

**Diet, food supplements and skin Health**

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**Abstract**

Skin acts as a natural barrier between internal and external environments thus plays an important role in vital biological functions such as protection against mechanical/chemical damages, micro-organisms, ultraviolet damage. Diet can influence skin condition and appropriate nutritional supplementation has emerged as a new strategy in the daily practice of dermatology as well as a complementary approach to topical cosmetics in the field of beauty. Skin aging is a continuous process that is heavily determined by the combined influences arising from intrinsic aging, the environment (eg, sun exposure), Diet, and life style. During the course of skin aging, both skin function and appearance are affected. Changes in appearance are the most visible signs of aging include wrinkles, irregular pigmentation, sagging, atrophy, elastosis, and telangiectasia. Balanced nutrition is essential not only to prevent chronic disease such as cardiovascular disease and diabetes but also to maintain health and ensure normal functioning skin . Certain nutrients were identified to play a critical role in the normal function of the skin, particularly when nutrient deficiencies are apparent, eg, vitamin C in collagen synthesis. Several studies have observed improved protection of the skin against sun damage (photoprotection) by dietary supplementation with vitamins E and C, carotenoids (-carotene and lycopene), and polyunsaturated fatty acids (PUFAs).photoprotective effect of a diet higher in vegetables, fruit, and olive oil on the skin. In practice, Patients complaining from hair loss, etc... because they are going through a restricted diet are quite frequent. Symptoms are reversed by proper supplementation of essential fatty acids, micronutrients and protein.

**Conclusion:** Monitoring micronutrients and correcting deficiencies with no delay may protect people from going into prolonged Episodes of unhealthy skin conditions and profuse hair loss.

**Biography:**

Dr. Heba Abdallah earned her Master’s Degree in Dermatology in 2007. She completed her Dermoscopy course from UK in 2015. She completed her American Board certification in Aesthetic Medicine in 2016. She is a member of several international societies, including the American Academy of Aesthetic Medicine, the European Academy of Dermatology, and the International Dermoscopy Society. as a third person.

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