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HEALTH

*How dieting can*  
**AFFECT YOUR SKIN**

A changing shape can impact your body in more ways than you think



**MINDY KALING**

The star, who lost a rumoured 18kg says she's now just "really trying to think of how I can be healthy".

COMPILED BY: AMBER BRAMBLE

osing weight can become a little trickier as we get older. If wrestling with our slowing metabolisms isn't enough, we also have to contend with changes to the elasticity in our skin as our body changes. Fortunately, there are steps you can take to maintain your glow – and they're healthy for the rest of you, too!

**THE MAIN FACTORS**

Nu Skin product specialist Dr Helen Knaggs says there are a few things that affect the way our skin responds to changes in body size.

One of the most important factors is our diet – more about that in a moment – along with the number of kilos that you shed. "The longer an individual has been overweight, the more difficult it can be for skin to regain its slimmer shape," she explains.

Thankfully, she says it's not all bad news. "Slow weight loss on healthy, nutrient-rich diets can help minimise some of these effects."

**FEED YOUR SKIN**

Unhealthy crash diets should be avoided for lots of reasons, including the toll they can take on your hair and skin. "When individuals cut calories, they often don't realise that they may also be reducing or completely cutting out important nutrients for our skin and health," Dr Knaggs says.

For that reason, it's important to still leave room for a balance of plenty of healthy foods, including vegies, fruit, and lean protein. "Maintaining a healthy diet can help provide the nutrients necessary for skin to not only glow, but keep or regain some of its elasticity," she says.

**TAKE IT SLOW**

Studies show that people who lose weight gradually are more likely to keep it off. It's also better for your muscles, bones – and yes, your skin will thank you, too.

"If weight is lost rapidly, the skin has less time to adjust to this change," Dr Knaggs explains.



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**ADELE**

Drastic dieting didn't play a part in Adele's 45kg weight loss. "If anything, I eat more than I used to because I workout so hard," she says.

Most health guidelines recommend a moderate reduction of one-half to one kilogram per week, but this also depends on your size and how many calories you need to intake to meet your nutrient needs.

**WILL IT GET FIRMER?**

If you're worried that your skin hasn't returned to the way you want, this will often improve with time. "If the weight loss is small or moderate, the body can usually adjust," Dr Knaggs says. "External assistance from treatments or surgery may be needed to firm up excess skin for more significant weight loss."

There are also a range of non-invasive procedures available for people with moderate concerns. Your dermatologist can recommend what's best.

**HEALTHY FROM WITHIN**

Your skin can be a window into your overall health, so if you want to keep it radiant, a little bit of self-care is in order. "People on weight loss journeys should take steps



**MELISSA MCCARTHY**

"No trick, nothing to tell, just a super boring life," says the star of her reported 34kg loss.

to stay healthy," Dr Knaggs says. "Thus, cigarette smoke, vaping, sun exposure, et cetera, should be avoided for general health and for their skin."

Exercise can also be beneficial. "It will help burn excess calories to assist with weight loss, body composition, and weight loss maintenance, and it also increases circulation and overall health," she adds.

TRIED & TESTED

**NU SKIN AGELOC GALVANIC SPA**

I've been focusing more on my skincare this year, so I was keen to try Nu Skin's Galvanic Spa. It uses gentle currents, which are said to deliver skincare ingredients more deeply into your skin, promising firmer and more radiant results. All I had to do was apply one of Nu Skin's formulated gels, then run the device over my face using a damp hand. The current was painless and it only took a few minutes. They also have products for body firming, and for your hair and scalp.

**IS IT WORTH THE \$\$?** Some of the products are quite exxy, so for me, I'd probably reserve those for pampering occasions. That said, I do think my skin looked noticeably fresher afterwards and overall, it's definitely more cost effective than getting facials. If you're looking for an at-home alternative this could be worth checking out.

— Amber Bramble, Lifestyle Writer



\$576  
AgeLOC Galvanic Spa System  
nuskin.com

\$85  
Tru Face Line Corrector  
nuskin.com

SPLURGE!

**EAT SHEET**

Dr Knaggs says healthy meals are key to glowing skin. "I recommend keeping your diet colourful, as antioxidants from fruits and vegetables provide protection and help with overall function," she says.

- Protein is great because it is filling and is lower in calories. It can also assist with collagen.
- Vitamin C (which is found in citrus fruits) is a cofactor which plays a role in collagen synthesis.
- Omega-3 fatty acids (found in fish) can help with skin elasticity and reduce skin inflammation.
- B vitamins, biotin and zinc can also help keep skin healthy.



Who | 49