

# Eating with the Season for Radiant Skin & Healthy Body— Winter

Deborah Lee

**H**ave you ever considered that eating certain foods that are in season can promote radiant skin and a healthy body?

The change of seasons from autumn to winter can bring a lot of dryness to our environment that can also dry our skin. Retaining fluids in the body can also be common in the winter, which may cause puffiness under the eyes and other areas on the face and neck. Fatigue or lower back pain can also be present at this time of the year. All of these symptoms or conditions can indicate low energy in the kidneys according to the body's energetic system (also known as the meridian system) as studied in Chinese Medicine.

Here are some quick tips that will help keep your body healthy and your skin radiant during the winter months:

1. The first step is to begin to equate radiant skin to a radiant healthy body. The health of the skin is reflected by the health of the body.
2. Shop at the local farmer's market to ensure you are getting fresh foods with tons of nutrients. Ask the farmer for organic foods. It may cost you more, but the health benefits are worth it.
3. Eat your fresh foods quickly after they are purchased

to ensure they will contain the maximum nutrients. As time goes on, nutrients are lost.

4. Learn which foods are in season for the time of year we are in. In the winter months you will want to eat foods that will generally be warming to your kidney energy. The right kind of salt is actually very supportive to the kidneys due to its high content of minerals. This must be the kind of salt that is naturally occurring, not processed. Salt such as sea salt and Himalayan salt contain many minerals and is best used in cooked foods. Minerals are essential for good kidney functioning and great for beautifully hydrated skin.
5. Avoid processed foods and standard table salt as much as possible.
6. Eat various kinds of sea vegetables for their high mineral content. Seaweed is known for its high calcium content and naturally occurring iodine, which is great for the thyroid. These are excellent food sources for hydrating your skin.
7. Eat homemade soups with lots of whole grains and

root vegetables like carrots, rutabagas, daikon radish and parsnips.

8. Burdock root is an excellent blood builder and is very strengthening to the kidneys which supports and nourishes the blood. A little chopped in soups or sautéed goes a long way.
9. Eat fish which contains naturally occurring essential fatty acids which are great for supple skin.
10. Adzuki Beans have one of the highest mineral contents of any beans - so they are a good winter choice or whenever you need a kidney boost.
11. Cook with spices that are warming such as cinnamon, garlic, ginger, and cardamom.

**W**inter time is a great time for bath time rituals for beautiful and healthy skin—also great for the lymphatic system. Take baths soaks with real Dead Sea salts and powdered



algae seaweed or kelp. Add some drops of a high quality therapeutic grade essential oil like lavender. Scrub your body with organic salt scrubs (salt and a vegetable oil.) Use a cactus or sisal cloth to really invigorate and exfoliate the skin during your shower, and dry-brush your skin before taking a shower with a real brittle brush.

With good attention to the needs of this winter season, you will keep your skin and body radiant and healthy all season long. ■



**Deborah Lee** is a Licensed Cosmetologist and Holistic Health Practitioner. She offers a FREE one-time 15-minute consultation at either her hair salon or face & body salon. Call 209-5516 for an appointment. Visit her website [TransformationsByDeborah.com](http://TransformationsByDeborah.com) for more info on her services.

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