

What Needs To Be Done To Get Healthy Skin, Hair, And Nails



A lot of times, people think it costs a fortune or takes too much time when it comes to taking care of their hair, nails, and skin. We see it in movies and TV shows where you see people getting glamorous at the salon, but in this case, it takes just a little effort. From the foods you eat to the products you use, they all affect the health of your skin, hair, and nails, and making a few changes can improve that. Here's how to get started:

Improve your diet

- Take out refined sugar from your diet - this can help prevent yeast infections on your skin
- Choose whole grains like brown rice and oats over processed white flour
- Limit your intake of animal fat from red meat and dairy - this can cause inflammation of the skin. Instead choose foods with healthy fats like fish, seeds, and nuts

- Get protein from lean meats like turkey and chicken, fish, and beans. They are a great source of fiber, nutrient that promotes intestinal health, which in turn gives you healthy skin
- Drink lots of water as it helps flush out toxins and promote kidney health

Make lifestyle changes

- Relieve anxiety and stress as much as possible
- Exercise often
- Avoid toxins whenever possible. Try to choose organic foods and stay away from processed foods
- Stop smoking
- Use sunblock whenever you're in the sun, even if it's just a walk in the park

See, nothing too crazy, right? A little planning and discipline, and you can get the healthy skin, hair, and nails you want!

Superfoods For Healthy Hair, Skin, And Nails

Superfoods are super because they are natural foods that help heal and nourish our body the way it should be. There aren't artificial flavors or colorings, additives, unhealthy fats, or unnatural sugars. The earth gave us these blessings, and we should choose them over the foods that harm, and can kill us.

Here are some superfoods to consider adding to your diet:

Raw organic almonds

Rich in vitamin E, a natural antioxidant that supports collagen production and provides anti-inflammatory effects for the body, raw almonds are also rich in amino acids, biotin, and are alkaline-forming when eaten raw.

Greens

Think spinach, broccoli, collards, and kale. Leafy greens provide you with vitamins A, C, E, K, and K, and are full of water, keeping you from dehydration.

Orange root veggies

Pumpkin, winter squash, carrots, and sweet potatoes all have high amounts of vitamin A and C, which helps growth of your hair, skin, and nails, and lower the stress that can cause weak collagen, elastin, and keratin in the body.



Other foods that your hair, skin, and nails would love:

- Chia seeds
- Lentils
- Chickpeas
- Berries
- Edamame
- Oats
- Avocados
- Pumpkin seeds

These are some of the best foods for healthy hair, skin, and nails. Take a peek at some of the worst foods for them.

How To Keep Hair As Healthy As Possible

Have you ever got to a point where you wonder why your hair isn't as lush and soft as it used to be? Is it age? The products? Is it the food I'm eating? Sometimes we don't always know what we're doing because really, who is a hair know-it-all (minus cosmetologists and such).

Here are some rules to follow to make sure you get keep your hair as healthy as possible!

Get it wet less often

Water makes hair swell from the inside, which forces the cuticle up, causing frizz and breakage overtime. Don't wash more than you need to because you not only cause those unwanted events, but also strip your hair of its natural oils. Try opting in for a dry shampoo once every week - one that absorbs odor and oil well.

Add a pre-shampoo to your routine

Sounds weird, right? But a pre-shampoo works like a sealant, which helps smooth the hair cuticle before it gets wet so less damage happens. It also protects against friction from massaging in your shampoo, and the friction causes the edges to fray.

Cool your head

After blow-drying or flat ironing your hair, your hair might still feel hot. That means it's still frying, which is not good at all. Hit the cold-shot button on your dryer to cool down your hair to prevent more damage.

Treat yourself

Scalp treatments are good for the long run, as keeping the hair follicles clean prevents the blockage and inflammation that leads to your hair thinning out later in life. Look for products with salicylic acid or even dandruff shampoos like Head & Shoulders.

There are specific things you should never do with your skin as well, and you can learn about those no-no's here.

We've gone over the things you can do more and less of and the foods to eat in order to have the healthy hair, skin, and nails you want. But there is one surprising element you may not ever think could be a way to help keep your skin, hair, and nails healthy. And that special food is camel milk.

Benefits of Camel Milk

Camel milk has 5 grams of protein per cup, which equates to 10 percent of the suggested daily intake of protein. Aside from it being only 110 calories per serving, here are the other nutrients packed in camel milk, and how it can help keep your hair, skin, and nails healthy:

Zinc

Zinc is essential for growth and development, and your sense of taste and smell. A deficiency in zinc usually occurs in vegetarians, pregnant women, infants, and alcoholics, and can result in impaired healing and growth, including that of your hair and nails.

Iron

Iron is responsible for the production of cells throughout your body as more than half the iron in your body is found in your blood, attached to oxygen molecules to carry through the vascular system. When you don't get enough iron, it's possible you'll have trouble absorbing nutrients, have more illnesses, nutritional deficiencies, fatigue, and anemia. With that, it's also possible you get a sudden loss of hair and brittle nails.

Vitamin C

Vitamin C is essential for the production of collagen, which is used to make fingernails, hair, and other parts of your body. It boosts your immunity and heals your cuts and bruises, and without it, you may experience symptoms such as dry and thin hair that splits easily, and slow growth of hair and fingernails.

Vitamin E

Vitamin E helps improve damage to skin and prevents wrinkles. Topical and oral use of antioxidants support healthy skin, hair, and nails by fighting oxidation that results from free-radicals.

Other nutrients you can find in camel milk:

- Potassium
- Calcium
- Folate
- Thiamin
- Selenium
- Vitamins A, B, D, K

We already know the nutritious value camel milk provides. Here are some other great benefits that come with drinking camel milk

- Can treat diabetes
- Most similar to breast milk
- Great alternative for people with milk allergy or intolerance
- Heart and blood health

You can get your camel milk online from Desert Farms!