

How Can Essential Fatty Acids improve your Natural skincare Routine

This image-conscious culture has driven a lot of people, majority of them women, to buy into the notion that skinny is synonymous with beautiful. It should be made clear that this is a misconception because healthy is the goal that we all should be working for. Being beautiful includes having a healthy body and, of course, healthy skin. The skin is the layer with which we present ourselves and show others our beauty. Being the biggest organ in the human body, it should be constantly treated and maintained, because whether you like it or not, our skin is the best accessory that we have. By now, a lot of you must be saying, But wait, isnt real beauty skin deep? Yes that may be true, but when youre healthy and beautiful this radiates through your skin. Fat is not the enemy, and like everything in life, when the right kind is taken in right amounts, it can be an ally. Certain fats keep us healthy and, believe it or not, act as a natural skincare product. As much as we want to stay away from fats to keep in shape, our skin might disagree with our cellulite on the decision to eradicate fat from all meals. To look, feel and stay healthy and beautiful, our body and skin need Essential Fatty Acids (EFA). The E in EFA stresses a sense of urgency because the body doesnt produce EFAs. These polyunsaturated fats are responsible for producing natural oil barriers for the skin. The skin is best kept well-fed with Essential Fatty Acids to keep skin hydrated, supple, well moisturized and younger looking. Since EFAs arent naturally produced by the body, making a conscious decision to include EFAs in your diet is a move that will significantly improve your natural skincare regimen. Food with fatty acids like omega-3 and omega-6 are key elements that act as natural skincare products. These fatty acids also act as building blocks of healthy cell membranes. Medical health experts suggest intake of a vegetarian diet rich in fruits, vegetables, nuts, seeds, and legumes for vital amounts of EFAs. Aside from acting as a natural skincare agent, Essential Fatty Acids, like omega-3 and omega-6, are also beneficial for cardiovascular health, relieving pain as well as providing nutrients to unborn babies in the mothers womb. Research shows that people who have Essential Fatty Acid deficiency are prone to getting blackheads and whiteheads. Their skin also has a higher tendency to dry and break, making signs of aging more evident. Aside from unhealthy skin, the liver, kidneys, blood, immune system, may also suffer when one doesnt get adequate amounts of Essential Fatty Acids. People who dont get enough Essential Fatty Acids also have high risks of experiencing depression. Our natural skincare regimen shouldnt end with washing the face and lathering on creams and other skincare products that claim to keep our skin young and healthy. Contrary to what marketing mavericks tell us, natural skincare products dont come in jars, tubes or bottles nor does its effects happen overnight. One should keep in mind that our daily food intake acts as the most basic natural skincare regimen. Going back to basics, like being extra conscious of what you put in your mouth, is the natural skincare treatment your skin deserves. Worrying about which brand you should buy over the counter should be the least of your problems.

About the Author

Christy S endorses Lim Cher Sern who is a natural skin care researcher with more than 7 years of experience in [natural skin care products](#). Please visit <http://www.BeautySkinCareCream.com> for more free information on how to choose the best skin care products.

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