

Eating For Total Well-being

The role nutrition plays with regard to skin care and hormones.

by Pat Lam

As estheticians become more involved in the "wellness" industry, more people are turning toward them not only for improving skin conditions, but also as a source of nutritional advice.

This expectation should force the esthetician to upgrade his/her nutritional education in order to validate his/her credibility as a health care expert. The mandate of the American Dietary Association for the millennium is to implement nutrition education as an essential component for all health care professionals. There are three primary life changes that occur during a female's life span: adolescence, pregnancy and menopause. During these periods, hormonal imbalances affect not only the skin and body but behavior as well. Some health experts propose that certain foods may help to alleviate the effects of hormonal changes. The following article offers some nutritional advice with regard to skin for women when they experience hormonal troubles at the different stages of their lives. It does not offer medical cures and will work best if used in conjunction with skin care regimens or in salon-treatments that address the esthetic condition at hand.





