



## Nutrition for healthy skin - healthy and dangerous foods, recommendations

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**Abstract.** Skin is the largest organ of the human body. Its area (in an adult) is approximately  $2 \text{ m}^2$ . The skin performs the following functions: protective, respiratory, heat exchange, cleansing and regenerative. It consists of epidermis, dermis and subcutaneous fat. Skin derivatives include **hair**, nails and sweat glands.

*Key words:* skin, description, healthy products, dangerous products, recommendations, folk remedies

### **This is interesting:**

- About 1.5 liters circulates in the blood vessels of the skin. blood.
- The total weight of the skin is approximately 15% of the total body weight.
- There are about 150 nerve endings and 100 sweat glands per  $1 \text{ cm}^2$  of skin.
- The thickest skin is on the heels. Its thickness is 5 mm.
- The thinnest - covers the eardrums and eyelids.

### **Healthy Products for Skin**

To appreciate the importance of skin health, you can imagine two people. One has inflamed skin covered with some kind of bumps, and the other has smooth, perfectly clean skin radiating health. Who would be more pleasant to communicate with? Surely, with the second one (of course, provided that in other respects they are as similar as two peas in a pod).

And since the skin is the main standard of our health and beauty, providing it with the necessary nutrition is our first priority.

### **The list of required products is presented below:**

1. **Lactic acid products**. They include: **milk**, cottage cheese [1], sour cream, fermented baked milk [2], **kefir**. All these products are rich in vitamins and microelements that normalize

intestinal function and, consequently, improve skin condition. This happens because the body, freed from toxins, “feels” much better.

2. **Fish and seafood** . They contain essential fats, vitamins, minerals and trace elements responsible for skin elasticity, blood supply, and firmness.
3. **Eggs** . Rich in calcium [3], lecithin and vitamins that prevent rapid skin aging.
4. **Chicken meat** . It is an ideal source of protein [4]. Improves the overall condition of the skin and participates in regenerative processes.
5. **Beef** . Rich in zinc and vitamin **B2** [5]. It is a reliable assistant in preventing the appearance of wrinkles, cracks, and ulcers.
6. **Liver** . The vitamins and microelements it contains help the body fight acne.
7. **Seeds and nuts** . Due to the presence of important fats [6], they are indispensable for providing the skin with elasticity.
8. **Strawberries** and green tea. The vitamins and microelements contained in these products protect the body from the action of so-called free radicals. Thus, the skin is protected from peeling and premature aging.
9. **Broccoli** . [7,8] Prevents early skin aging. Increases its elasticity due to the presence of elements such as iron [9], zinc [10] and vitamins **A** [11], **C** [12] and **B** [13].

### General recommendations

In order for your skin to stay young and healthy longer, you need a comprehensive approach to ensure its protection. This means that you should avoid prolonged exposure to the sun and limit exposure to cold, especially during windy times. And the main thing is to normalize nutrition.

It was noticed that women who fulfilled these requirements looked 15 years younger than their peers who did not fulfill these requirements.

Nutritionists advise eating right. That is, avoid long-term fasting and low-calorie monotonous diets. First courses should be present on the table every day to normalize the functioning of the digestive system.

Polyunsaturated fatty acids [14] and vitamins A and E [15], which are found in carrots [16], nuts [17], and **sea buckthorn , are also beneficial for the skin.** [18] , oily fish and seeds.

### Folk remedies for normalizing skin functions

The main problem for the skin is its dryness. However, we do not discuss skin type. Dryness is a decrease in intercellular moisture. As a result of this, the skin loses its elasticity, becomes flabby and dull.

In order to cope with this problem, you can use “rye washes”. The mashed “black” bread is poured with boiling water, and after the bread mass has cooled, it can be used for washing.

It’s good to use melt water, mineral water, as well as decoctions of herbs such as **chamomile as a cleanser.** [19] , calendula [20], linden, sage and **parsley** [ 21 ] .

### Harmful products for skin

First of all, these are products that cause intoxication of the body.

**Smoked products** - due to the fact that the currently used “liquid smoke” has replaced the “noble” varieties of real trees, and its composition leaves much to be desired.

**Products with preservatives** cause disruption of skin cell nutrition.

Secondly, these are products that cause destruction of skin cells.

This category includes **alcoholic drinks** [ 22 ] .

And finally, the third group includes products that have the ability to negatively affect the nervous system.

**Table salt** , which in addition to retaining fluid in the body, has an irritating effect on the nervous system.

**Hot peppers** cause excessive overexcitation and a rush of blood to the organs.

**Coffee** - causes overload in the blood vessels of the skin, due to overexcitation of the nervous system.

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