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Nourish Your Skin with Delicious Foods

Skin is our largest organ. Not only do we strive to keep it beautiful, but also healthy. Strong, healthy skin holds up to weather, injury and every day wear and tear better. There are many delicious and nutritious foods that support skin health. Today I'm teaching you about the ones that pack the most power for your time, effort, and taste buds. Enjoy!

Hydration = Glow: Water + Electrolytes

We all know drinking plenty of water is essential for keeping our skin hydrated, but it's also important to understand what allows our body to maintain hydration. First of all, if you start your morning with coffee or tea you are already depleting your fluids with a diuretic. Yes, even most herbal teas have diuretic properties. Releasing fluids is not bad, in fact, it can be good for you, it's all about balance. In order to balance, be sure to pay extra attention to replenish your fluids when taking diuretics, sweating, or exercising to help your body maintain proper hydration. For each cup of coffee or tea also have an equivalent amount of water. Plus boost your bodies abilities to stay hydrated with a few foods high in electrolytes. Electrolytes play crucial roles in various bodily functions, such as **muscle contraction, nerve impulse transmission, and maintaining blood pressure**. Electrolytes are essential minerals that include sodium, potassium, magnesium, and chloride.

Top sources of electrolytes and foods that contain them:
Potassium: Orange squash, beet greens, white beans, avocado, potatoes, milk, mushrooms
Sodium: High quality mineral salt, celery, beets, spinach, carrots
Magnesium: Spinach, pumpkin seeds, lima beans, tuna, brown rice, almonds
Phosphorous: Yellowfin tuna, tofu, milk, chicken, scallops, pumpkin seeds, quinoa
Calcium: Broccoli, kale, spinach, sardines, dairy, soy, almonds, Brazil nuts, tahini/sesame seeds,

Antioxidants: Your Skin's Best Defense

Antioxidants play a powerful role in protecting your skin from environmental stressors like pollution and UV damage. These antioxidants neutralize free radicals that can accelerate the aging process, causing wrinkles and dullness and help your skin maintain a youthful glow.

Common foods and culinary herbs high in anti-oxidants include:

blueberries	leafy greens	walnuts	juniper berry
raspberries	almonds	allspice	nutmeg
blackberries	nuts (list)	cinnamon	oregano
black currents	green tea	clove	rosemary
pomegranate	dark chocolate	dill	saffron
spinach	ginger	mint	sage

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sumac marjoram thyme parsley

Healthy Fats: Boosting Skin Elasticity

Polyphenols in olive oil and omega-3 fatty acids found in many foods, help reduce inflammation and keep your skin's moisture barrier strong. These healthy fats also support skin elasticity, making your skin appear firmer and smoother. Including these foods in your diet can help your skin stay soft, supple, and hydrated. found in foods like

- salmon
- flaxseeds
- chia seeds
- walnuts
- olive oil
- coconut oil

Vitamins for Skin Repair and Renewal

Vitamins are critical to the skin's repair and renewal process. The vitamins that promote healthy cell turnover, collagen production and provide the most impact on keeping your skin firm, smooth and bright are **Vitamin A, Vitamin E and Vitamin C**.

- Vitamin A/beta carotene: sweet potatoes, carrots, and leafy greens
- Vitamin C: Parsley, Red bell pepper, guava, strawberries, kiwi
- Vitamin E: Found in nuts and seeds, particularly sunflower seeds.

Collagen – Your Skins Structure

Collagen is beneficial for skin health because it **provides structure and support to the skin, helping to maintain its elasticity and firmness**.

- bone broth
- chicken skin
- snow mushroom
- gelatin

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BONUS TIP

The Gut-Skin Connection

Your gut health is closely linked to the appearance of your skin. A diet rich in whole foods—fruits, vegetables, lean proteins, and healthy fats—promotes a balanced gut microbiome, which can reduce inflammation and improve conditions like acne and eczema. Conversely, highly processed, and sugary foods can contribute to inflammation, leading to breakouts and skin issues. The specific strains most researched and backed by data to support skin health and why are as follows:

- **Lactobacillus *Strains in the Spotlight***
  - ✓ *Ligilactobacillus salivarius* LS1: This strain has been recognized for its role in supporting adults with some of the skin issues mentioned, likely through its immunomodulatory effects via the gut-skin axis. [23,27]
  - ✓ *Lacticaseibacillus paracasei* ST11: This strain has been studied for its role in skin barrier function and keeping the skin well-hydrated, particularly in patients with dandruff or reactive skin ([24, 25]). *Lactiplantibacillus plantarum*: Some strains of *L. plantarum* have been studied for their potential to support skin hydration, elasticity, and barrier strength—likely by helping to calm inflammation and reduce oxidative stress in the body. [29,27]
  - ✓ *Lacticaseibacillus casei* CECT 9104: This strain has been part of formulations studied for supporting skin health in pediatric populations with atopic dermatitis, alongside other *Bifidobacterium* strains [5]
- **Bifidobacterium Strains Making an Impact**
  - ✓ *Bifidobacterium breve BR3: B. breve BR3 is noted alongside L. salivarius LS1 for its supportive role in adults with challenged skin.1*
  - ✓ *Bifidobacterium lactis CECT 8145 and Bifidobacterium longum CECT 7347: These strains have been studied in combination with L. casei CECT 9104 for their benefits in pediatric atopic dermatitis, and the findings suggest they can help match the immune responses that affect skin.1*
  - ✓ *General Bifidobacterium benefits: Strains from this group are known to help strengthen the gut lining and keep inflammation in check—two things that matter a lot when it comes to skin health.2, 3*

Citations

1. Navarro-López V, Ramírez-Boscá A, Ramón-Vidal D, Ruzafa-Costas B, Genovés-Martínez S, Chenoll-Cuadros E, et al. JAMA Dermatol. 2018;154(1):37-43.
2. García-Villalba R, Giménez-Bastida JA, Cortés-Martín A, Ávila-Gálvez MÁ, Tomás-Barberán FA, Selma MV, et al. Mol Nutr Food Res. 2022;66(21):e2101019.
3. Foglia C, Allesina S, Amoruso A, Prisco AD, Pane M. J Microbiol Methods. 2020;175:105993.

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Recipes

High Collagen Bone Broth Snow Mushroom Soup

Ingredients:

- 4 cups of bone broth (either store purchased or home-made)
- 2 “puff balls” of snow Mushrooms (snow fungus)
- 1 medium sized cooked sweet potato
- Some leafy greens or veggies of your choice
- Seasonings of your choice: I used sea salt, cayenne, lemongrass, and ginger

Method:

1. Prepare the snow fungus for cooking. This video shows you how.
2. Put cooked sweet potato in a blender with at least 2 cups of bone broth
3. Put all remaining ingredients in a pot and simmer for 30 minutes.
4. Can add protein of your choice to make a heartier meal.

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Antioxidant Chocolate Bark

Ingredients

- 2 cups of mixed nuts. I used walnuts, pistachios, hazel nuts, almonds, sunflower seeds
- 1 cup of dark chocolate chips
- 1 – 2 teaspoons sea salt
- Seasonings of your choice: I used clove, cinnamon, nutmeg, ginger,

Method:

1. Boil a pot of water then turn down to simmer.
2. Place a stainless-steel bowl that is larger than the pot on top.
3. Melt chocolate chips in the bowl. Once close to melted, turn off heat.
4. Add seasonings to the chocolate and blend.
5. Remove bowl from heat.
6. Add the nuts and mix until all nuts are coated
7. Place the nut chocolate mixture on a parchment lined or wax paper lined cookie sheet and spread out on the sheet. Approx. ½ - 1 inch high. Place if refrigerator for an hour.
8. Remove from refrigerator, break up the bark into the size pieces that you want.

Enjoy! ~

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