

An Age Old Debate

Experts are urging executives to think about their nutritional picks, as unhealthy and poor food choices could radically accelerate ageing.

By Sarah Linney

The appearance of your skin could potentially be helped or hindered by the nutritional choices you make.

Experts across the wellness industry have debated the potential ageing effects of an unhealthy diet.

Emma Hobson, education manager at skincare company Dermalogica, has been documenting the impact of poor diet choices on the ageing of skin and helping people understand how they can alleviate their skin's ageing.

"There has been extensive research into the way the body works and how each cell, organ, and system needs to function to remain healthy. Many illnesses, and in particular skin diseases, are known to be caused by inadequacies in the diet.

"The skin is a reflection of the internal health of the body, and an internal disharmony in the body can manifest as a skin condition, such as dry, irritated skin, increased skin sensitivity, breakouts, or even acne. Vitamins and minerals play a vital role in maintaining healthy skin as they are necessary for many enzyme reactions, hormone production, and collagen formation."

To ensure they get enough of these essential vitamins and minerals, Emma suggests executives make informed food choices. "Where possible, avoid eating processed sugars and consuming excessive quantities of natural sugars. We now know that collagen and elastin proteins are highly susceptible to

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an internal chemical reaction within the body called glycation.

"The same glucose that provides energy for our cells can react with proteins such as collagen, resulting in the formation of advanced glycation end-products [AGEs] and free radicals [ROS] which contribute to the cross-linking of protein fibres or wrinkles, the loss of elasticity, and changes in the dermis associated with the ageing process.

"Apart from monitoring the food we eat, we also have to be careful of the way we are cooking our food. When we grill, brown, or fry foods containing proteins with those that contain sugars, then AGEs are formed, essentially ageing our bodies prematurely."

According to Emma, there are certain foods and meals that alleviate the effects of ageing. "For breakfast, a great day would start with green vegetable juices, or beetroot and carrot, a small fat-free, low-GI yoghurt packed with red berries, or an egg-white omelette.



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"An ideal lunch would be a smoked or steamed salmon salad with avocado and plenty of greens, light on the dressing, or a moderate serve of sushi, ensuring it's with seaweed. Keep your carb intake down for breakfast and lunch."

Emma states that it's important to protect and nourish your skin. "The skin, even though it's the largest organ of the body, is actually the last organ to receive the supply of vitamins and antioxidants from the food and supplements that we eat.

"Therefore, it's important to use atopic skincare products that contain potent antioxidant and vitamin ingredients. The antioxidants can neutralise the free radical attack and protect the skin cells. These types of products can also help repair and prevent damage caused by the environment like the sun, wind, and pollution."

Through utilising these products and choosing healthy nutritional options, executives can dramatically alleviate the skin's ageing. •

