

CONSCIOUS FOOD CHOICES FOR ANTI-AGING

Your skin is what you eat, so beware of the dietary impact foods can have on your largest organ.

Factors contributing to SKIN aging

- Diet
- Hereditary
- Pollution/climate
- Sun Exposure
- Lifestyle:
 - Stress
 - Sleep pattern
 - Drinking
 - Smoking

As we grow older, changes like these naturally occur:

- Skin becomes rougher
- Skin loses its elasticity.
- Skin becomes more transparent (thinning of epidermis).
- Skin becomes more fragile.
- Skin becomes more easily bruised. This is due to thinner blood vessel walls.

| Excess consumption of below mention foods may accelerate skin aging | | |
|---|--|---|
| Food | Effects on body | Rationale of Anti-aging |
| Refined food | Releases free radical | Leads to Crosslink process which accelerates skin aging. |
| Refined carbs | Formation of AGEs (Advanced Glycation End Products) | Causes inflammation which speeds-up aging process. |
| Processes meat | High quantity of saturated fat, sodium & sulfite. | Dehydration & inflammation leads to loosen of the collagen in the skin. |
| Sugary foods | Causes inflammation | That leads to damage collagen & elastin of skin. |
| Trans Fat | High concentration of Trans-fat stiffens and constricts blood vessels. | Reduce the blood supply to skin causing pre-mature aging and wrinkles |
| Caffeine | It's diuretic. | Dehydrates the skin leads to skin aging |
| Alcohol | Builds up toxins in the body leads to skin problem | Accumulation of high toxins in the body leads to skin problem such as acne, loss of skin elasticity & collagen. |

Taste Buds-

The foods you eat can play a role in the health of your skin, including in how your skin changes as you get older. In particular, foods that are high in protein, healthy fats, and antioxidants are linked to the most skin benefits. Along with eating a nutritious diet full of whole foods (minimally / not processed) consider protecting your skin with other habits, such as wearing sunscreen, avoiding smoking, staying physically active, and using appropriate skin care products.

Some of the anti-aging foods that help you to stay fit and skin healthy are-

| Key ingredien | Sources |
|----------------------|--|
| Vitamin D | Sunlight, mushrooms, tofupoy products |
| Vitamin A | Carrots, spinach, sweet potato, cantaloupe |
| Anti-inflammatory | Tomatoes, olive oil, green leafy vegetables |
| Antioxidant | Broccoli, spinach, carrots, potatoes. |
| Resveratrol | Peanuts, blueberries, mulberries, cranberries |
| Folic acids | Dark green leafy vegetables, sunflower seeds, sea foods. |
| Quercetin | Onions, apples, citrus fruits, green tea. |
| Omega3 | Flaxseeds, chia seeds, edamame. |



Y-KIN



TIMELESS



Y-KING



**RESTORE YOUR NATURAL SKIN INTEGRITY BY IMPROVING YOUR
INTERNAL CELLULAR ENVIRONMENT THROUGH OUR PATENTED
NUTRITIONAL PROTOCOL**

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