



Health Tips for Maximizing and Maintaining Beauty

This article was written in honor of Women's Health Month. If you are reading this article, you are unquestionably beautiful. Here are some health tips for maximizing beauty and maintaining it throughout your life.

Get enough sleep – Without it you'll lose your normal vibrance and look 5-10 years older.

Drink lots of water – Drinking water keeps skin hydrated and glowing. It's a number one way to feel younger and healthier.

Don't smoke – Smoking decreases blood flow to your skin and will make it tough, wrinkled and yellow. In time, it will turn your sweet feminine voice into the deep gravelly retching voice of a hairy male truck driver.

Use sunscreen – Dark tans look good now, but if you want a lifetime of beautiful skin, choose sunscreen instead.

To be beautiful on the outside, you've got to be beautiful on the inside:

- Make it your life's passion to help and elevate other people.
- Take an interest in many things and keep expanding your interests.
- Make a conscious effort to enjoy what is around you, your family, your friends, strangers, trees, flowers and sky.
- Exercise your creativity

Cultivate friends – Loneliness is bad for your complexion. Make friends by being a friend. Friends will strengthen you, make you smile and you will be radiant.

Reduce stress – Stress causes wrinkles, fatigue.

- Take breaks, take vacations – Don't keep going until you drop.
- Plans fell though? Make others.

- Mess up? – At least you tried
- Get a dog; get exercise; take a walk in a pretty place; take up gardening.

Get exercise – Exercise will keep your skin firm and strengthen your heart, lungs, bones and muscles. Exercise will perk up your metabolism, give you more energy, and contribute to your sense of well being - all of which add to your inner and outer beauty.

Halt the aging processes that you can:

- As you age your metabolism decreases, so reduce your food intake and increase your activity level.
- Muscle is lost with age, so do strength training – lift weights.

Stand up straight – It will instantly make you look more attractive and younger.

Smile – There is no more important beauty secret!

Treat your skin well – It is your life-long wardrobe. In particular, pamper your face.

- **Soap is bad for your face** – use mild cleansers. Use mostly water.
- **Use moisturizers with antioxidants**
- **Use skin products containing:** *Alpha hydroxyl acids* – to loosen dead skin; *Exfoliants* to remove dead skin; *Antioxidants* – to fight free radicals; *Anti-inflammatories* such as allantoin or panthenol – to reduce puffiness; *Hyaluronic acid* to maintain moisture; *Vitamins A, C & E* - to improve skin elasticity, firmness and repair. Again, use *sunscreen!*
- **Don't forget:** put sunscreen on the backs of your hands if you want to keep them smooth and beautiful.
- **For dry skin:** Drink plenty of water; limit caffeine; use a humidifier; take short showers and baths with warm water rather than hot; add bath oils; consider a chlorine filter in you shower head.
- **Diet:** Fatty fish a few times per week; supplements such as Vitamin C, Flaxseed oil, and Alpha lipoic acid.

Eat healthy foods – There is no better ally in the preservation of beauty and the fight against aging than the right foods.

- **Reduce intake** – Stop fixing those big, stick-to-the-rib meals and switch to mini meals. Consider drinking a glass of ice water before every meal. You will feel fuller, and you may discover that you mistook hunger for thirst.

- **Keep a little fat** – For younger looking skin, certain fatty acids are essential, especially those found in salmon, flaxseed, avocados and nuts.
- **A little alcohol is ok** – Red wine in particular has antioxidants.
- **Get your calcium early!** – The time to build strong bones is before menopause. It's important to spend one's first 50 years consuming calcium from dairy products, dark green vegetables etc.
- **Reduce refined sugars** – They cause tooth decay, weight gain and serve as a sad substitute for more nutrient rich foods.
- **Keep caffeine consumption moderate** – Too much caffeine can raise insulin levels making it harder to keep weight off.

- **Maximize fruits and vegetables** – These are truly what we are designed to eat. They are packed with vitamins, minerals and exotic micronutrients whose benefits, in terms of cancer and disease prevention and health optimization, are pouring in daily. An essential part of maintaining your health and beauty is piling your plate with colorful high-fiber fruits and vegetables. They are high in protective antioxidants and low in destructive free radicals. Make them a major part of your diet and they will help you lose weight, live a long, healthy life, and shine with beauty.

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