

## Do It the Natural Way – Natural Skin Care

Natural skin care is much preferable in today's age and environment. Your skin already has too much pollutants originating from the air causing premature aging, so why add some more using synthetic skin care products? Having a naturally beautiful skin starts within. Your skin shows the kind of food you eat and the type of lifestyle you have. A dull, excessively oily skin could suggest you probably are munching too much fat and barely exercise. You may try these natural skin care tips. It saves you a few dollars out of buying commercial "natural" skin care products and gives a boost to your system as well.

**Natural skin care tips**

Our skin sheds dead skin cells everyday. Unfortunately, it doesn't do that by itself. Give your skin a dry brush exfoliation before you take a shower in the morning to eliminate the top layer dead skin cells. Dry brush exfoliation allows skin to detoxify and improves blood circulation, which in turn nourishes the skin by distributing nutrients and oxygen to every skin cell. Use a soft, natural bristle brush.

Next, digestion is one factor that contributes to the type of skin we can have. Poor digestion often results to acne, psoriasis, and rosacea. The two common culprits for a sluggish digestion is: 1) not having sufficient fiber in the diet, and 2) not enough water. Doctors advise the intake of 8 full glasses of water a day to normalize your bodily functions. Also, eat fruits (like apples) with skin on and munch on high fiber snacks. They're good for your tummy and skin.

Third, get moving! Exercise helps out by improving your blood circulation eliminating body wastes through sweat. If you lead a sedentary lifestyle, make sure exercise is part of your natural skin care regimen. However, always take a warm shower after sweating it out to wash off dirt and sweat.

Sugar is another factor of premature aging. Excessive sugar intake, in the process, leads to glycation. This is a process in which a sugar molecule called glucose sticks to amino acids (protein molecules) causing it to form other molecules called advanced glycation end-products or AGE. AGE is damaging to skin cells, bone cartilage, as well as ligaments resulting in premature aging. As part of your natural skin care, lessen your daily intake of sugar as much as possible. In addition, the natural food we eat like fruits or bread already contain sugar so there's actually no need to add some more.

Lastly, essential fats are necessary in cell division to make new ones as in cell membranes, hormones, etc. Sources of essential fats include oils from nuts, fish, or fish oil supplements.

Natural skin care doesn't have to be expensive. Patience is a virtue (as the cliché goes) because you need to work it out. Results might not be achieved overnight.

## About the Author

Bertes Zyme is a full spectrum digestive enzyme which aids food digestion, reduces stool eating, intestinal gas, and prevents.

Source: <http://www.productsherbal.com>