

DERMASCOPE

The Encyclopedia of Aesthetics & Spa Therapy

February 2016



**Hair Removal &
Natural Ingredients**

The Official Publication of Aesthetics International Association

Supplements and Healthy Eating

by Dasha Saian, L.E., CEO of SAIAN Natural Clinical Skincare

While supplements and healthy eating are not often thought of as aesthetic staples, they are vital to skin health and overall wellness. Dietary supplements provide nutrients to the body that may not be obtained in sufficient quantities. Typically, supplements include vitamins, minerals, fatty acids, and amino acids. In the United States, supplements are regulated by the FDA as a type of food rather than a type of drug. Unlike drugs, government approval is not needed to make or sell dietary supplements. Instead, the manufacturer is responsible for checking the safety. As a result, it is important to check for quality supplements that are analyzed and tested by independent certification programs, which help ensure that the supplement contains what is claimed.

Different systems work well for different people, so the key is finding balance. There is no need to purchase all the items listed in this article, but incorporating some of these supplements, foods, and exercises into a daily routine will offer great benefits.

For a daily supplement, it is important to take a capsule that is shelf stable and contains viable cells. A good daily supplement will contain all the beneficial bacteria that the gut needs. This includes *Lactobacillus rhamnosus* R0011, *Pediococcus acidilactici* R1001, *Bifidobacterium longum* BB536, and *Bifidobacterium breve* R0070. The formula should also include *Lactobacillus helveticus* (*L. acidophilus*) R0052, *Lactobacillus casei* R0215, *Lactobacillus plantarum* R1012, and *Lactococcus lactis* ssp. *lactis* R1058.

Furthermore, be sure to take omega-3 oils daily. Two soft gels daily, each with 180 EPA/120 DHA, is recommended. It is also recommended to take certain key vitamins daily. Unlike most other mammals, humans do not have the ability to make vitamin C, which means it needs to be acquired through the diet. In addition to being a powerful antioxidant, vitamin C plays a key role in collagen, serotonin, and carnitine production, vasodilation, and lowering blood pressure. One thousand milligrams daily should be sufficient.

Consider taking 5,000 IU of vitamin D3 daily. Getting enough sunshine throughout the day and monitoring blood D3 levels is always a great idea. Research shows that vitamin D3 plays a very important role in preventing disease and maintaining optimal health.



There are about 30,000 genes in the body and vitamin D3 affects nearly 3,000 of them. The skin creates some D3 in response to sunlight, but the D3 obtained from an oral supplement is much safer than tanning!

Organic and natural food is extremely important and plays a tremendous role in the body's functions, pH balance, weight, hormone levels, digestion, and mood. Eating right and taking supplements is a step in the right direction, but a systematic lifestyle of healthy nutrition and exercise is key to longevity and vitality!

A great new idea is to try new fermented foods containing probiotics. Foods such as sauerkraut, kimchi, kombucha, miso, microalgae, and kefir contain friendly bacteria that will populate the gut and create a healthy intestinal flora.

There is no single exercise plan that is perfect for everyone, but there are three key elements of physical activity which strengthen, lengthen, tone, and condition the body and, when practiced, often give the best overall results. These elements include aerobic exercise, weight training, and stretching. Try to engage in at least one of these activities daily and a tremendous change in energy levels, mood, and overall alertness will be seen! Do not force the body, but take it one day at a time. 🌸

