

Best Foods for a Clear Complexion

It's true, you are what you eat. Have you ever wondered what types of food are the best for healthy, glowing skin? Eating a balanced diet, with little to no junk food, will help support a clear complexion. You should avoid highly processed foods containing high amounts of sugar, salt, flour, fat and other unhealthy ingredients. Another key tip for healthy, glowing skin is to drink plenty of water throughout the day.

Top 5 Foods for Healthy Skin

Eat clean, eat healthy and you should start to see dramatic results in the appearance and texture of your skin. Highly processed foods, filled with fat and sugar, will do nothing to improve the look of your skin. Here is a short list of 5 of the top foods to eat for a clean and clear complexion.

Green Tea

Recent research shows that green tea may help reduce acne by treating the underlying causes including inflammation, hormones and insulin resistance. Green tea has powerful antioxidants and drinking 2-3 cups per day may help create a clear complexion.

Green tea can also be used as a topical treatment. After brewing your cup of tea, let the tea bag cool down a bit. Squeeze out most of the water, then rub the tea bag across your face for a quick beauty treatment. The tea bag acts as a mild skin exfoliant, sloughing off dead skin cells resulting in a glowing complexion!

Oily Fish

Salmon, and other oily fish like tuna, are high in Omega 3 oil. This powerful antioxidant helps fight inflammation that can lead to breakouts and other skin problems. Omega 3 is an essential fatty acid with anti-inflammatory properties.

Lessening the inflammation in your body will lead to healthier, clearer looking skin. The healthy fats in oily fishes will not only help to unclog pores, but will also moisturize your skin lessening the look of fine lines and wrinkles. If you don't like eating fish, you can buy fish oil supplements from a health food store.

Sunflower Seeds

Sunflower Seeds and nuts contain essential fatty acids, vitamins and minerals and are a terrific addition to a healthy diet. The seeds contain Vitamin E and other powerful antioxidants, which offer skin protection against the damaging ultraviolet rays of the sun.

Vitamin E oil has anti-inflammatory properties and, when used as a topical solution, can help heal skin scarred by acne. Using sunflower seed oil, or beauty products containing sunflower seed oil, can retain your skin's natural moisture level and add protection against the bacteria that form acne.

Sweet Potatoes

Did you know that this culinary delight is packed with the natural anti-oxidant Vitamin A and other anti-inflammatory nutrients? Sweet potatoes are high in fiber and contain Vitamin C, Vitamin B6 and the minerals manganese, copper and potassium. Adding this nutrient dense food source to your diet on a regular basis will help maintain a clear and radiant complexion.

Kiwi

Kiwis and other fruits, eaten on a regular basis, will contribute to healthy, glowing skin. Kiwis contain fiber, pectin and high amounts of Vitamin C and Vitamin A. Vitamin C is important in the formation of collagen, which is necessary to maintain firm and youthful looking skin.

Kiwi fruit can also be used as a topical treatment to help break up stubborn blackheads. Use this powerful fruit to help prevent or reduce the occurrence of acne and fine lines.

Foods to Eat for Healthy Skin

A balanced diet, containing lots of healthy fruits and vegetables, will help keep up a youthful and radiant appearance. In addition to the top 5 foods, try adding some of these delicious foods to your diet for a clear and glowing complexion.

- almonds
- carrots
- flax seeds
- kiwi
- spinach
- tomatoes

- chia seeds
- avocado
- turmeric
- quinoa
- cabbage
- figs
- citrus fruit
- berries

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