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GET PLENTY OF PROTEIN.
—Dr. Eva

Antioxidants exist as vitamins (namely A, C and E), enzymes, and other compounds in foods.

Scott: It's a pretty simple equation: what you put in your body gets reflected on how you look on the outside.

Dr. Eva: That's a great way to put it. Another thing you can do for your skin is get plenty of protein. Protein is the natural building block for healthy collagen, and as we all know, collagen keeps your skin firm and toned...kind of like a yoga class for your skin!

Scott: Firm and tone with protein, ladies!

Dr. Eva: One last, very important thing I would like to mention: Provide some TLC with EFAs. Essential fatty acids (EFAs) are as essential to your diet as vitamins. They provide tender, loving care for your skin as well as your arteries and heart. They're even great for relieving PMS and monthly breast pain. EFAs cannot be produced in from within our body, so we must include them in our diet. There are two important families of EFAs: Omega 6s found in plant oils, nuts, seeds, and soybeans and Omega 3s found in cold water fish, cod liver oil, and flax seed.

Omega 6s can also be taken in the form of supplements. Just be sure to look for Omega 6 supplements that have been purified and are mercury-free. There are many cheap non-purified Omega 6 supplements out there which can lead to mercury toxicity.

So whether you enjoy a handful of nuts, a nice fish dinner, or take your Omega 6s in the form of supplements, just make sure you regularly lubricate your skin with EFAs.

Scott: We all know a little lubrication can go a very long way...Thank you, Dr. Eva!