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## About the Author



The most adventurous thing I ever did was move to Nairobi, Kenya, East Africa for 3 years. The second most adventurous was taking a leap into freelance writing full-time. The third was getting married - an adventure that never ends!

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# 7 Facts About Food & Your Appearance

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Believe it or not, there are foods that keep you young and foods that trigger premature aging. Dr Julia Hunter of Skin Fitness Plus in Beverly Hills, California offers these tips on how foods affect your appearance and [health](#).

But first - as usual - a quip from a healthy woman:

"It's time to stop worrying about losing our looks and started celebrating the gifts of age: I feel yummiier than ever," said Sela Ward.

Sure - it's easier for *her* to say! Sela Ward is naturally gorgeous. The rest of us could use a little help here and there...and the right foods could be just the ticket. Here's what Dr Hunter has to say about how food affects your appearance - plus a few anti-aging tips.

## 7 Facts About Food & Your Appearance

**1. Certain foods trigger premature aging.** "Foods age us," says Dr Hunter. Foods that detract from your appearance include simple and refined sugars, high glycemic carbs, refined, manufactured foods, hydrogenated fats, and artificial chemical additives. "Those foods negatively impact the functioning of your thyroid gland - the master gland of the body - which ages you. Plus, those unhealthy foods make you tired and susceptible to diseases. They also impair the functioning of all the other organs in your body." Unhealthy foods aren't just bad for your waistline, they're bad for your organs, glands, and hormones.

**2. Some foods cause allergic reactions.** Dr Hunter says that some foods can trigger allergic reactions, which sometimes cause swollen and irritated cells in the lining of the gut. Other times, foods can cause full blown rashes, contribute to acne, make us feel bad, and disrupt our sleep. To improve your

appearance, chart how you feel and look after eating certain foods, such as dairy or flour products - especially if you think you have a food [allergy](#).

**3. Inflammation makes you look old.** "Food causes inflammation, which causes disease and aging," says Dr Hunter. "Other things also contribute to inflammation, such as pollution, sunlight, radiation, stress, medications, and chemicals. Inflammation and glycation are the chemical processes that change our appearance." She lists several effects of inflammation and age: dark circles under and around our eyes, brown "age" spots, rosacea (abnormal blood vessels), thin skin, [hair loss](#), bags under your eyes, crinkles, wrinkles, jowls, loose eyelids, and everything falling toward the ground! But don't lose heart: there are foods that keep you young and fight premature aging.

**4. Lack of collagen triggers premature aging.** "Aging is collagen failure. People who restrict their calories decrease their inflammation, so they age less quickly. People who take many and varied antioxidants, [vitamins and minerals](#) and who keep their hormone producing organs functioning at a robust, healthy level age much less quickly," says Dr Hunter. "In fact, they seem to stop aging." Foods that keep you young include supplements (vitamins and minerals, for example) to make sure that your body is functioning optimally.

**5. Healthy oils fight wrinkles.** Olive oil, walnuts, hemp, flaxseed, borage, black currants, raw coconut and omega-3's from fish all help "juice" up the skin and make you look young.

**6. Water improves your appearance.** "We all dry up as we get older, which contributes to fine lines and helps gravity." Dr Hunter is working with a major water company to encourage people to drink more therapeutic bottled water. "We must drink water, and it's best to drink one or two liters per day," she says. Dr Hunter recommends adding a green tea bag or green powders to water, or drinking organic whole leaf aloe juice (one to two ounces per day). These green wonders decrease aging, laxity, and brown spots. Green tea and aloe juice also increase clarity and skin tightness all over your body. The nutrients in green tea, green powders, and aloe juice also decrease aging of the internal organs, including the brain - and they also decrease the risk of Alzheimer's. So, your appearance, health, and body vitality are all closely intertwined!

**7. The greener, the better.** Dr Hunter's mantra is "Green, green and more green!" She recommends eating foods as close to nature as possible, both to improve your appearance and feel healthy. Eat red meat not more than once a week, and enjoy lean proteins such as turkey, wild fish (not farm raised because they don't have the same nutrients), black beans, red beans, wild or brown rice (not white), and nuts. The foods that keep you young are the same as those that keep you healthy: whole foods, with as little processing as possible.

"Your appearance is affected by the internal effects of the foods you eat," says Dr Hunter. Your [diet](#) affects much more than your weight; it affects your skin, hair, and overall appearance.

To learn more about Dr Julia Hunter or her work, visit [Skin Fitness Plus](#).

If you found *7 Facts About Food & Your Appearance* helpful, try:

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