

FIT FOR LIFE NEWS
IN THE NAME OF ALLAH, THE BENEFICENT, THE MERCIFUL.
AS-SALAAM-ALAIKUM

SKIN CARE

Skin, skin and more skin. Did you know that our skin, which is properly called the integumentary system, is the largest organ on the human body. Our skin is really an organ. Most of us don't look at it that way because when we think of an organ, we think of the heart, the lungs, kidney and so forth. But just like any other organ, the skin has needs and need to be cared for properly. No other organ in the body in the human body is as accessible, large, varied in function, and underappreciated as the skin. Our skin is the first line of defense against an often hostile environment; the world.

There are five essential vitamins that are essential for healing and enhancing our skin: vitamin A, B-complex, vitamin C, vitamin D, and vitamin E. Vitamin A help to prevent dry, rough skin and pre-mature aging. It helps to speed up healing in those who suffer with acne and impetigo, which is caused by staph or strep infections that will give you pustules around the nose and mouth. B-complex vitamins are known to be the anti-stress vitamins. These vitamins promote healthy circulation and metabolism. B-complex aids in new cell growth therefore making it very essential to wound healing and skin infections. Vitamin C help to produce collagen in your connective tissues. Collagen is what makes our skin plump and firm and prevent wrinkles. Vitamin C also aid in healing and help the body to fight off toxins and environmental stressors. Vitamin D in combination with vitamin A can treat acne. Vitamin D enhances calcium absorption and bone mineralization (development of bone density). Vitamin E oxygenates the skin and its underlying tissues. It enhances the formation of red blood cells. Vitamin E help to block the formation of skin tumors, like melanomas, and speeds up the healing process of burns and skin disorders such as eczema and psoriasis.

Our nutrition, food intake, is very important for our skin care and development. We must eat properly and at the proper times in order to gain and maintain our youthful glow. The Honorable Elijah Muhammad said in *How To Eat To Live* on page 102, " We achieve one of the greatest beauties when we achieve the spiritual beauty and characteristics through practicing them. We achieve the spiritual beauty through practicing or carrying into practice the spiritual laws." Our spiritual beauty will automatically enhance and improve our outward, external beauty.

Another item I use to keep my skin nice and soft is pure organic unrefined coconut oil. I apply it to my skin daily after showering. The skin will absorb the oil and leave your body feeling soft and deeply moisturized. You can find this oil in the cooking oil area in most grocery stores. Try it. I guarantee that you will like it. So with Allah's help and support, let us all GET FIT FOR LIFE.