



SKIN HAIR & NAILS

A clear complexion, strong nails and glossy hair are external indicators of inner health and beauty. Skin is far more than just a layer of cells: it is a natural reflection of our vitality. Hair and nails may not be alive: but they can still be healthy – a true paradox! So....how do we achieve this?

Together with nails and body hair, skin protects everything beneath it. In order to function efficiently, our skin must be able to breath and release toxins through sweat glands. It must also be nourished and hydrated from within. A pallid, dull complexion requires many expensive cosmetics and treatments to look healthy. Dry, lack-lustre hair demands daily work. Brittle, weak nails only look presentable when covered-up. The most cost effective and permanent way to achieve radiant skin, luxurious hair and durable nails is to look after them inside and out^(1,2).

Protection from sun damage, extreme conditions and dehydration are a must. Managing stress, avoiding smoke and remembering to drink plenty of fresh, clear water is important. Regular cleansing and sleeping patterns, combined with a diet full of fresh nutritious foods, provides the best conditions for a youthful appearance⁽³⁾.

Taking the right mix of natural supplements to compensate for lapses in our diet can make life a lot easier. Nutrients specific to skin health include B-complex vitamins, vitamin C and vitamin E; minerals such as zinc and copper; carotenoids from yellow/orange fruit and vegetables; flavonoids from red/purple produce⁽²⁾; and anthocyanins from red/blue fruits.

Omega 3 fatty acids have reached the status of an essential nutrient which most doctors, nutritionists and naturopaths recommend should be taken as a daily supplement. Similarly, Omega 6 fatty acids are necessary for health⁽⁴⁾. Gamma-linolenic acid (GLA), in particular should be consumed as part of the diet (or taken as a supplement) to maintain smooth blemish-free skin.

Deep Blue Health products which can improve skin health are;

Bilberry - delivering concentrated anthocyanins which act as anti-oxidants, strengthen blood vessels and protect cells.

Evening Primrose Oil - rich in GLA to support optimal skin health, works well with Omega 3 oils.

Flaxseed Oil - contains Omega 3 and Omega 6 essential fatty acids which nourish the skin and hair follicles.

Omega 3 - helps to keep blood vessels healthy, reduces skin inflammation, improves skin texture and lubricates hair follicles.

Red Grape Seed - contains flavonoids and anthocyanins which protect from sun exposure and provide antioxidant activity.

Sheep Placenta - a super food, valued for its rejuvenation properties, with added Red Grape Seed extract for anti-oxidant protection.

Spirulina - rich in vitamins, minerals and phytonutrients including chlorophyll and carotenoids as well as the essential fatty acid GLA which protect skin.



References:

1. <http://www.mayoclinic.com/health/healthy-skin/AN01863> Skin and hair care
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3. <http://www.sciencedaily.com/releases/2007/11/071109195158.htm> Healthy skin and hair
4. <http://www.ncbi.nlm.nih.gov/pubmed/10617998> Abstract Ziboh VA, Miller CC, Cho Y. - Omega 6 metabolism in the epidermis



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