

EAT YOUR WAY TO Youthful SKIN

You will probably be surprised to learn that the foods you put into your body everyday can actually determine how your skin looks. Including the right foods in our diet and limiting the wrong ones can help to maintain the healthy appearance of your skin. In fact, the research shows that certain dietary strategies may be just as effective as those costly serums and creams.

LIMITING SUGAR

You know that excess sugar isn't good for your overall health, and it isn't doing your skin any favors, either.

Scientists writing for a publication of Anti-Aging Medicine have explained that sugar results in the formation of advanced glycation end products, which cause inflammation in the skin. Reducing your intake of added sugars can therefore protect the skin's tissues and keep skin looking healthy.

INCREASING WATER INTAKE

Beyond limiting added sugars, consuming an adequate amount of water can improve skin health, especially if you experience dry skin. A study in Clinical, Cosmetic and Investigational Dermatology assessed water intake among a group of participants. The study concluded that sufficient water consumption is equivalent to applying moisturizer to the skin.

CONSUMING ADEQUATE NUTRIENTS

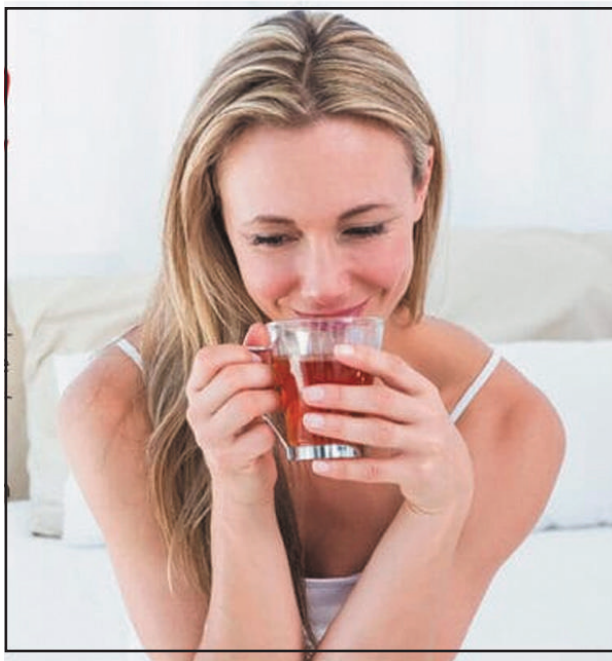
Besides limiting sugar and drinking plenty of water; consuming enough of the right nutrients, such as certain vitamins and minerals, is essential for healthy-looking skin. Authors of a report in Nutritional Cosmetics explain that Vitamin E has antioxidant effects and can protect the skin from sunlight and signs of aging. The research also shows that Vitamin E may be significantly beneficial when paired with vitamin C, which shows strong benefits, including preventing damage from the sun and free radicals.

Some people may opt to take vitamin supplements to achieve an adequate intake of vitamins C and E, but it is possible to pro-

mote skin health by getting these vitamins in the form of whole foods. Citrus fruits and berries tend to be an excellent source of vitamin C and avocados are packed with vitamin E.

SIPPING ON TEA

In addition to the other nutritional strategies discussed herein, drinking certain types of tea may promote youthful-looking skin. A study in Anti-Aging Medicine tested the effects of herbal teas on the formation of skin-damaging advanced glycation end products (AGEs). Results showed that the herbal teas reduced the buildup of AGEs and improved the skin's elasticity. The herbal teas used in the study contained ingredients such as bamboo, persimmon leaf and Chinese blackberry, which may be useful for preventing skin aging.



Sleep tips: 6 steps to better sleep

You're not doomed to toss and turn every night. Consider simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine.

By Mayo Clinic Staff

Many factors can interfere with a good night's sleep — from work stress and family responsibilities to illnesses. It's no wonder that quality sleep is sometimes elusive.

You might not be able to control the factors that interfere with your sleep. However, you can adopt habits that encourage better sleep. Start with these simple tips.

1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to be well rested.

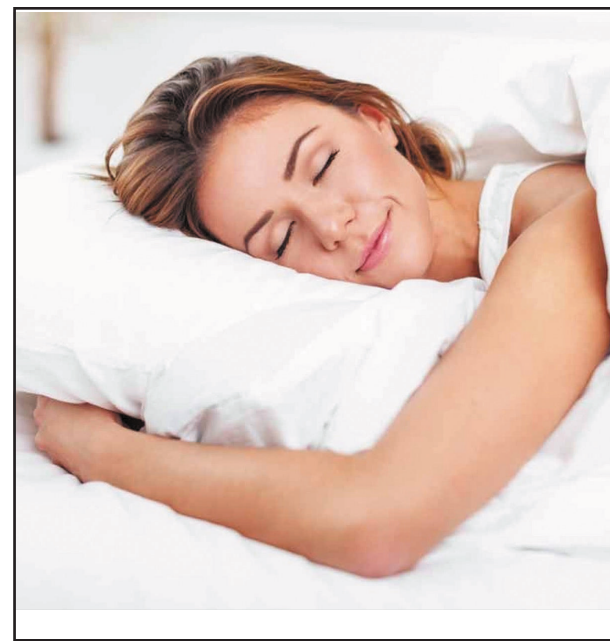
Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle.

If you don't fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed, but continue to maintain your sleep schedule and wake-up time.

2. Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you up.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can interfere with sleep. And even though alcohol might make you feel sleepy at



first, it can disrupt sleep later in the night.

3. Create a restful environment

Keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.

4. Limit daytime naps

Long daytime naps can interfere with nighttime sleep. Limit naps to no more than one hour and avoid napping late in the day.

However, if you work nights, you might need to nap late in the day before work to help make up your sleep debt.

5. Include physical activity in your daily routine

Regular physical activity can promote better sleep. However, avoid being active too close to bedtime.

Spending time outside every day might be helpful, too.

6. Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

Know when to contact your health care provider

Nearly everyone has an occasional sleepless night. However, if you often have trouble sleeping, contact your health care provider. Identifying and treating any underlying causes can help you get the better sleep you deserve.

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