

Things Your Dermatologist Never Told You!

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So you want beautiful skin, right? Of course you do - everyone does! Considering the hundreds and perhaps even thousands of products you could purchase that all promise to give you great skin, it's obvious that everyone wants radiant and healthy skin. (Here's where you can find more detailed information on skin care and skin lightening.)

To get that beautiful skin there are many of those products you can purchase to apply to your skin and some actually work quite well. A good moisturizer can go a long way toward keeping your skin soft and supple. Using an exfoliating agent once or twice per week can help to remove dead skin cells that make your face look pale and tired.

But there is one quick trick you can implement that can greatly improve your skin's overall appearance and texture, and something you should be doing for your health anyway.

And that trick is to exercise, and to exercise regularly. Why is this so important? What does exercise do to help your skin?

While it's good to try topical treatments for your skin you need to realize that the skin gets most of its nourishment from within, meaning from the blood that flows underneath the deepest layers. This blood brings the skin vital nourishment by way of vitamins, minerals, amino acids, and oxygen as well. Those vitamins are crucially important to the look of skin and without them skin tends to get pale, clammy, and very unhealthy looking. (Here's where you can find more detailed information on best skin care products.)

Oxygen is actually a healing agent for skin; people with wounds or burns are typically put in an oxygen chamber or tent since this helps to speed up the healing process. You may not realize it but oxygen is delivered to the skin through the blood which acts as a tiny delivery person, carting an oxygen molecule on its back as it makes its rounds through the circulatory system.

And when you exercise you help this process in two ways. One is that you increase your heart rate and blood circulation so your skin is being fed that much more often. And two, your heart beats harder when you're physically active so it pushes further up through the skin. The upper layers of your skin don't have their own blood vessels but rely on blood being pushed up from those lower layers. When you exercise and increase your heart rate in this way it's much easier for your skin to nourish itself.

So there's something that most dermatologists just don't tell people - if you want beautiful skin, it's not in a bottle; it's at the gym!

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