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EAT HEALTHY = LOOK YEARS YOUNGER

by Michael McCauley

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A good diet (or a poor diet, for that matter) affect the skin, hair and nails more quickly than almost any other part of the body. And, your skin, hair and nails can be clear outward signs of your overall health. After all, they are the first things people notice when they meet you!

Having healthy skin, hair and nails, can make you look years younger. With age typically comes more skin, more damaged hair and more brittle nails. But, what if you could slow down or even reverse these signs of age? Eating healthy has lots of long-term benefits for your health, but it also has more immediate benefits for your skin, hair and nails.

Here are 5 essential vitamins and nutrients that will help give you soft, smooth skin, beautiful hair and nails, and how to make sure you have them in your diet.

Omega-3s. These essential oils contribute to smooth skin and a healthy scalp. They also help your body produce proteins that can strengthen your nails and brighten your skin. Good sources of omega-3s include olive oil, walnuts, flaxseeds and cold water fish like salmon, cod and tuna.

Biotin. Biotin is a fatty acid complex that is essential for strong nails and hair. It is found in most legumes like lentils, and since these can be added to so many foods, it is easy to make sure you get enough.

Zinc. This mineral is important for so many things – everything from maintaining a sense of smell to a strong immune system. It can also help keep your hair shiny, prevent white spots in your nails and help your skin. You can find zinc in lots of foods, including cashews, peanuts, oysters, wheat germ and dark chocolate.

Vitamins A and C. Your body uses these vitamins for, among other things, the production of sebum, a natural oil secreted in your hair follicles. It helps remove dead cell material and also helps prevent your hair from drying out. These vitamins are found in many foods including citrus fruit, papaya, and dark, leafy green vegetables.

Selenium. A deficiency in selenium can lead to damaged hair and white spots on the fingernails, among other things. Selenium is found in many foods, including most fish, some seeds and foods made with whole grains.

Eating a healthy diet that includes a variety of whole foods and the vitamins and nutrients discussed here can help you look years younger.

Remember, healthy choices you make each day can transform your family for generations! What choices will you make today?

About the author: Michael McCauley is a Personal Fitness Chef and Nutrition Specialist, author and co-owner of Vitaerobics, a company, Vitaerobics, has helped more than 750,000 people create their own healthy family future. Get the eBook "Overcoming Portion Distortion: How to Eat Less in a Super Sized World" at: www.HealthyFamilyFuture.com/gift.

about michael



Michael McCauley is co-owner of Vitaerobics, a Certified Personal Fitness Chef, nutrition expert, speaker and author, and an acknowledged expert on the neuroscience of personal change. As creator of Vitaerobics' signature programs, Michael is helping people everywhere to make healthy choices every day.

Michael uses his culinary skills to bring flavor and fun to healthy eating, while his expertise in the neuroscience of personal change enables him to guide people to make rapid and lasting transformations. [read more](#)

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