



Just like in a relationship, it is easy to ignore our skin when it is doing right. Most people can get away with just washing their skin and putting on a little petroleum jelly or moisturizer; but for those who may have problems with skin, maintenance can be all-consuming. For example acne can really challenge a woman's confidence, eczema can make you uncomfortable with those itchy rashes, and even a problem as simple as dry skin can be very painful.

Dry skin doesn't have a respect of person...in other words – DRY SKIN DOES NOT DISCRIMINATE. It can affect anyone. When normally hydrated skin loses too much water or oil, the results can be horribly dry skin. Unfortunately aging skin becomes thinner and drier, leaving those in their 40's and beyond more susceptible to dry skin.

People who live in dry climates who already suffer from skin diseases such as eczema and psoriasis are definitely prone to dry skin. On the other hand one would think that frequent hand washing would add moisture to the skin but too much water such hand washing and swimming can both sap you skin of needed moisture.

Dry skin can sneak up on you like a thief in the night. Before you know it, your skin may feel itchy, rough and flaky; and your lips may begin to crack like the earth during a major earthquake. If the cracking gets to be severe enough, germs may be allowed into the body which can cause infection. That's why prevention and treatment of dry skin isn't just about vanity...it's important for your health.

Long Term Skin Health

DRY SKIN 101

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The best thing you can ever do for your skin is consume a healthy, well-balanced diet on a daily basis. That's beneficial to every organ in your body, including the largest organ...your skin. In addition to the benefits of a well balanced diet, below are some other very important factors:

Vitamin A helps the skin function as a barrier against bacteria and viruses. Carrots, cantaloupe, apricots, spinach, and kale are great sources of Vitamin A.

- Vitamin E helps protect the skin cells from damage. Sunflower seeds, almonds, and peanut butter are great sources of Vitamin E.
- Water keeps you skin hydrated and helps it retain necessary moisture. Shoot for your eight cups of water daily. If you happen to go over, remember you can never have too much water.
- Zinc helps the immune system fight off invaders and speeds up the healing process, so it is a vital nutrient in dry skin recovery. Oysters are the best source of zinc, but red meat, poultry, fortified breakfast cereals, beans and nuts are also good sources.

Prevention is the best solution when it comes to dry skin. While watching what you put in your body, it is equally important to be sure to add moisture on your body. Using a moisture rich lotion along with petroleum jelly will help hold the moisture in for a longer period of time. If those stubborn rough patches still appear, see your physician to see if your condition may be something more than just dry skin.