

# HEALTHY LIFESTYLES

## Beauty is for sale in the supplements aisle — but should you buy the hype?

By FUAD AL QUDSI

**IF YOU'RE** shopping for beauty products, you'll find a wide selection of options to choose from, all with bold guarantees of shinier hair, glowing skin and eternal youth. That includes a lot of dietary supplements that promise near-magical results if you take one or two of them with your morning coffee.

Dietitians will always recommend food over supplements because most things found in supplements can be just as easily found in food, with the extra benefit of additional nutrients. We'll discuss supplements in a few minutes, but if you want to look good and have a true "healthy glow," these foods can support those goals.

■ **Fruits and vegetables** — These should be your primary source of antioxidants to fight damage from harmful free radicals, which the Cleveland Clinic calls "unstable atoms looking for a dance partner." They're a natural by-product of metabolism, but can cause damage to cells, including the ones in your skin. Unlike taking supplements, when you eat fruits and vegetables, you'll get a feeling of fullness along with fiber, phytonutrients and multiple vitamins and minerals.

■ **Lean protein** — Non-fat dairy, poultry and seafood are the main sources of high-quality protein that are also anti-inflammatory. High fat meats like red meat, cured meat like bacon and bologna and fried meats are full of saturated and trans fats, which promote free radical production and potentially exacerbating skin



**SUPPLEMENTS** *cont. on page 43A*

Dietitian Fuad Al Qudsi explains why eating whole foods for beauty is better than purchasing pills, and recommends some foods to help you look your best.



## Where Neighbors are like Family

Nestled on six beautifully landscaped acres just a short walk from downtown Pacific Grove, Canterbury Woods is a senior living community offering the charms of a small-town where your neighbors are like family.

Be involved, get creative and discover a variety of opportunities to connect with your fellow neighbors. Choose eclectic apartments to cozy cottages with month-to-month agreement and no entrance fee for maximum financial stability.

**Independent Living • Assisted Living • Skilled Nursing**



**Canterbury Woods**  
A FRONT PORCH COMMUNITY

Contact us for a tour or to learn more.

**831.373.3111 • [canterburywoods-pg.org](http://canterburywoods-pg.org)**

651 Sinex Ave., Pacific Grove, CA 93950



# HEALTHY LIFESTYLES

## SUPPLEMENTS from page 36A

conditions like acne.

■ **Healthy fats** — Plant-based fats like olives, olive oil, avocados, nuts and seeds are anti-inflammatory. Stick to these sources most of the time for optimal health.

Now, what do you need to know about

supplements?

When I counsel clients, I recommend whole foods and never supplements. Supplements are not regulated for safety by the FDA. Before going that route, consult a physician. In addition, look for products

**NUTRIENTS** cont. on page 45A



Vitamin pills and powders are largely unproven as beauty aids — and they don't contain all the good things found in whole foods.



## CANNERY ROW *Alternative Healing Chiropractic Therapy*

**Spinal Decompression of damaged, inflamed or herniated discs of the back or neck**  
using revolutionary instrument,  
the **Vertebral Distraction Pump** or **V.D.P.**



V.D.P.



Carolyn Kennedy Todd, D.C.

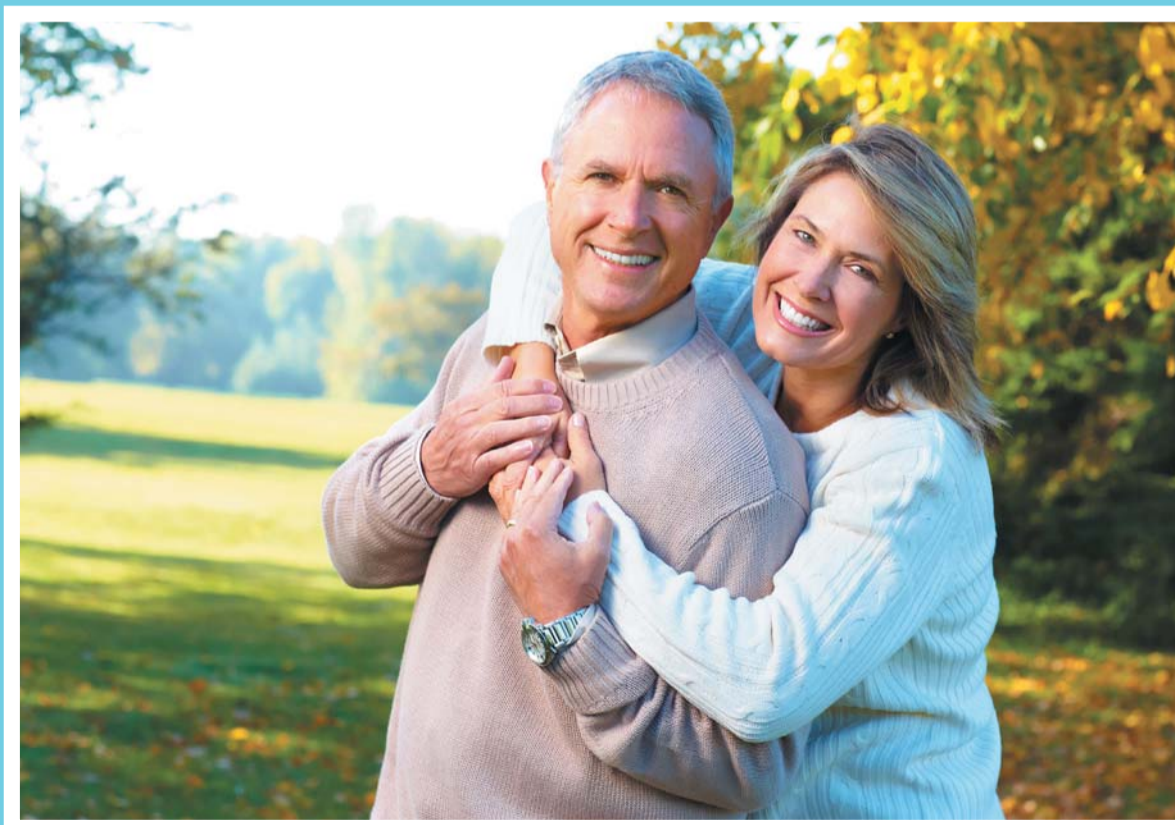
- **Simple**
- **Hand Done**
- **Manual Traction**
- **Pain Relief**
- **Comfortable**
- **Massage Available**



**867 WAVE ST. #210, MONTEREY, CA 93940**  
**831-644-9900 • CTOD@SBCGLOBAL.NET**

# ALL SMILES!

WHAT IF YOU COULD SAVE YOUR NATURAL TOOTH  
WITH A PAIN-FREE ROOT CANAL?



Our office is safe, yet still provides the most relaxing and pleasant root canal treatment available.



**Dr. Daniel J. Pierre**  
*A Specialist, Passionate About  
Saving Your Natural Teeth*



## CENTRAL COAST ENDODONTICS

DANIEL J. PIERRE, DDS MS

CentralCoastEndodontics.com

Call (831) 373-2128

880 Cass Street, Suite 200

Monterey, Ca 93940



# HEALTHY LIFESTYLES

## ARTICHOKEs from page 38A

You could add thinly sliced red onion if desired, but I like just the artichokes. Arrange them on a serving platter and sea-

son with salt and pepper. Add more lemon juice to taste and olive oil. Wash and dry the mandolin, then thinly shave the desired aged cheese. Sprinkle it over the artichokes and serve as a first course.

## NUTRIENTS from page 43A

that are third-party tested — that means a lab not affiliated with the manufacturer has tested the product and certifies it contains all the ingredients — and only those ingredients — it claims to contain. To check if a supplement is third-party tested, look for logos from NSF, Certified for Sport, Informed Choice or LabDoor

Further, it is possible — and potentially dangerous — to overdo supplements. That’s another good reason to discuss them with your doctor.

There is limited evidence when it comes to their aesthetic benefits, and nothing is 100 percent proven by science.

Finally, as a dietitian, I can’t comment on products used externally, like vitamin E lotions for stretch marks.

For those who are curious, here are some common “beauty” supplements with explanations of how they came to be marketed that way.

■ Collagen — Collagen is a protein that maintains the integrity of hair, skin and nails. Since all three are made of proteins and these proteins can be depleted over time due to stress, inflammation or environmental factors, the idea is that taking collagen supplements can help make them look and feel healthier. Because collagen is sourced from animals like cows and fish, there are no vegan options.

■ Biotin — This is a common ingredient in prenatal vitamins because of its unique role in building new tissue. As a result, it has also become a popular supplement for nails and hair growth. Though it has not been proven that biotin can have

these effects, there is enough anecdotal evidence that some people swear by it.

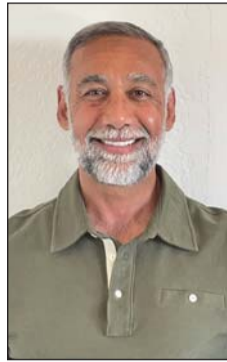
■ Vitamin C — Vitamin C is a powerful antioxidant that can also help with body tissues by helping clear free radicals that can make the skin appear dull, and also plays a key role in collagen production. As I’ve said, it’s also very easy to get by eating fruits and vegetables.

■ Omega-3s — Also known as fish oil supplements, omega-3s are an important antioxidant that can help with health and beauty by reducing inflammation. Although there are many antioxidant supplements, omega-3 supplements can actually be helpful, even though they probably won’t make you better looking.

That’s because they are essential nutrients, meaning the body can’t produce them on its own. So, if you are not eating two servings of fatty fish a week, omega-3 supplements certainly can’t hurt in the health department.

The bottom line — in most cases, if you want to look your best, aim for all-around good health, and remember, you’ll do better (and save money) by consuming a nutritious, diverse diet.

*Fuad Al Qudsi is a registered dietitian with a bachelor’s degree in human nutrition and food science.*



Fuad Al Qudsi



## Peninsula Eye Care



**Complete Vision Care for All Ages**

Peninsula Eye Care employs the most current technology for a comprehensive eye examination, and we carry a wide selection of fashionable frame styles. If you are looking for quality eye care with a personal touch, we would be delighted to have you as a patient.

We look forward to fulfilling all of your family’s eyecare needs!

As dedicated eye care professionals, we recognize the trust our patients place in us and it is our mission to meet and exceed those expectations. We invite you to come to our practice and receive the quality attention that you deserve.

### Accepting New Patients

**Christian Flickner, O.D. | Jennell Bockenstedt, O.D.**

**James Flickner, O.D. | Shadi Salsabilian, O.D | Emmeline Jang, O.D**

### 3 CONVENIENT LOCATIONS

**Monterey Optometric Center**  
700 Cass Street, Suite 101  
Monterey, California 93940  
831.641.7252 tel

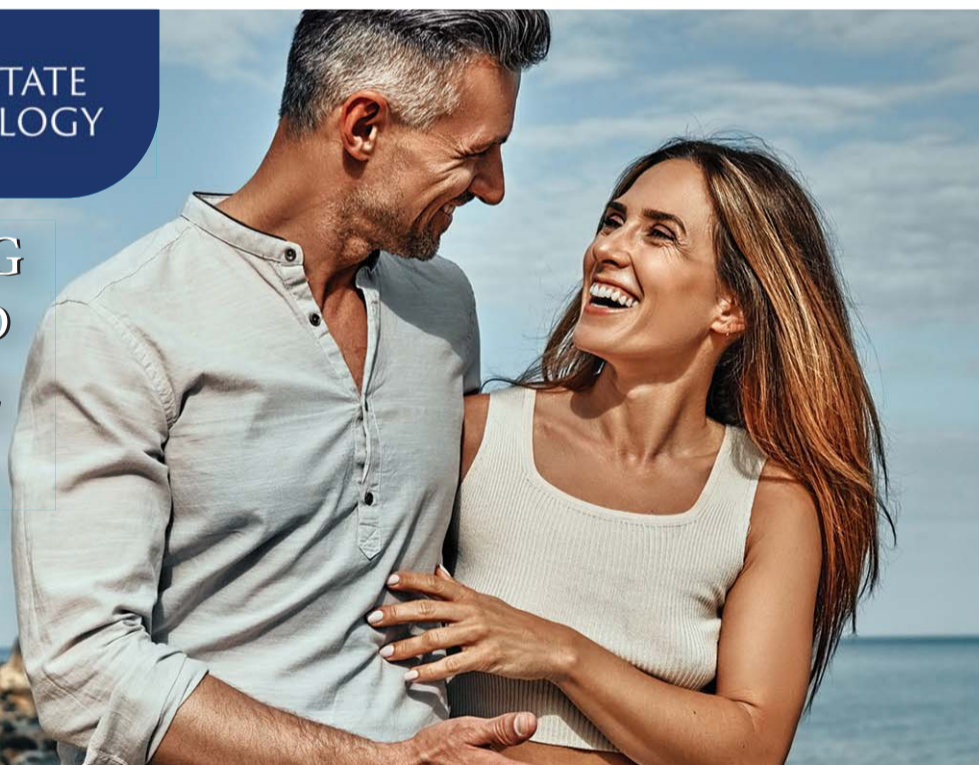
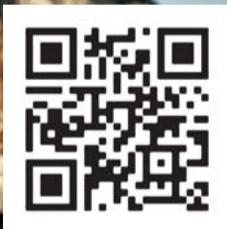
**Salinas Optometric Center**  
48 West Romie Lane  
Salinas, California 93901  
831.424.0834 tel

**Marina Optometric Center**  
271 Reservation Road, Suite 202  
Marina, California 93933  
831.384.6800 tel

**FOLLOW US ON INSTAGRAM!**



**CELEBRATE SPRING WITH RENEWED CONFIDENCE IN YOUR SKIN!**



## HAVE YOU HAD YOUR ANNUAL SKIN CANCER SCREENING?

*Our mission is to provide a full-spectrum of dermatology care by combining leading clinicians and resources for every patient we have the honor of seeing.*

### URGENT APPOINTMENTS AVAILABLE

**NEW PATIENT SPECIAL**  
**15% Off**  
Skincare Products or Cosmetic Service

Expires 6/30/23.  
Cannot be combined with another promotion or offer.  
Promo Code: PineCone



**Christopher Barnard, MD**  
Board-Certified Dermatologist



**Jeremy Hill, PA-C**  
Certified Physician Assistant



**David M. Pilkington, MD**  
Board-Certified Dermatologist

We accept many types of insurance.

**831.220.3456**

100 Clocktower Place, Ste. 250, Carmel-by-the-Sea, CA 93923  
Open: Monday - Friday: 9 am - 5 pm | GoldenStateDermatology.com

## OUR MEDICAL DERMATOLOGY SPECIALTIES TREATMENTS INCLUDE:

Skin Cancer

Acne

Eczema

Rosacea

Psoriasis

Rashes

Moles/Lesions

Mohs Surgery

And more...

