

Your downloadable resource

## Skin & Hormones

From Chloe's Clinic episode #10- Your Skin and Hormones with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

### Our wonderful Integumentary system

**Zinc** is one of the body's immune system nutrients. It is one of my go-to recommendations when it comes to reducing the severity of or staving of a cold or flu. It is involved in the healing response and is anti-inflammatory, which can combat hormonal breakouts acne and pimples. Zinc also acts like an antioxidant by protection against damaging free radicals and protecting the skin's lipids (fats) and fibroblasts the cells that make collagen which is your skin's support structure.

Sources of Zinc- meat, shellfish, nuts, seeds, dairy, eggs, whole grains.

**Vitamin C** is such an excellent skin nutrient. It is an antioxidant within the body, and it plays a critical role in collagen production- reducing wrinkling skin and combating dryness. Vitamin C is also another immune nutrient which supports wound healing, making it an effective treatment for breakouts- by ingestion or topically as well.

Sources of vitamin C- broccoli, Brussels sprouts, cauliflower, dark leafy greens, capsicum, tomato, oranges, lemon & lime.

**Vitamin A** is very essential for reproductive health (I carry on a bit about it when it comes to fertility) and also for skin health. Retinol is the active form of vitamin A and it stimulates new skin cells. Vitamin A is able to be applied topically as well, with precaution, as it can be absorbed and used that way.

Sources of vitamin A- liver, cod liver oil, eggs, orange and yellow fruits and vegetables, dark leafy greens.

**Vitamin D** is another very essential reproductive and fertility nutrient for women is responsible for hormonal homeostasis. It is a very important nutrient and it is common for women to be deficient in it.

Although too much of a good thing (the sun) can damage the skin, vitamin D which is absorbed directly from the sun, is a protectant and helps in skin cell growth, repair, and metabolism as well as prevents skin aging.

Sources of vitamin D- the sun (90% of vitamin D is synthesised this way), liver, fatty fish, whole butter, cheese, eggs.

**Omega 3 fatty acids EPA and DHA** are essential for skin health. DHA keeps the brain and reproductive system functioning properly. And EPA can greatly benefit your skin by regulating oil production to boost hydration and prevent acne, and by delaying the skin's aging process to stave off wrinkles.

Sources of EPA & DHA- fatty fish, eggs, algae, flax seed, chia seed, hemp seed.

In Reclaim Your Cycle my signature online holistic women's health program, I take you through a whole nutrition module in which we cover specific nutrients essential for women and foods which include those nutrients as well in a recipe guide.

I then went one step further and created The Women's Health Reset. A 4-week meal plan for women which demonstrates the way of eating for nourished and glowing skin that I teach via 70+ nourishing recipes in a gorgeous downloadable guide.

For further holistic support visit [www.chloecollins.com.au](http://www.chloecollins.com.au)  
or contact [chloe@chloecollins.com.au](mailto:chloe@chloecollins.com.au)