

Good Samaritan Health Ministries

November Health Tips



How to Get Healthy Skin

5 Tips and Tricks for a Fresh Glow

- **Protect Yourself from the Sun**
 - Avoid the sun between 10 a.m. 4 p.m. when the sun's rays are the strongest.
 - Use sunscreen when you are in the sun and reapply every two hours
- **Don't Smoke**
 - Smoking makes your skin look older and contributes to wrinkles.
- **Treat Your Skin Gently**
 - Limit bath time, avoid strong soaps, shave carefully, pat dry, and moisturize dry skin.
- **Manage Stress**
 - Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems.
- **Eat a Healthy Diet**
 - A diet rich in vitamin C and low in fats and carbohydrates may promote younger looking skin.

Foods for Healthy Skins

- Water
- Fruits- especially cherries, berries, melons, apples, and pears
- Vegetables- especially spinach, eggplant, asparagus, celery, and onions
- Walnuts
- Green Tea
- Olive Oil
- Whole Wheat Breads and Pasta

Source: Mayo Clinic

Questions or concerns, please contact your physician.

For more information, visit www.goodsamdayton.org



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