

Your Amazing Body and You

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Member, Associated Bodywork & Massage Professionals

Enhancing Your Complexion

Ten Lifestyle Choices for Glowing Skin

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The old saying "beauty is only skin deep" isn't exactly true. A recent study estimates that U.S. sales of anti-aging products will reach \$29 billion by 2007. While these products may play an important role in the fight against aging, lifestyle choices grounded in maintaining overall health are the best ways to achieve glowing skin.

Bottom line: Looking healthy is about being healthy -- there's just no getting around it. Following are 10 suggestions for a healthy body and, consequently, glowing skin.

1. GET ADEQUATE SLEEP

Everyone has seen those puffy eyes and dark circles staring back in the mirror

at a reasonable hour. To get the best sleep possible, avoid caffeine after 2 p.m. and alcohol three hours before bed. Also, keep a regular schedule. Work to go to bed and wake up around the same time every night. Your body appreciates routine.

2. AVOID CIGARETTE SMOKE

Smoking causes premature aging by robbing the cells of life-giving oxygen. Smoking triples the risk of squamous cell skin cancer, and being around smokers can produce the same effects. Also, the habitual act of drawing on a cigarette puckers the lips, producing wrinkles around the mouth. There's no getting around it: Smoking hastens aging for the face and body.



Simple lifestyle choices contribute to both overall health and a glowing complexion.

after a short night. More than any other factor, lack of sleep shows in the face. The nightly sleep cycle is the time when our skin cells regenerate and our nervous system resets. With busy schedules and constant demands on time, getting the right amount of sleep takes discipline. Most people need about eight hours of sleep, so plan your evening activities such that you're in bed

3. DRINK TEA

We've heard about the battle between bad free radicals, which damage cells, and good antioxidants, which neutralize them. Green tea has long been known as a potent source of antioxidants. While black tea also contains antioxidants, an even better choice is red tea or rooibos.

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Never, Never, Never Quit

-Winston Churchill

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A caffeine-free herb from South Africa, rooibos contains an even heftier dose of antioxidants than green tea. Possessing a rich, brewed flavor, red tea also has been shown to balance blood-sugar levels and nourish the liver -- both essential for healthy skin.

4. DRINK EIGHT GLASSES OF WATER DAILY

The best way to moisturize skin is from the inside out. Our bodies are 70 percent water, and cells require water to function properly. Water is also essential for cells to absorb nutrients and eliminate waste, which could otherwise manifest as skin conditions, like acne and eczema. By drinking eight glasses of water a day, we give our skin what it needs to stay healthy.

5. EAT A COMPLEXION-CONSCIOUS DIET

Foods rich in beta-carotene -- such as spinach, apricots, peaches, sweet potatoes, and carrots -- provide the raw materials for the body to produce vitamin A, essential for cell growth. Citrus, tomatoes, and berries contain vitamin C needed for collagen production, and protein-rich foods such as lean red meat, chicken, and fish are also necessary for healthy collagen. Avocados, nuts, and whole grains contain high concentrations of vitamin E, which has been shown to protect the skin against pollutants.

A balanced diet of whole grains, protein, and fresh vegetables and fruits provides the body with what it needs to grow strong, clear skin.

6. MAINTAIN A REGULAR EXERCISE ROUTINE

Exercise promotes circulation as well as healthy perspiration. Skin cells need adequate circulation to reproduce, and perspiring helps the skin eliminate waste and flushes the skin and body of toxins. Of course, regular exercise is an important part of a general health routine, and our skin reaps the benefits. The American Heart Association recommends 30-60 minutes of moderate to vigorous exercise, such as brisk walking, swimming, or cycling several times a week.

7. USE SUNSCREEN DAILY

You've heard it before, but it's worth repeating: Sunscreen is vital to avoiding premature aging. Harmful UVA and UVB rays from the sun cause premature aging and wrinkles and increase the risk

of skin cancer. Many skin care products contain sunscreen, so be sure to apply it daily before going out.

8. CONSIDER SKIN-SAVVY SUPPLEMENTS

While it's best to get nutrition from diet, supplements can be an important part of a healthy skin lifestyle. Vitamin E protects skin from air pollution, and vitamin C fights free radicals.

Most American diets are deficient in essential fatty acids (EFAs), which are the building blocks for cell walls. Supplementing your diet with 300-400 mg of GLAs (gamma linoleic acids) from borage oil and taking two tablespoons of flaxseed oil daily can give your skin what it needs to regenerate. Hemp seed oil and hemp protein powders also are also packed with EFAs.

9. GET A MONTHLY FACIAL

Getting a monthly facial performed by a

skin care professional helps slow signs of aging, improves skin quality, and can help ease skin conditions, including acne. Facial deep cleansing aids the skin in its ability to eliminate toxins; exfoliation rids the face of dead skin cells, making room for new cells to grow; and facial massage stimulates circulation, easing puffiness. Finally, a moisturizing mask replenishes the skin for a healthy glow.

10. ADOPT A DAILY SKIN CARE REGIMEN

Just from being out in the world, our skin picks up dirt, dust, and pollutants from the environment. Cleansing twice a day, moisturizing daily, and exfoliating three times a week keeps skin toxin-free and healthy. Your skin care specialist can help you find the best products for your specific needs and teach you how to use them. Improper face washing is common and can lead to or exacerbate a number of skin conditions.



Fresh vegetables and fruits, especially berries, are loaded with collagen-producing vitamins.

The Health Benefits of Ginger

Easing Nausea, Joint Pain, and Allergies

This pungent spice is found in cuisine around the globe, but ginger has also been used for more than 2,500 years for its medicinal properties. The ancient Chinese knew that it aided in the absorption of many herbal preparations and they prescribed it extensively as a digestive tonic.

A native root of southeast Asia, ginger is a potent ally in the treatment of nausea, motion sickness, and joint pain. Current research confirms ginger's efficacy as an anti-inflammatory, GI calmativ e, and antihistamine. The active ingredients found in ginger -- gingerols and shagoals -- lower levels of prostaglandins, the chemicals responsible for pain and inflammation in joints and muscles. By reducing prostaglandins, ginger can even have a positive effect on heart health and circulation because chronic, systemic inflammation increases the risk of heart attack and blood vessel compromise.

Ginger comes in several forms. Fresh and dried ginger is available in

supermarkets for use in cooking. It's also available in capsules, an extract pill form, prepackaged tea bags, crystallized, and as a topical oil.

Recommended Uses

MOTION SICKNESS AND NAUSEA

Most medications for nausea and motion sickness work to calm the nervous system and can cause drowsiness and dry mouth. On the other hand, ginger calms the digestive tract directly and has been shown to reduce nausea after surgery and chemotherapy. For motion sickness, take 100 mg two hours before departure and every four hours afterwards or as needed.

ARTHRITIS AND MUSCLE ACHES

Massage ginger oil into affected areas and/or take up to 1 g of powdered ginger daily to reduce inflammation.

COLDS AND ALLERGIES

Drink up to 4 cups of ginger tea daily or enjoy authentic ginger ale (made from real ginger).



The ginger plant has many medicinal uses.

Hibernating is for the Bears

Plan to Stay Fit This Winter

Winter's here, and you've moved your running shoes to the back of the closet until April. Yet that piece of pumpkin pie has your name on it.

With the onset of colder weather, shorter days, and snow-covered streets, we eat more and exercise less, waiting for the spring thaw to get back in shape. Instead of having to make New Year's resolutions to lose holiday weight and join a health club, why not set goals to stay fit this winter?

MOVE FITNESS INDOORS

Winter is the perfect time to start a weight-training program. When it's sunny and warm in summer, you'd rather be outside cycling or rock climbing. When it's snowing, why not

lift weights for 30 minutes during lunch? Statistics show that more people suffer heart attacks in winter from shoveling snow, often because they're out of shape. With regular strength training, you'll be able to shovel that snow and get a head start with outdoor sports when spring comes around.

WALK OUTSIDE ON WEEKENDS

Going for a jog or walk during mid-day when the sun is high is a great time to get outside and catch a few rays. Be sure to dress warmly, wear sunscreen, and drink plenty of water. Dehydration is most common in colder months when you're less aware of fluid loss.

TAKE A DANCE CLASS

Accept that invitation to the New Year's

Eve celebration and take a class in ballroom dancing. While you're dancing, you're not hanging around the buffet table or the bar, and your waistline will thank you for it.

REDISCOVER ICE SKATING

Whether it's on a frozen pond or at a rink, ice skating provides seasonal exercise opportunities, especially good for the legs. And it's great fun, bringing out the kid in all of us.

CONSIDER SNOWSHOEING

Snowshoeing is just a matter of strapping snowshoes onto your boots and walking. Snowshoes make hiking trails and snowy city parks accessible and can be rented from sporting goods stores at a relatively inexpensive price.

*Teach us delight
in simple things.*

-Rudyard Kipling

Remember to always look forward to tomorrow for you have many gifts to give.

This time of year is a great time of renewal. Let's get ready for the spring and take an inventory of our wellness. 'be well each day.

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