

Quips and Tips for Healthy Women

Where inspirational quotations meet practical life tips, & live happily ever after. September 08th, 2008

About the Author



Laurel Thatcher Ulrich's quotation about well-behaved women ("Well-behaved women rarely make history,") helped motivate me to create "Quips and Tips for Healthy Women." Welcome to this website; feel free to make comments or post suggestions - I'd love to hear from you!

[Healthy Skin Tips From Beverly Hills Dermatologist Dr Julia Hunter](#)

Dr Julia Tatum Hunter is the creator of [Skin Fitness Plus](#) in Beverly Hills, which focuses on fitness programs for your skin and whole-body health. Here, she shares several tips for healthy skin, based on her medical training and years of experience.

"Food causes inflammation - which is a well-known cause of all disease and aging," says Dr Hunter. "Other things contribute to inflammation, such as pollution, sunlight, radiation, stress, medications, and chemicals." Though we can't avoid inflammation altogether, we can eat certain foods and participate in certain activities that reduce inflammation and keep us looking lovely. Read on for Dr Hunter's healthy skin tips...

Healthy Skin Tips From Beverly Hills Dermatologist Dr Julia Hunter

Avoid the simple sugars. "The foods that age us are simple and refined sugars, high glycemic [carbohydrates](#), and refined, manufactured foods such as hydrogenated fats and all the artificial chemical additives," says Dr Hunter. "These foods bind to our proteins, causing glycation (also called glycosylation) and age us by making our proteins "crunchy" instead of fluid. They bind to our arteries and cause disease, which ages us even more." Dr Hunter explains that simple sugars and [processed foods](#) negatively impact the functioning of our thyroid glands (the master gland of the body), which ages us, makes us tired, increases our susceptibility to diseases, and impairs the functioning of all the other organs of the body.

Watch your caloric intake. "People who restrict their calories decrease their inflammation, so they age less quickly," says Dr Hunter. "People who take many and varied anti-oxidants and vitamins and minerals and who keep their hormone-producing organs functioning at a robust, healthy level age MUCH less quickly. In fact, they seem to [stop aging](#)." She explains that glutathione slows aging tremendously, and is found in many nutritious foods. However, since our soil is so depleted and we're over-stressed, we do need [nutritional supplements](#) because our food can't provide enough nutrition.

Dark fruits and veggies. Eat lots of cherries, blueberries, mangoes, yams - any dark fruits or veggies - the darker, the better. "Dark fruits and veggies contain antioxidants, which decreases aging and disease by decreasing inflammation and increasing collagen production," says Dr Hunter. Healthy fruits and veggies help thicken the skin to give you a more youthful look while decreasing abnormal blood vessels, such as rosacea.

Juice up your skin. "[Drinking water](#) and eating healthy oils, such as olive, walnut, hemp, flax, borage, black currant, raw coconut and omega-3's from fish will help "juice" up your skin, like you see in younger people," says Dr Hunter. "We all dry up as we get older, which contributes to fine lines. Drink 1-2 liters of water a day, and "layer" your therapy for healthy and anti-aging effects." To learn about Dr Hunter's Skin Fitness Plus Action Plans, visit her website.

Drink green tea and green powders. Dr Hunter recommends adding a green tea bag and green powders to organic whole leaf aloe juice. This healthy skin tip will decrease aging, laxity and brown spots. It's also an [anti-aging tip](#), as it increases the clarity and tightness of the skin all over your body. These nutrients also decrease aging of the internal organs, such as your brain, and decrease the risk of Alzheimer's. Many tips for healthy skin are also great tips for your whole body.

Go "green, green and more green!" is Dr Hunter's mantra. Eat as close to nature as possible. For healthy skin and whole-body health, don't eat red meat more than once a week. Stick to lean proteins such as turkey, wild fish (not farm raised), black beans, red beans are second, wild rice, brown rice, nuts, goat dairy, sheep dairy, seaweed.

Vegetarians, increase your protein intake. "Many vegetarians do not consume enough protein. They lack many nutrients, so their skin becomes less active," says Dr Hunter. "Their organs become more challenged, so their skin appears duller." She also cautions vegetarians not to over-indulge in tofu, which can be bad for the thyroid. A healthy body and skin tip is to try fermented tofu-tempeh instead.

Munch almonds. Almonds are full of Vitamin E. They're also a low-fat, carb-satisfying, good fiber, alkaline-enhancing, dry skin-curing food. It only takes a few minutes a day to eat a handful of almonds for healthy skin.

Limit or eliminated cow's milk products. Cow's milk dairy exacerbates and promotes acne. Many people are allergic and/or lactose intolerant - and this causes their lower abdomens to protrude. "Goat dairy is healthier for humans," says Dr Hunter.

Savor the selenium. "Foods containing [selenium](#) protect against skin cancers, sunburn, dandruff, and aging by increasing skin elasticity," Dr Hunter says. "Eat plenty of asparagus, broccoli, WHOLE eggs, tomatoes, and onions."

If you have any tips for healthy skin, please feel free to comment below - I'd love to hear what works for you!

If you found *Healthy Skin Tips From Beverly Hills Dermatologist Dr Julia Hunter* helpful, try:

- [Anti-Aging Food Tips: What to Eat to Stay Young](#)
- [7 Facts About Food & Your Appearance](#)
- [10 Foods That Boost Your Immune System & Improve Your Brain Health](#)

Dr. Julia Tatum Hunter's Bio:

Julia Tatum Hunter, M.D., the founder of [Skin Fitness Plus](#) located in Beverly Hills, California. Dr Hunter creates healthy bodies and healthy, beautiful skin in a "holistic", anatomically and physiologically correct method, addressing the skin from the inside and out. She combines an individually prescribed plan of

essential "what does your body need, want and not want" supplementation, nutrition, exercise, and bio-identical hormones, with therapeutic, anti-inflammatory, non-toxic products, peels, laser and tightening procedures.

Dr. Hunter works with men, women and teens, providing pragmatic, doable solutions to treat acne, aging, skin diseases and promote skin restoration and prevention. She is a noted speaker on ingredients in foods, skin, supplements and [nutritional products](#) and the imperative of treating all the pieces of the body's puzzle. Dr. Hunter developed the scientifically correct, yet simple formula for science vs. commerce and how to live life and be young at any age.