Eat More Fiber, Drink More Water For Naturally Glowing Skin – Here's Why

Fiber is such an important nutrient for your body in so many ways, but did you know that it is also crucial for beautiful, healthy skin?

A diet rich in high-fiber foods such as vegetables, fruits, and whole grains can have many benefits to your body. It can give you more energy, improve brain health, and reduce the risk of a whole range of diseases including heart disease and diabetes. But did you know that fiber is also really crucial for super healthy skin and hair?

So how exactly does the fiber from your diet improve the health of your skin?

Consuming foods high in fiber along with drinking an adequate amount of clean, pure water helps your body flush out toxins. Without fiber, these toxins can lead to clogged pores, acne, and dry listless looking skin.

Fiber generally comes from plant-based foods. It is a part of the plant that your body can't digest. Therefore, as it passes through the intestinal tract, it acts like a broom, sweeping out toxins, excess fats, and waste. Fiber is also great for improving your circulation, which is vital for making sure your skin cells get enough oxygen and nutrients. This means softer, more youthful looking skin.

If you eat processed foods, such as white bread, pizza, and other junk food, you are eating food that has been stripped of

its fiber. These foods can actually have the opposite effect on your skin; they can cause acne breakouts and other skin problems.

Make sure you are eating organic foods whenever possible and try adding some of these to your diet to bump up your intake of fiber and help your skin to be healthy and look amazing.

- Whole grains such as barley, millet, brown rice, buckwheat, and steel cut oats
- Lentils, chickpeas, and beans
- Brussel sprouts, broccoli, and leafy greens
- Chia seeds and almonds
- Berries such as raspberries, blackberries, and blueberries

Along with having enough fiber in your diet, it is really important to be drinking enough water to keep your skin healthy. The benefits of drinking enough water are often underrated; however, it is very important for your body and your skin! Water helps your body regulate its metabolism, aids in your body's digestion, and provides the skin with buoyancy and elasticity, which helps to keep you looking great.

Skin cells are predominantly made up of water and as a result, when your skin isn't hydrated, your skin will appear dry, tight, flaky, and more prone to wrinkling. Drinking water is also a great detoxing agent, which removes toxins out of your body and will have a dramatic effect on the appearance of your skin.

So exactly how much water should you be drinking each day?

Well, it depends on a number of factors such as your body weight, where you are located (hot/cold, dry/humid climate) and your activity level. Generally, you want to drink around

half your body weight in ounces of water. For example, if you weigh 160 pounds, then you want to be drinking 80 ounces of water per day. Try and spread out drinking the water throughout the day as the body can only absorb so much water at a time.

Have you noticed the effect of fiber in combination with water on your skin? Let us know how you will incorporate more fiber into your diet. Information is nothing without action, so try adding just one high fiber food into your diet today and build from there to transform your skin!

Sources:

- *What's the Best Water for Detoxifying and For Drinking?*
- *Inexpensive, Easy Detox – The One Gallon Challenge*
- *80% Raw Food Diet*
- *Natural Remedies for Constipation*