Five Tips To Help Avoid Stretch Marks

Embarrassed by your stretch marks? Well, don’t be. Stretch marks are super common in men and women and can be found on any area of the body where rapid weight gain is experienced. Although they are nothing to feel embarrassed about, there are a few things you can do to try and avoid stretch marks and to minimize the appearance of the ones you already have.

What are Stretch Marks?

Stretch marks are purple or red marks caused by tears in the elastic layers of the skin. Genetics plays a role, but anyone can develop stretch marks if they rapidly gain weight. Stretch marks commonly occur during pregnancy and puberty. Even bodybuilders develop stretch marks when they quickly build muscle.

How To Avoid Stretch Marks

If you are predisposed to stretch marks, there are several steps you can take to try to avoid them. Although there are no guarantees, all of these tips have additional health benefits and are likely to reduce the severity of any stretch marks you do develop.

1. Keep Your Body Hydrated

Hydration is super important to keep your body optimally functioning. Proper hydration can also reduce your risk of developing stretch marks, especially during pregnancy, because it ensures optimal elasticity.

Some signs of dehydration include headaches, tiredness, dry throat or lips, and lack of concentration. Try to make sure

you are drinking at least half your body weight in ounces of water as a minimum and adjust this amount depending on your activity level and climate.

2. Vitamins A & C

Maintaining a healthy diet is another way of maximizing your chances of avoiding stretch marks. Foods that contain Vitamin A and C are essential to healthy skin, so make sure you get plenty of these vitamins in your regular diet. Some great sources of Vitamin C include tomatoes, oranges, cantaloupe, and bell peppers. To get your daily dose of Vitamin A, you could include potatoes, carrots, and mangoes in your diet.

3. Essential Oil Treatments

There are several essential oils that improve skin elasticity and, therefore, can help reduce the appearance of stretch marks. Neroli oil is great for overall skin health and reducing stretch marks. It helps to regenerate skin cells and keeps your skin elastic. People with sensitive skin can also use Neroli oil because it does not irritate the skin.

Oil of mandarin oranges can also be applied on the skin to improve blood circulation and skin rejuvenation. Lavender oil is another essential oil that can help as it also promotes skin regeneration and cell activity, which reduces the risk of developing stretch marks. A blend of cold-pressed wheat germ and almond oil can also be used to prevent stretch marks. Applying these oils gently on the skin will encourage new tissue growth and improve circulation.

4. Include Gelatin In Your Diet

Gelatin increases collagen formation in the body, which improves skin elasticity and can help prevent stretch marks and reduce the appearance of stretch marks you already have. One of the best ways to get more gelatin is to consume bone

broth. Bone broth is easy to make at home and has a whole host of other health benefits.

You can also add gelatin powder to juice or a smoothie to increase collagen intake, but go for an organic grass fed source whenever possible. Gelatin doesn’t just improve skin elasticity, it also helps improve insulin sensitivity while it promotes digestive health, fights free radicals, and promotes wound healing.

5. Maintaining a Healthy Diet

Although there are times in our lives when weight gain is inevitable, such as during puberty or pregnancy, preventing excess weight gain through healthy eating and exercise can limit the likelihood of stretch marks. A healthy balance of nutrients can also help to maximize the health of not only our skin but the rest of our body.

Recommended Supplements:

- Systemic Enzymes
- Lavender Essential Oil – Wise Woman Herbals
- Shillington’s Total Nutrition Formula

Recommended Reading:

- *Common Bad Parenting Advice You Should Ignore*
- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *Five Things You Can Do to Help Your Child Manage ADHD Naturally*