crucial in nourishing, healing and protecting your skin.

Vegetables Provide Protective Powers For Your Skin's Immune System.¹

Cruciferous vegetables such as broccoli, brussels sprouts, cabbage and kale—to name a few—are on the charts in protective powers! Foods rich in antioxidants (such as tomatoes), beta-carotene (from carrots) and vitamin c (from many fruits) can reduce inflammation and help to keep your skin's immune system strong.

Water Helps Your Skin Regulate Body Temperature.²

When hot, your blood vessels release some of your body's heat by bringing warm blood closer to the surface of your skin which is why you sometimes get red in the face. Sweat glands also begin creating sweat to help cool you down. Drinking the appropriate amount of water each day is important in keeping your skin fully hydrated.

Phytonutrients Aid In Protecting Your Skin Against Sun Exposure.³

Your skin is exposed to environmental elements causing wrinkling and skin cancer. Dietary skin protection is a relatively new concept, but early studies show a diet rich in phytonutrients such as fruits, vegetables, nuts and beans may produce continual whole body protection from sun damage.

Overall, when it comes to “feeding” your skin, keep in mind a balanced diet full of colorful fruits and vegetables is essential for skin health.

Resources: 1) <http://blogs.plos.org/thestudentblog/2015/06/05/just-skin-deep/>
2) <http://www.everydayhealth.com/water-health/water-body-health.aspx>
3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257702/>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read this article: <https://bit.ly/34IPATR>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question: Yes or No?

The Skin Cancer Foundation recommends that everyone practice monthly head-to-toe self examination of their skin. We challenge you to practice this monthly examination at home today.

Do you accept this challenge?

**ANSWER FITBIT®
CHALLENGE HERE!**



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