

Reclaiming Your Skin After Winter

Winter can be harsh on your delicate skin. From the drying effects of indoor heating and automobile defrost, to the damaging cold of our regional weather, your skin has to deal with a great deal of environmental insult for several months each year. The great news is that your skin is continually regenerating, so the seasonal influences need not have a lasting effect.

Did you know that your skin cells divide, mature, and work their way to the surface of your body all within 3-4 weeks? This means that you can influence the quality of your skin both from the inside and the outside!

On the inside

Every cell wall is made of fats; therefore the integrity of these cells is dependent on the quality of oils you consume. For healthy cells, choose food sources such as avocado, olive or flax oils, cold water fish and raw nuts.

Did you know that your gall bladder plays an essential role in your ability to absorb these good fats? As a result, if you have had this organ surgically removed you may be deficient not only in these oils but also the fat-soluble vitamins A,D,E & K. The solution? Supplementing with a digestive formula containing ox bile can help this.

Within these fat-based walls, every skin cell is filled with a water-based fluid. Consequently, how well your body is hydrated will directly influence the quality of your skin cells. How much is enough? Your body requires approximately half your body weight (lb) in ounces (oz) of water each day. Eg. a 160lb person needs to consume at least 80oz (10cups) daily. Yes, coffee and black tea may be made of water BUT the caffeine has a diuretic effect on your kidneys, so it actually causes you to lose more water than it contains!

On the outside

Applying creams & lotions tends to be the most common solution to dry skin. But just because it is applied to the surface don't think that it remains only there; nearly everything we come in to contact with is absorbed through our skin and into our body.

How harmful can some products be? There are ingredients approved for use in Canada that are proven hormone disruptors (parabens), carcinogens (coal tar), developmental / reproductive toxins (phthalates), neurotoxins (lead), and more.

To learn about products you can trust:

- read Gillian Deacon's book [There's Lead In Your Lipstick](#),
- visit the [Environment Network's Shoppe](#) at 44 Ste. Marie St. in Collingwood
- learn about the safety of your current products in the [SkinDeep Database](#)

Would you like to make it easier than learning a huge list of ingredients not to have in your products? Simply read the label and ask yourself 2 things: Do I know what each word is? Could I eat this? The second question has become the biggest one for me, considering I know I will absorb most of the ingredients, as if I had swallowed them.

My personal favourites? [Sea Flora](#) and [Green Beaver](#); both proudly made in Canada!

So now that spring is here, consume healthy oils, adequate water and use moisturizing products that will not only nourish your skin but will be safe for the rest of your body, and the planet, too.

This is the full version of an article that was published in a condensed form in the [Collingwood Connection](#).