

Water And Fiber: The New "Nutrients"

This is part 2 of the subject of nutrients. Be sure to read part 1 of "Skin Problems? It May Be A Lack Of Nutrients" before reading this part. Royal Jelly is a nutrient that can be used as a topical application as well as taken as a supplement. This nutrient that comes from bees is full of vitamins, pantothenic acid and amino acids. Royal Jelly can help with darkening of the skin, blemishes and wrinkles. When taken orally, its properties can help in delaying collagen from deteriorating which can help the skin look younger. L-Cysteine (commonly known as just Cysteine) is a nutrient that helps the collagen in the skin to hold together. Most of the skin is high in this nutrient. People can get a good daily amount of this nutrient from foods like milk but mainly eggs. Gamma-Linolenic Acid (GLA for short and commonly known as just Linolenic Acid) with its anti-inflammatory properties is great for the skin. It's basically known as evening primrose oil in its supplementation form. Common cooking oils have this acid like extra virgin olive oil, canola oil, sunflower oil, corn oil and safflower oil. Just 2 tablespoons per day of these oils (preferably cold pressed) can be added to the daily diet by cooking with them, or they can even be made into a light vinaigrette dressing for salads. In supplementation form 500 mg of evening primrose oil is needed. There are two more important "nutrients" that are very common and also very important when it comes to good skin care. The first one is water. Water is an important part of all tissues in the body including skin tissue. Water helps to supply important minerals to the body. Drinking about 8 to 10 glasses of pure, plain water will provide enough moisture and give keep good water balance in the body. The second important "nutrient" is fiber. There are three types of fiber. The fiber in grains is called bran. The fiber in fruit is called pectin. The fiber in vegetables is called psyllium. People should aim to add least 40 grams of fiber from one, two, or all three of the different fibers to the daily diet. A person should add this to their diet slowly if their diet is low in fiber in the first place. Fiber can help to clear the complexion of the skin although studies have not uncovered how. It may be how fiber improves bowel elimination and therefore limiting the absorption of acne-aggravating properties, toxic substances and saturated fats. Sources of bran from food are of course bran, whole wheat bread, brown rice, rolled oats, Grape-Nuts cereal and even white rice and shredded wheat. Sources of pectin from fruit are apples, strawberries and other berries such as blueberries and raspberries, pears, melons, oranges and other citrus fruits like tangerines and grapefruits. Sources of psyllium from vegetables are beets, green beans, green peas, potatoes, carrots and celery. Vegetable bulk powders like Metamucil and Citrucel are ok but add them slowly to the diet like a quarter teaspoon to each meal and add a quarter teaspoon each week to each meal until the amount is a full teaspoon to each meal.

About the Author

Diet and exercise are an integral part of staying fit and healthy. Proper nutrition along with exercise will help keep you in shape and keep you healthy.

Source: <http://productsherbal.com>