

GUIDE TO HEALTHY SKIN

Your skin is not just a superficial layer of your body. It's a significant part of your identity, influencing how you perceive yourself and how others perceive you. This impact extends far beyond your teen years, shaping your self-esteem and overall well-being throughout adulthood.

Adolescence can cause acne due to hormonal changes that increase oil production. These breakouts can significantly impact your self-esteem and confidence. You may blame yourself, though it's happening through no fault of your own.

You may think you're in the clear when you become an adult and can leave those awful feelings (and skin) behind. **However, as you age, you may start noticing wrinkles and fine lines, redness, uneven skin tone, and, yes, even acne again.** High stress, poor diet, and sun exposure can damage your skin. Old feelings of insecurity and self-consciousness may reappear, causing you to feel bad about yourself.



While skincare products may promise miracles, it's your lifestyle and diet that truly make a difference. **Managing your mood, getting enough sleep, and protecting your skin from sun damage are not just good habits, they are essential for your skin's health.** Your diet, hydration, and supplementation also play a crucial role in maintaining healthy skin.†

By approaching skin health holistically, you can address your unique concerns and enhance your overall well-being so you look and feel your best.



†These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.



What Does Healthy Skin Look Like?

Healthy skin is more than just a sign of good skincare—it reflects your overall health.

Healthy skin has a smooth texture, even tone, and radiant appearance. It's generally free from breakouts or dry patches, has the remarkable ability to heal quickly, and is bouncy.

The signs of healthy skin include:

- **Smooth Texture:** No rough patches or flakiness, indicating effective hydration and skin cell turnover
- **Even Tone:** Skin that's even and healthy in color without redness or hyperpigmentation.
- **Hydration:** Skin that feels supple and plump, with just the right amount of moisture.
- **Elasticity:** Skin that rebounds quickly after being stretched or pulled, indicating strong collagen and elastin fibers.
- **A Clear Complexion:** Minimal blemishes or acne, reflecting good pore health.
- **Radiance:** A natural glow that suggests good blood circulation and skin cell turnover.



What Are Signs of Unhealthy Skin?

Skin problems can appear in many ways, telling you that your body needs something. Your skin may look less vibrant and feel less resilient.

Common symptoms to watch out for include:

- **Dryness and flakiness** indicating dehydration or impaired barrier function.
- **Excessive oiliness** leading to clogged pores and breakouts.
- **Redness and irritation** that could be a sign of sensitivity, allergic reactions, or underlying conditions like rosacea.
- **Fine lines and wrinkles** as a sign of excessive sun exposure or lack of hydration.
- **Dark spots and uneven skin tone** caused by overexposure to the sun or hormonal imbalances.
- **Breakouts and acne** suggesting a poor diet, hormonal imbalances, or inadequate skincare.
- **Sensitivity to products** that you may not be aware of that are hurting your skin's health.



What Skincare Products Support Healthy Skin?

Skincare products contain numerous ingredients to nourish, protect, and revive your skin. However, only a handful of ingredients are tried and true. These ingredients can help tackle issues from acne to aging, supporting your skin's health and vibrancy.

- **Hyaluronic acid** supports healthy moisture levels to keep skin hydrated and plump.¹
- **Salicylic acid and alpha hydroxy acids** assist with skin exfoliation to clear pores and eliminate dead skin.^{2,3}
- **Niacinamide (Vitamin B3)** supports a healthy, even skin tone and balances oil.⁴
- **Retinol (Vitamin A)** supports skin renewal and collagen production, which can help with acne, melasma, and photoaging.⁵
- **Vitamin E** supports overall skin health.⁶
- **Tea Tree Oil** has antibacterial properties and supports clear skin and mild acne.⁷
- **Ceramides** are lipids that support your skin's moisture barrier, keeping it soft and supple.⁸



How Can You Support Your Skin's Health Naturally?

You need a skincare routine that nurtures you from the inside out. It's essential to nourish your body with the right nutrients, stay hydrated, and protect your skin.

Steps you can start taking today to support your skin's health include:

- 1 Quitting smoking!** Smoking can make your skin look older and contribute to wrinkles, change the thickness of your skin, and cause discoloration.⁹
- 2 Eating a Balanced Diet.** Incorporate a variety of fruits, vegetables, lean proteins, and whole grains to supply your skin with the vitamins and minerals it needs.
- 3 Getting Plenty of Hydration.** Drink plenty of water throughout the day to keep your skin hydrated and plump.
- 4 Using Adequate Sun Protection.** Use a broad-spectrum sunscreen with at least SPF 30, regardless of the weather or time of year, and wear sun-protective clothing.¹⁰
- 5 Choosing Gentle Skincare.** Choose non-irritating skincare products and avoid over-washing or using harsh exfoliants that can strip the skin of its natural oils.
- 6 Keeping Active With Regular Exercise.** Physical activity promotes circulation and helps to nourish skin cells by sending more oxygen and nutrients to the skin's surface.
- 7 Getting Enough Sleep.** Ensure you get enough restful sleep each night to allow your skin to repair and rejuvenate.
- 8 Supporting a Balanced Mood.** Engage in activities that make you feel good, which will support healthy skin.

What Foods Support Skin Health?

Eating nutritious foods supports the health and clarity of your skin. It means looking for foods containing vitamins, minerals, and antioxidant properties that can support healthy skin aging and inflammatory responses.

- **Fatty fish** have omega-3 fatty acids that support healthy inflammatory responses and moisture levels.
- **Nuts and seeds** contain vitamin E, zinc, and omega-3 fatty acids, all supporting healthy skin.
- **Avocados** have healthy fats that support skin resiliency and hydration.
- **Berries** have antioxidant properties that can support the health of your skin when exposed to the sun.
- **Catechins** found in teas contain antioxidant properties that can help support healthy skin and inflammatory responses.¹¹
- **Sweet Potatoes** are a source of beta-carotene, supporting skin health when exposed to the sun.
- **Tomatoes** have vitamin C and carotenoids, including lycopene, which help support healthy skin to be as radiant as possible.¹²
- **Leafy Greens** contain vitamins and minerals that support healthy skin.

What Foods Are Bad For Skin?

Certain foods can hurt your skin. For example, sugary and processed foods can trigger inflammation, which can flare acne and eczema. High dairy intake and high glycemic index foods can also cause problems. If you want your skin to look better, you've got to watch what you eat.

- **Sugary sweets and beverages** can spike your blood sugar levels, leading to inflammation.
- **White bread, pasta, and other foods high in refined carbohydrates** can increase your glycemic index, potentially triggering acne.¹³
- **Fried foods** can contribute to oilier skin and breakouts.
- **Dairy products** may make some skin conditions like acne worse.¹⁴
- **Excessive alcohol consumption** can dehydrate your skin, making it appear older and more tired.
- **Processed meats** contain high levels of sodium and preservatives, which may cause your skin to dry out and become lax.
- **Chocolate** may cause acne for some.¹⁵



How Can Supplements Support Healthy Skin?†

Supplements can be an effective way to support your skin's health. They deliver essential nutrients directly to your skin cells, supporting your skin from the inside. You can support healthy hydration, cell health, and inflammatory responses with the right supplements. They can work in harmony with diet and lifestyle so you can look and feel your best now and for years to come.[†]

Supplemental ingredients known for supporting healthy inflammatory responses, cell repair, and hydration include:†

- Vitamin C
- Zinc
- Vitamin D
- Probiotics
- Vitamin A
- Fish Oil (Omega-3 Fatty Acids)
- Selenium



NEW! Skin Nutrients

Taking care of your skin doesn't always mean paying for an **expensive prescription or skin cream**. Seeking Health makes supporting skin health convenient and affordable with Skin Nutrients. This fast-acting, high-potency blend of nutrients is essential for supporting skin health and healthy hormone levels. Dealing with pimples and breakouts can be frustrating. If you want to support healthy skin and have tried countless products to no avail, Skin Nutrients may be the natural approach to skincare that you've been looking for!†

What's In Skin Nutrients?

1

Diindolylmethane (DIM)

DIM supports healthy estrogen levels.† High estrogen levels are associated with breakouts and skin blemishes.

DIM is a natural substance found in cruciferous vegetables like broccoli and cauliflower. It supports the healthy metabolizing of estrogen so it doesn't build up in your system. Too much estrogen can lead to all sorts of health problems. DIM acts as a balancing agent, supporting hormone levels for overall well-being.^{16,†}

2

Zinc, Chromium, Vitamin D, and Thiamine

Supports healthy blood sugar levels because high blood sugar and high insulin are associated with unhealthy skin.^{17,†}

High insulin levels can lead to insulin resistance. This resistance may trigger your skin to produce more oil, contributing to acne outbreaks. It can also hurt your body's ability to heal wounds, making your skin more prone to infections and slow recovery from injuries. Supporting healthy insulin levels supports healthy skin.^{18,†}

3

Vitamin A, Niacin and Pantothenic Acid

Supports healthy deep skin hydration.†

Deep hydration is crucial for maintaining skin's elasticity and preventing it from becoming dry and flaky. Hydrated skin looks plump and youthful, making fine lines and wrinkles less apparent.¹⁹ Hydration also supports your skin barrier so it can protect itself from environmental stressors and pollutants.

Skin Nutrients doesn't contain B6, B12, folate, or biotin, which may actually worsen skin health. Always consult with your healthcare provider before embarking on a new diet or supplement regime.

Appendix

1. <https://my.clevelandclinic.org/health/articles/22915-hyaluronic-acid>
2. <https://pubmed.ncbi.nlm.nih.gov/30972839/>
3. <https://pubmed.ncbi.nlm.nih.gov/29642579/>
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