

## Protect your skin, come rain or shine

Contributed by Mitamins Team  
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Did you know you can tell the weather just by looking at someone's face? It's not just the eyes that give out psychological symbols of sunny or depressing weather, but also the face. Not only do vitamins protect your skin against negative impacts of depressing or overheated weather, but they also encourage your mind to shine when it's raining, and keep moisturized and healthy in the sun.

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{bot\_wrgoogle}Isn't it strange that oxygen, the giver of life, is also the source of potentially damaging free radicals? Environmental sources of free radicals include exposure to ionizing radiation (from industry, sun exposure, cosmic rays, and medical X-rays), ozone and nitrous oxide (primarily from automobile exhaust), heavy metals (such as mercury, cadmium, and lead), cigarette smoke (both active and passive), alcohol, unsaturated fat, and other chemicals and compounds from food, water, and air. In fact, they are everywhere, but like the weather, there are ways to protect us against natural but damaging phenomena.

Which vitamins and nutritional supplements should you take for your skin every day, particularly when it's raining?

Anti-oxidant vitamins A, C and E will help fight against free radicals in the air that tend together around air pollutants, stressful conditions and depressively dull weather. If it's raining and you're feeling down, try to add plenty of brightly colored vegetables and fruit such as carrots, tomatoes, strawberries and kiwi to your diet. When you think you just aren't getting enough of these, you should take nutritional supplements such as vitamins A and C, up to your daily recommended allowance.

What else can you do for your skin when it's grizzly weather outside?

If it's pouring with rain and you can't even see a possibility of the end of the clouds, try to keep exercising between eating your regular meals and taking your vitamins. Exercise will help keep your blood circulation running well, and this in turn will do wonders for the appearance of your skin. With collagen fibers being given nourishment by your workout, your skin will look plumper and the sweat you release will cleanse your pores to prevent acne outbreaks. Don't wait for a sunny day to keep fit, and try not to let two meals go by without a few minutes of good physical exertion.

Make sure your habits are more constant than the weather: virtuous refreshments are essential to clear and sunny skin.

It might be raining outside, but that's no reason to hit the bottle! While some red wine is good for you, and a glass or two of beer won't do you too much harm, try to keep your water intake at an equivalent or higher level. Water hydrates the skin from the inside out, so try taking drinking enough water that you rarely get thirsty. If you are drinking less than five glasses of water a day, you should think of upping your quantity. And when you are taking your vitamins and nutritional supplements, you should always accompany them with several swallows of water, so they can take effect faster and reduce discomfort to the delicate lining of your stomach.

Short term comforts are not a good response to dreary weather.

Out on the town and it's easy to reach out for something to hold onto, particularly when the weather is harsh. Be sure it isn't a cigarette or cigar if you value youthful skin. Short term comfort just isn't enough reason to smoke, when your skin will increasingly show the effects. Smoke causes blood vessels to narrow, blocking blood flow and starving the skin of oxygen.