

KEEP YOUR SKIN HEALTHY- WHAT TO DO

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TISCANLABS HEALTH GUIDE

Although darker skin did afford some added protection against the sun's harmful UV rays and that darker skin is and therefore, less susceptible to sunburn, it should not lull people with darker skin into a false sense of security.

It is important for black people to check their skin regularly, especially on the lighter areas such as the palms or the soles of feet.

"Checking your skin for unusual changes is crucial as it can mean that if disease can be spotted earlier, it is easier to treat."

Diet plays an important role in maintaining the health of the skin. Diet should supply all the nutrients needed to build health, namely, protein, carbohydrates, fats, essential fatty acids and all the essential vitamins and minerals. Such a diet will consist of liberal quantities of seeds, nuts and grains, vegetables and fruits, supplemented by special protective foods like milk, vegetable oils, yogurt, honey and yeast. It is clear that Vitamin B (yeast) plays a pivotal role in maintaining a healthy skin.

Fish also contains oils that will help nourish your skin. This diet includes fish options at lunch and

dinner to add luster and softness to your complexion.

Diet which includes plenty of dark orange (carrots, sweet potatoes, winter squash) and dark green (broccoli, spinach, kale) vegetables as well as hazelnuts and almonds are all rich in the essential vitamins (vitamins A,C&E) for good skin.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.