

Skin-Savvy Dermatologist Dr. Debbie Palmer Swears By This Complexion-Boosting Diet

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We already know that clear, glowing skin isn't just about the product you use and treatments you have, but also depends on the foods you eat (and drink!). When it comes to acne, we know that many nutritionists and naturopaths swear by a gut-cleansing skin diet to reset your digestive system, while ingesting lots of antioxidant-rich foods seems to be popular among many nutritionists and dietitians.

However what about a dermatologist—how does an actual skin expert eat to support glowing,

healthy skin? To answer that question we chatted with Dr. Debbie Palmer, a leader in the fields of topical and oral antioxidants, the founder of skincare line Replere, and author of *Beyond Beauty*. Dr. Palmer is also an advocate of holistic health, and is one of only several hundred dermatologists in the U.S. also trained in osteopathic medicine. Ahead, she shares with us the exact skin-supporting diet she follows.

Do you follow any particular kind of diet?

I would describe [my diet] as a Mediterranean diet.

What's your idea of a healthy breakfast?

For breakfast, I like a variety of fruits (raspberries, blueberries, grapefruit) and a fiber-rich whole grain product like steel cut oats.

What drinks are known to give the body an antioxidant boost?

Coffee typically gets a bad rap but it's actually chockfull of good-for-you antioxidants so I make sure to have some every day. I always have a cup in the morning before work [and] I also like to drink a cup of green tea for the same reason.

What snacks do you have when following a Mediterranean diet?

I love to munch on almonds, some sort of in-season fruit or veggie (I love apples and pears now) or sunflower seeds. All are essential parts of a Mediterranean diet.

What do you have for lunch to support healthy skin?

I'm a big fan of salads for lunch. But I make them heartier in the winter by adding warm fiber-rich whole grains like quinoa, grilled salmon or chicken, and always extra virgin olive oil and a little vinegar. Olive oil has been shown in studies to have plenty of antioxidants, as well as heart-healthy monounsaturated fats.

In terms of alcohol, what do you drink and why?

I enjoy a glass of red wine a couple of times a month. Red wine is a part of the Mediterranean diet and is rich in health-promoting antioxidants.

What's your favorite skin-supporting smoothie?

Almond or coconut milk, fresh or frozen bananas, frozen berries (high in antioxidants), spinach, and one or two fresh, pitted dates. Delicious!

Do you take any supplements or herbs to support your skin?

I take a multivitamin with calcium and my own Replere Restore & Fortify Beauty Shooters, daily

drinks that are chockfull of antioxidants.

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