

Consumer Guide: Natural Beauty

Continued from page 88

papain, an enzyme that comes from papaya and dissolves dead skin cells.

KEEP YOUR FACE CLEAR. Be careful to keep your hair out of T-zone areas like your

forehead. Debris on your hair, such as from styling products, can clog pores, leading to breakouts. ●

Tricia O'Brien is a freelance health writer who lives in Seattle. She has made "I must moisturize" her new mantra.

CONSIDER THIS

Great Nutrients for Healthy Skin

Head off skin problems with these beneficial foods.

BEAUTIFUL SKIN DOES REQUIRE THE RIGHT REGIMEN OF CLEANSING, TONING, AND MOISTURIZING. But if you're not consuming the right vitamins and minerals, no amount of external care can improve your skin condition. A high-quality daily multivitamin can help, but it's best to eat foods rich in the following skin-protecting nutrients.



Vitamin A

Not only does vitamin A fight skin-damaging free radicals, it also rebuilds tissue and helps limit the production of the oil that can clog your pores. Good sources include yellow and orange fruits and vegetables, dark green leafy vegetables, and liver.

B Vitamins

Vitamin B₆ regulates your hormone levels, so it can help women whose acne flare-ups are linked to menstrual cycles. B vitamins also help your body cope with stress and assist in cell regeneration. Good sources include wheat germ, brown rice, eggs, and brewer's yeast.



Vitamin E

Besides promoting vitamin A absorption, this antioxidant increases oxygen flow to your skin and speeds healing. Good sources include nuts, cold-pressed wheat germ and safflower oils, as well as avocados and sprouted seeds.



Selenium

This multitasking antioxidant mineral can reduce your risk of skin cancer and counteract premature aging. It also encourages vitamin E absorption. Good sources include garlic, onions, brewer's yeast, wheat germ, and Brazil nuts.



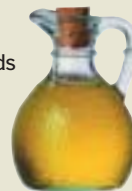
Zinc

This mineral protects your skin from sun damage and works with vitamin C to make collagen, a protein your body uses to make connective tissue. A deficiency of zinc may trigger acne. Good sources include oysters, red meat, pecans, and pumpkin seeds.



Omega-3 and Omega-6 Fatty Acids

These essential fatty acids keep your skin moist and resilient. Low levels have been linked to acne. You'll find them in flaxseeds and flaxseed oil, cold-pressed canola oil, and cold-water fish.



—Julia Maranan

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Circle #133; Page 109▲