

SHE FINDS

The One Drink You Should Have Every Morning For Younger-Looking Skin, According To Dermatologists

July 30, 2018 by LISA FOGARTY



The foods we eat have a major impact on how our skin looks — and so can healthy drinks that are whipped up using unusual, but effective, skin-loving ingredients. One of the major complaints we have about our skin is that, over time, it loses laxity and starts to sag. It's one of the more frustrating issues to address because typical creams and lotions simply cannot penetrate deep enough to make an impact on collagen. But **Kwan Dermatology** reminds us that this is where lifestyle choices — including our dietary choices — play a major role in maintaining healthy skin:

“Your lifestyle choices are your first defense against premature aging. Avoiding excessive sun exposure and smoking will help prevent sagging skin. Wearing a broad spectrum sunscreen with SPF 30+, along with the use of a daily moisturizer fully-loaded with peptides and lipids will help prevent the skin from aging prematurely. Diet plays an equally important role in your skin health. It is no real surprise that what you put into your body will affect the appearance of your skin.” This is the one drink you should have every morning because it tightens skin — and will boost hydration and keep your entire body healthy.

Most of us know of aloe vera as a soothing plant-based ointment that can be applied to sunburns and distressed skin to help promote faster healing. But, in addition to topically applying aloe, the ingredient is being used more often in drinks like aloe vera juice shots and more elaborate aloe vera smoothies.

It should be noted that there is no medical evidence that aloe vera (or any topical ingredient) can truly tighten skin, but given what we do know about this plant, the odds are in your skin's favor.

The advantages of drinking aloe vera juice are believed to be pretty extensive and include helping conditions like diabetes, asthma, epilepsy and brittle bones, according

to Livestrong.com. Aloe vera extract itself is “recommended for skin tightening, skin brightening, acne and dry skin. It is said to increase collagen production and thus improve the texture of your skin.”



The ingredient is used in a slew of skincare creams and lotions to achieve this very goal, and similar to how many of us have started adding a scoop of marine collagen to smoothies, or taking collagen supplements, dabbling in aloe vera juice can help your skin by boosting hydration and encouraging the production of collagen, which tightens skin.

There are a few things to keep in mind before starting an aloe vera juice or smoothie regimen. If you experience upset stomach on occasion, aloe vera can make the problem worse, as it has been linked to stomach cramping and diarrhea in some cases. If you have diabetes, you should not take aloe vera orally because it can lower your blood glucose levels in a way that is dangerous. And always check with your doctor first if you are taking prescription medications — aloe vera can mess with their effects.

Daily Digestive Aloe Vera Juice Smoothie

Searching for an anti-inflammatory aloe vera smoothie packed with ingredients that are great for your skin? This smoothie recipe requires seven ingredients that contain probiotics, antioxidants to combat free radicals, and a variety of vitamins and minerals.

You'll need:

- Ginger
- Cinnamon
- Kefir
- Lemon
- Pineapple
- Banana
- Aloe Vera

<https://www.shefinds.com/collections/drink-tightens-skin/>