

Superfoods for Your Skin 给皮肤的超级食物



Skincare, as a market segment, is growing faster than any other part of the beauty industry. The global skincare industry is worth US\$380 billion and this industry is projected to grow at a compounded annual growth rate of 5.3% through 2027.

The demand for skincare products is increasing due to the growing awareness of the importance of skin health and the need for effective and safe products. The rising disposable income and the growing middle-class population are also driving the growth of the skincare market.

Our skin health is important not only for our appearance but more importantly because our skin performs so many essential functions, including protecting the body from external threats, regulating body temperature and providing sensory information. Skin health is therefore crucial for overall health and wellbeing.

The health of our skin is influenced by various factors, including genetics, environment, age and lifestyle. Some of these factors are within our control, while others are not.

Genetics play a significant role in skin health. For instance, some individuals are more prone to certain skin conditions, such as eczema, psoriasis, premature skin aging or skin cancer.

Environmental factors such as pollution, UV radiation, and climate can also affect skin health. Exposure to pollution and UV radiation can cause premature aging and increase the risk of skin cancer. Similarly, extreme climates, particularly dry or cold environments, can cause dry skin and worsen skin conditions such as eczema.

Age is also a significant factor in skin health. As we age, our skin becomes thinner, drier and less elastic, leading to wrinkles, age spots and other signs of aging. Additionally, as we age, our skin's ability to repair itself decreases, making it more susceptible to damage and slower to heal.

While skincare products should help improve skin appearance, healthy-looking skin can also be achieved naturally through our lifestyle such as exercise, sleep and diet.

Exercise helps to improve blood flow and oxygen supply to the skin, promoting a healthy complexion. Sleep is crucial for skin health as it is during this time that skin cells repair and regenerate.

A healthy diet is the foundation for healthy skin. Incorporating superfoods into your diet is an excellent way to boost skin health. While there are many foods that can benefit the skin, we particularly recommend incorporating colostrum, vitamin C, flaxseed oil, green foods, collagen and food containing antioxidants into your diet.

作为一个细分市场，护肤品的增长速度比美容行业的其他任何部分都要快。全球护肤行业价值380亿美元，预计到2027年，该行业将以5.3%的年复合增长率增长。

随着人们对皮肤健康重要性的认识和对有效、安全产品需求的日益增长，消费者对护肤品的需求也在不断增加。此外，可支配收入的增加和中产阶级人口的增加也推动了护肤品市场的增长。

皮肤健康很重要不仅仅是为了外表，更重要的是，我们的皮肤有很多重要的功能，包括保护身体免受外来的威胁，调节体温，提供感官信息。因此，皮肤健康对整体健康至关重要。

影响皮肤健康的因素很多，包括基因、环境、年龄和生活方式。其中一些因素是我们可以控制的，而另一些则不是。

遗传因素对皮肤健康有重大影响。例如，由于遗传因素，有些人更容易患上某些皮肤疾病，如湿疹、牛皮癣、皮肤过早老化或皮肤癌。

污染、紫外线辐射和气候等环境因素也会影响皮肤健康。暴露在污染和紫外线辐射中会导致过早衰老，增加患皮肤癌的风险。同样，极端气候，特别是干燥或寒冷的环境，会导致皮肤干燥，并恶化皮肤状况，如湿疹。

年龄也是影响皮肤健康的一个重要因素。随着年龄的增长，我们的皮肤会变得更薄、更干燥、更没有弹性，导致皱纹、老年斑和其他衰老的迹象。此外，随着年龄的增长，我们皮肤的自我修复能力会下降，使其更容易受损，愈合速度也会变慢。

虽然护肤品应该改善皮肤外观，但健康的皮肤也可以通过我们的生活方式自然获得，如锻炼、睡眠和饮食。

运动有助于改善血液流动和氧气供应到皮肤，促进健康的肤色。睡眠对皮肤健康至关重要，因为这段时间是皮肤细胞修复和再生的时期。

健康的饮食是健康皮肤的基础，在饮食中加入超级食物是促进皮肤健康的好方法。虽然有很多食物对皮肤有益，但我们特别建议在饮食中加入初乳、维生素C、亚麻籽油、绿色食品、胶原蛋白和含有抗氧化剂的食物。

Colostrum might not be a superfood that you hear about every day, but it is worth paying attention to. It is a nutrient-rich substance produced by mammals during the first few days after giving birth. It is a rich source of protein, vitamins and minerals, including zinc and vitamin A, which are essential for skin health.

What makes colostrum especially good for your skin is the fact that it contains growth factors that help to stimulate the production of collagen. Collagen is a protein that is essential for maintaining the elasticity and firmness of your skin. As we age, our bodies produce less collagen, which can lead to wrinkles, fine lines and other signs of aging.

By supplementing with colostrum, you can help to boost your body's production of collagen and keep your skin looking youthful and healthy. Colostrum also contains immunoglobulins, immune-boosting compounds that can help to protect your skin from damage caused by environmental factors like pollution and UV radiation. On top of that, colostrum is high in lactoferrin, which has been shown to have anti-microbial and anti-inflammatory properties that can help to reduce acne and other skin conditions. In short, Colostrum is an excellent superfood that not only promotes healthy skin but also supports your overall immune system.

初乳可能不是您每天都听到的超级食物，但它值得关注。它是哺乳动物在分娩后最初几天产生的一种富含营养的物质。它富含蛋白质、维生素和矿物质，包括对皮肤健康至关重要的锌和维生素A。

初乳对皮肤特别有好处的原因是它含有生长因子，有助于刺激胶原蛋白的产生。胶原蛋白是一种蛋白质，对保持皮肤的弹性和紧致至关重要。随着年龄的增长，我们的身体产生的胶原蛋白会减少，这可能会导致皱纹、细纹和其他衰老的迹象。

补充初乳可以帮助促进身体胶原蛋白的生产，让您的皮肤看起来年轻和健康。初乳还含有免疫球蛋白，免疫增强化合物，可以帮助保护皮肤免受污染和紫外线辐射等环境因素造成的伤害。最重要的是，初乳富含乳铁蛋白，乳铁蛋白已被证明具有抗菌和抗炎特性，有助于减少粉刺和其他皮肤状况。简而言之，初乳是一种极好的超级食物，不仅能促进皮肤健康，还能支持我们的整体免疫系统。



ColostrumX is a product of New Zealand, the world's premium colostrum producer. The colostrum is collected only from pasture-fed cows that are certified pesticide, antibiotic, and hormone free. It is also fortified with docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

DHA and EPA, two types of omega-3 fatty acids found in fish oil, are also beneficial for skin health.

DHA and EPA are essential fatty acids that cannot be produced by the body and must be obtained through the diet or supplementation. They play important roles in maintaining the health of cell membranes, which are the protective barriers around cells, including skin cells.

Research suggests that DHA and EPA can help to improve the health of the skin in several ways. They have anti-inflammatory properties that can help to reduce skin inflammation and redness, making them useful for managing inflammatory skin conditions like eczema and psoriasis.

In addition, DHA and EPA can also help to improve skin hydration and prevent dryness, which can lead to premature aging and fine lines. They do this by increasing the production of ceramides, a type of lipid that helps to retain moisture in the skin.

Studies have also shown that DHA and EPA can help to protect the skin from UV damage, which is one of the main causes of skin aging and skin cancer. They do this by reducing the production of inflammatory molecules that are triggered by UV exposure.

新生命初乳奶粉是新西兰的产品，世界上最好的初乳生产商。初乳只从经过认证的不含农药、抗生素和激素的牧场饲养的乳牛身上采集。它还添加二十二碳六烯酸(DHA)和二十碳五烯酸(EPA)。

DHA和EPA，来自鱼油中的两种奥美加-3脂肪酸，也对皮肤健康有益。

DHA和EPA是人体不能产生的必需脂肪酸，必须通过饮食或补充剂获得。它们在维持细胞膜健康方面发挥着重要作用，细胞膜是细胞周围的保护屏障，包括皮肤细胞。

研究表明，DHA和EPA可以在几个方面帮助改善皮肤健康。它们具有抗炎特性，可以帮助减少皮肤炎症和发红，使它们对管理湿疹和牛皮癣等炎症性皮肤病有用。

此外，DHA和EPA还可以帮助改善皮肤水分，防止干燥，而干燥会导致过早衰老和细纹。它们通过增加神经酰胺的产生来做到这一点，神经酰胺是一种有助于保持皮肤水分的脂质。

研究还表明，DHA和EPA可以帮助保护皮肤免受紫外线的伤害，而紫外线是导致皮肤老化和皮肤癌的主要原因之一。它们通过减少紫外线照射引发的炎症分子的产生来做到这一点。



Vitamin C is another important superfood that you have probably heard of before, and for good reasons. Vitamin C is a powerful antioxidant that helps to protect the skin from damage caused by free radicals. Free radicals are unstable molecules that can damage your skin cells and lead to premature aging and other skin problems.

But that is not all vitamin C does. It is also essential for the production of collagen, which is important for maintaining the firmness and elasticity of your skin. In fact, studies have shown that taking vitamin C supplements can help to reduce the appearance of wrinkles and fine lines.

Foods that are high in vitamin C include citrus fruits, strawberries, kiwi fruit, and bell peppers. However, it is important to note that vitamin C can be unstable and can break down quickly when exposed to heat, light and air. Therefore, it is best to consume vitamin C-rich foods as soon as possible after they are harvested and to store them properly to help preserve their nutrient content. Alternatively, you can take a vitamin C supplement to ensure that you are getting enough of this important nutrient.

C Complex (Sustained Release) is a combination of vitamin C and natural bioflavonoids. When taken together, bioflavonoids increase the absorption rate and effectiveness of vitamin C. Bioflavonoids have antioxidant and anti-inflammatory properties, which makes them helpful for maintaining healthy skin.

维生素C是您可能听说过的另一种重要超级食物，这是有道理的。因为它是一种强大的抗氧化剂，有助于保护皮肤免受自由基的伤害。自由基是一种不稳定的分子，会损害皮肤细胞，导致过早衰老和其他皮肤问题。

但维生素C的作用还不止于此。它对胶原蛋白的产生也是必不可少的，胶原蛋白对保持皮肤的紧致和弹性很重要。事实上，研究表明，服用维生素C补充剂有助于减少皱纹和细纹的出现。

富含维生素C的食物包括柑橘类水果、草莓、猕猴桃和甜椒。然而，重要的是要注意，维生素C可能不稳定，暴露在热、光和空气中时会迅速分解。因此，富含维生素C的食物最好在收获后尽快食用，并妥善保存，以帮助保存其营养成分。或者，可以服用维生素C补充剂，以确保您获得足够的这种重要营养素。

维他命C缓释综合丸是维生素C和天然生物类黄酮的组合。当一起服用时，生物黄酮类化合物可以提高维生素C的吸收率和有效性。生物黄酮类化合物具有抗氧化和抗炎的特性，有助于保持皮肤健康。



Another important superfood for skin and wellbeing is flaxseed oil. This oil is rich in omega-3 fatty acids, which help to reduce inflammation in the body. Inflammation can cause redness and irritation in the skin as well as a variety of skin problems, including acne, eczema and psoriasis. Flaxseed oil also helps to keep the skin hydrated, which is important for maintaining a youthful appearance.

Beyond that, omega-3s are also essential for maintaining the integrity of your skin's barrier function. This barrier helps to keep moisture in and irritants out, and when it is damaged, it can lead to dryness, flakiness, and other skin problems. By supplementing with flaxseed oil, you can help to ensure that your skin is getting the nutrients it needs to maintain a healthy barrier function.

Omega Gold Flaxseed Oil is cold-pressed from quality golden flaxseeds. It is pure, unrefined, unfiltered, extra virgin and certified organic from New Zealand.

另一个重要的皮肤和健康的超级食物是亚麻籽油。这种油富含奥美加3脂肪酸，有助于减少体内炎症。炎症会导致皮肤发红和刺激，以及各种皮肤问题，包括痤疮、湿疹和牛皮癣。亚麻籽油也有助于保持皮肤的水分，这对保持年轻的外貌是很重要的。

除此之外，奥美加3脂肪酸对于维持皮肤屏障功能的完整性也是必不可少的。这层屏障有助于保持水分和阻挡刺激，当它受损时，新西兰认证有机食品会导致干燥、片状和其他皮肤问题。通过补充亚麻籽油，你可以帮助确保你的皮肤获得所需的营养，以维持健康的屏障功能。

奥美加黄金亚麻籽油是用黄金亚麻籽冷榨而成。它纯净，未经提炼，未经过滤，特级初榨和新西兰认证的有机食品。



Next, we have **Super Green Food ++**. This product contains a combination of 27 ingredients sourced from nature, many of which are good for your skin. These include a blend of the green foods spirulina, barley grass, alfalfa, wheat grass, chlorella, and an antioxidant blend formulated with cranberry, blueberry and green tea extract (just to name a few).

The blend of green foods is high in chlorophyll, which has been shown to have detoxifying properties that can help to promote healthy skin. Chlorophyll can help to eliminate toxins from the body that can contribute to skin problems like acne and dullness, making it a great addition to any skin-healthy diet.

接下来是**超级绿食品++**。这款产品包含27种天然成分，其中许多对您的皮肤有好处。这些绿色食物包括螺旋藻、大麦草、苜蓿、小麦草、小球藻，以及与蔓越莓、蓝莓和绿茶提取物(仅举几个例子)混合的抗氧化剂。

这种绿色食物的混合物富含叶绿素，已被证明具有排毒特性，有助于促进皮肤健康。叶绿素可以帮助消除体内的毒素，这些毒素会导致皮肤问题，如粉刺和皮肤色素暗沉，使其成为任何皮肤健康饮食的重要补充。



Finally, **Collasta**. This product contains hydrolysed marine collagen, astaxanthin and other antioxidants. Antioxidants help to reduce inflammation and free radical damage in the body.

A study published in the journal of Medical Nutrition and Nutraceuticals, showed that women who took a hydrolysed collagen supplement reported significant improvements in their skin health—particularly in the areas of hydration and elasticity. When the skin is hydrated and elastic, it will be less prone to signs of aging such as wrinkles and fine lines.

最后是**康丽达胶原红藻**。本产品包含海洋胶原蛋白水解、虾青素和其他抗氧化剂。抗氧化剂有助于减少体内的炎症和自由基损伤。

发表在《医学营养与保健品》杂志上的一项研究表明，服用水解胶原蛋白补充剂的女性皮肤健康状况有了显著改善，尤其是在水合和弹性方面。当皮肤水分充足、更有弹性时，就不容易出现皱纹和细纹等衰老迹象。



By incorporating these superfoods into your diet, you can promote healthy skin that looks and feels its best. So, start stocking up on **ColostrumX, C Complex, Omega Gold Flaxseed Oil, Super Green Food ++, Collasta** and get ready to see and feel the difference in your skin!

在日常饮食中加入这些超级食物，它们可以促进皮肤健康，让您的皮肤看起来和感觉都是最好的。所以，开始储备**新生命初乳奶粉、维生素C缓释综合丸、奥美加黄金亚麻籽油、超级绿食品++、康丽达胶原红藻**，准备好见证您的皮肤的改善！