



SKIN HEALTH FROM THE INSIDE OUT.

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Our skin is a gift, Let's treat it like one.

Welcome to my Top Tips for your 360 Skin Nourish. I hope you find them helpful and can begin to put some of them into practice!

I would love to help you further! I have a passion for skin and skin health and would love to share more of my knowledge and expertise with you. With my Skin Nourish and Protect offer you will have your own customised 360 consultation and facial to begin your rejuvenation journey. You can book this right here on my website.

Skin is unique in that it is constantly renewing and regenerating in a 28-day cell turnover! This is what makes it so exciting, we can feed and improve our skin health through our lifestyle! Our diet, stress levels, exercise, homecare routine and UV protection levels are all within in our control.

During the natural ageing process, the skin cycle slows and so does the skins natural exfoliation. This can leave our skin looking more tired and dull. At the same time, from as early as 20-30 years we make less collagen and elastin, the structures that support our skin, and fine lines and wrinkles may become more noticeable. 90% of our skin ageing can be attributed to UV damage and factors that are within our control, but our skin health is also determined by internal factors such as genetics, hormones, and our general health.

Don't we all want the healthier more youthful glow? Let's not be tired dehydrated raisins but fresh plump hydrated grapes! For this to happen we need to nourish and nurture our skin daily

MY TOP TIPS FOR SKIN NOURISH

PROTECT YOUR SKIN

- Apply SPF 30+ broad spectrum sunscreen daily and reapply regularly if exposed for lengths of time to the direct sun.
- This is the number one way to protect our skin from premature ageing, fine lines and wrinkles, age spots and other skin conditions, as well as reduce the risk of skin cancer.

HYDRATE YOUR SKIN

- Our skin cells are largely made of water. Hydrated skin is plump and elastic. Water is essential for both our skin and health, so we need to keep our body hydrated.

Our skin is the last organ to receive the water we drink, so we need to drink plenty to ensure it reaches here too. It is recommended daily that we drink 6-8 glasses of water daily for optimum health, and that we should drink regularly throughout the day starting in the morning.

Without adequate water our skin will become dehydrated and our fine lines and wrinkles more pronounced. People who drink plenty of water keep their body's more refreshed and maintain their skin elasticity. Scars, fine lines, and wrinkles will appear less prominent

Water, lower-fat milk, sugar-free drinks, Coffee and tea, juices and sports drink all count in our tally. No longer believed to be dehydrating

EAT THE RAINBOW

We need to follow a healthy varied diet of fruit, vegetables, minerals, and vitamins.

Foods with Vitamins A and C are important for collagen production and Vit E to maintain a healthy protective barrier. The following is a list of some of the key foods we should be eating regularly to nourish our skin and health.

Vitamin A: spinach, Bell peppers, pumpkin, tomatoes, kale, broccoli, leafy greens, salmon, fish

Vitamin C: bell peppers, oranges, strawberries, kiwi, tomatoes

Vitamin E: sunflower seeds, almond, avocado, peanuts, sweet potato

Omegas: fatty fish like salmon, sardines, mackerel, eggs, flaxseeds

Vitamin D: Salmon, Tuna, Orange juice vit D fortified, dairy and milk

EFA's Essential Fatty Acids. These are not produced by our body so we must obtain them from our diet. Examples include flaxseed and oil, nuts, seeds, fish, and vegetable oils

Zinc and Magnesium: Meat, dairy, eggs, legumes

FIVE SUPER FOODS TO KICK-START

- **Avocado**- protects from sun damage, promote cell renewal for more youthful skin
- **Oatmeal**- helps fight off free radicals that cause ageing & wrinkles
- **Salmon**- Smooth skin, reduce inflammation from acne & sunburn
- **Blueberries**- help slow ageing by increasing collagen production
- **Green Tea**- anti-inflammatory, reduces redness and irritation

REDUCE & STOP SMOKING

Smoking leads to a reduced blood supply and therefore nourishment and oxygen to our skin. This will result in a slower skin cell turnover and more rapid depletion of the collagen and elastin that keeps our skin buoyant and supple. Smokers experience more rapid ageing and wrinkle formation, not forgetting the impact it has on other health conditions.

REDUCE EXCESSIVE ALCOHOL

Excessive alcohol intake dehydrates our skin and make our skin look more wrinkled dull and grey, or bloated and puffy. Dehydration can sap your skin of moisture and elasticity leading to sagginess and more wrinkles.

OUR HEALTH

Certain health conditions like diabetes reduce our skins' ability to heal itself.

HAVE A HEALTHY GUT

There is a skin-gut-stress link. Our brain and skin are closely connected. As our emotions are released, they are expressed through our skin. When we are stressed, this shows in our digestive system. High levels of stress affect our gut bacteria. Unhealthy gut bacteria increase inflammation and has a huge impact on how our nutrients are absorbed. Have regular intake of Pre and Probiotics to feed the health bacteria and reduce gut inflammation.

KEEP MOVING!

Regular activity and exercise are essential for a healthy body and mind and increase the blood flow to our skin. Have a daily routine that you follow each day, such as a swim, a fast-paced walk, a dance class.

Exercise snacking? These are short, bite-sized ways to get regular movement into your day. Regular exercise snacking is good for burning fat, weight loss, and controlling blood sugar- all important for reducing the risk of heart disease, hypertension, and type-2 diabetes.

Why not start with 1 activity and add more over time.

Some examples: walking up and down stairs, squats while watching TV, push-ups against a wall or work surface, a short brisk walk outside.

STRESS AND LIFE BALANCE

Every-day stress impacts our body, wellbeing, and mental health. The stress hormone cortisol is released when we experience stress. Long-term stress leads to excessive cortisol release which in turn impacts our digestive system, weight gain and wellbeing.

Our stress is stimulated by anxiety and worry. In addition to anxiety, other stimulants include drugs, alcohol, sugar, all of which increase stress on our body. Over time, our adrenal glands are so over-stimulated producing cortisol stress hormone, that this can lead to the glands becoming worn out which can result in ME and chronic fatigue. High blood sugar also releases stress hormones into our body.

Reduce stress in our lives through activities such as mindfulness, self-care, deep breathing, morning calm routines, yoga/Pilates, journaling, staying hydrated.

GET PLENTY OF BEAUTY SLEEP, IT IS THE FOUNDATION OF OUR HEALTH

Night-time is a time for intense skin repair & rebuilding, but lack of sleep leads disturbs this process, and our body is unable to adequately repair itself and our skin. With poor sleep the stress hormone cortisol is released which may cause inflammation. Our skin works hard all day to protect itself from constant attack, but while we are asleep, our skin switches into recovery mode. It is a time of intense skin repair and renewal of the cells and tissues. Our skin heals itself. Whilst asleep the blood is moved to the muscles to restore and recover, helps the brain recover, regulates our mood

We need to aim for 7-9 hours' sleep per night Adopt a relaxing bed-time routine ie bath, switch off devices, eat early so that our body can finish digesting before we sleep

Exercise and sleep lower insulin levels in our body. When there isn't a balance, our body becomes more insulin resistant (doesn't produce enough insulin as has been over-producing insulin to keep up with all the snacking). Insulin resistance leads to diabetes 2, weight gain and HBP

SEROTONIN IS OUR HAPPY HORMONE.

As it gets light in the morning and we awaken, our body produces more serotonin. It's our mood hormone and is produced in the gut. We need 30 minutes light each morning, it tells our body clock that it's time to wake.

SPF AND SKIN CANCER AWARENESS

- 90% of skin cancer is preventable and mostly curable if detected early
Check for NEW UNUSUAL CHANGING
Use a daily broad spectrum Factor 30+ reapply regularly.
Use SPF throughout the year as the rays can also penetrate windows.

- The most important lifestyle factor for anti- ageing is daily use of SPF
- Slip, Slop, Slap Rule Slip on a shirt, Slop on sunscreen, Slap on a hat, Seek shade and Slide on sunglasses
- No matter what our skin type, we are all at risk of developing skin cancer
- In the UK, 1 in 4 men and 1 in 5 women will be diagnosed with the disease
- Melanoma rates are rising faster than any other forms of skin cancer

THE BENEFITS OF SELF CARE

The benefits of a skincare routine:

Provides stability in our day that benefits mental health

Focus on doing something nice for ourselves.

Caring for our skin provides an opportunity for mindfulness

Regular skin pampering triggers a cascade of chemicals in your brain that boosts your mood

Skincare is an act of kindness that sends a powerful message. By taking care of ourselves in small ways we are saying 'I'm worth it'

Top Tip: Have a regular daily homecare routine/ double cleanse morning & night/ tone, moisturise, and use daily SPF30+ protection. Using quality skincare products as part of our daily routine can improve feelings of self-worth and trigger mood-boosting chemicals.

I hope you enjoyed your 360 to skin health! Why not book your complimentary consultation and let's chat about how I can help you start your skin journey!

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The logo for Anne Powders features the name 'Anne Powders' in a large, elegant, pink cursive script. Below the name, the tagline 'The Pro Age Skin Expert' is written in a smaller, grey, sans-serif font, with each word separated by a small space.