

Maintaining Healthy Hair, Skin and Nails during Stressful Times

There are a number of things you can do to support the health of your hair, skin, and nails in times of stress:

1 REDUCE THE STRESS



For every stressful situation or event, you have the option to:

- Change the situation
- Change your response to the situation
- Remove yourself from the situation

2 Use stress management techniques



- Practice yoga, meditation or deep breathing
- Exercise, especially strength training or cardiovascular activity
- Take time out for you
- Take up a new hobby, or rekindle an old one
- Organize and prioritize tasks
- Practice mindfulness - Mindfulness has proven to be beneficial with stress reduction

3 LIFESTYLE CHANGES



- Avoid biting your nails, twisting your hair, scratching or picking your skin
- Sleep 8 or more hours a night to allow tissue to heal and grow
- Eat a healthy diet high in omega-3 fatty acids and low in sugar and hydrogenated oils to support cell membranes
- Chew slowly and eat in a relaxed environment for maximum uptake of nutrients
- Eat sufficient protein for growth and repair of tissues
- Drink plenty of water to hydrate skin

4 NUTRITIONAL SUPPORT FOR HAIR, SKIN, AND NAILS



- Silica, calcium, magnesium, manganese, iron, calcium and biotin support tissue structure
- Gelatin provides building blocks for structural proteins
- Antioxidants (including A,C,E and zinc) fight free radicals
- Nutrients such as vitamin C, zinc, magnesium and manganese support tissue health
- Fish oil provides omega-3 fatty acids

5 SUPPLEMENTAL SUPPORT FOR THE ADRENAL GLANDS



- Herbs such as licorice, ashwagandha, maca and Siberian ginseng support the HPA axis
- Ashwagandha helps to normalize many of the biological changes brought about by stress
- Licorice helps to counteract cortisol's immunosuppressive effects
- Nutrients such as vitamin C, zinc, magnesium and manganese support adrenal function
- B vitamins support adrenal hormone production
- Vitamin A helps normalize cortisol levels in conditions of abnormal secretion
- Vitamins A, C, and E help to modulate the HPA axis and stress response