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A short-cut to a smooth and healthy skin!

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It is a daily fight to keep your skin healthy and smooth. But help could come from an unexpected quarter.

Welcome to the world of glyconutrients!

skin care, glyconutrients, glyconutraceuticals

You are 25 but look 35. Blame it on your skin! The skin is the largest organ in the body, and the most exposed. Pollution, ultraviolet rays in the Sun's light, stress, lack of essential vitamins, all contribute to wear and tear your skin.

Most people don't take proper care of their skin - either due to hectic work or due to pure ignorance. Lack of proper skin care can result in more skin-related diseases and allergies. Proper skin care is important for avoiding cold sores, spots, and skin cancer. Beauty therapies and skin care lotions are only effective up to a point when it comes to keeping your skin soft and smooth.

Exposure to sunlight causes loss of water in our body which leads to dryness of the skin. This results in the skin losing its elasticity and 'sagging.' This loss of elasticity normally happens with ageing. However, changing climatic conditions and atmospheric conditions such as ozone depletion cause the harmful ultraviolet B rays to cause more damage to our skin. This is where nutrition comes in.

In order to get the right skin, it is important to look at the part played by nutrition in skin care. That translates as getting more nutritional food into your diet. Lack of proper nutrition may result in the loss of natural oils present in your skin. Fresh vegetables, fruits, fresh juice, cereals, etc. contain vitamins essential for a healthy skin.

Vitamin E is said to be a skin-care vitamin. Apart from vitamin E, vitamins such as A and C are also essential for a healthy skin. These vitamins contain antioxidants which help the skin to maintain its natural oils. These antioxidants help to reduce the tendency of the skin to age. Ultimately they help fight the punishing effect that the climatic changes have on our skins.

But where do you get the vitamins and nutrients necessary for your skin's health? Not from your daily diet. For various reasons, people cannot get the right quantity of vitamins and other nutrients into the body through their normal diet. And synthetic vitamins are out.

Enter glyconutrients. Eight essential sugars have been discovered to be the essential building blocks for our body cells recently. There is a lot of research going on about these essential sugars and the larger group of saccharides of which they are a part, called glyconutrients. These eight simple sugars are responsible for cell-to-cell communication necessary for keeping the body's glands and organs, including the skin, healthy.

Skin care ointments and lotions containing glyconutrients are the best alternative to any beauty therapy. The intake glyconutrients is equally important for health care as well as skin care.

Consult your doctor or dietician, exercise, and drink a lot of water. And give your skin its daily dose of glyconutrients!

You can also find this article published on [A short-cut to a smooth and healthy skin!](#)