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THE DIET OF THE SUN

Rich in beta carotene, chlorophyll and vitamins, the diet of the sun is a valuable ally for our holiday by helping to detoxify the body and provides an enviable tan!

What is the secret to a perfect tan? Prepare your skin from outside through tanning creams and oils, and from inside through foods which stimulate melanin production and facilitate in detoxification. With a proper diet, you can then get a nice long lasting and waterproof tan.

Purifying, moisturizing and stimulating the production of melanin through the introduction of light, tasty and refreshing food. Rich in water, fiber, vitamins, minerals and unsaturated fatty acids, this diet also has a high antioxidant effect, maintaining good levels of hydration, promoting diuresis and with it the elimination of toxin overload.

Chlorophyll, carotene, riboflavin, vitamin A, E, C, unsaturated fatty acids, these friends are the main allies of

the skin to tan healthy, beautiful and without

risk. What is their action? Protect aging skin, helping to keep the skin supple and hydrated. Remember however to drink at least 1 liter of water every day and use sun creams which are the main prevention for not getting burned.

WHAT IS THE POINT

The diet of the sun focuses on green leafy vegetables rich in chlorophyll (blood of life!), maintaining purifying and detoxifying properties. But not only! Vegetables also provide high amounts of fiber, water, vitamins and minerals useful for cleaning the intestine and promote digestive function. Another "highlight" of this diet is fish, but also raw olive oil, skimmed milk and yoghurt. It is recommended to avoid animal fats: cooked and raw (butter, lard, cream, etc.) For a few days cheeses as well.

TIP

The outer leaves of vegetables are green and thus contain more chlorophyll. Do not hesitate to take advantage of their valuable healing properties.

THE RIGHT HYDRATION

Proper hydration is essential for those who follow a

detoxification diet and tanning. The water helps to eliminate toxins and reintegration of fluids lost through sweating, even more pronounced in the sunlight. The ideal amount of water is two liters per day, diluted over time from waking (on an empty stomach a glass) to bedtime.

FOODS THAT TRIGGER TANNING

Are those rich in beta carotene, riboflavin, vitamin A, E, C and unsaturated fatty acids. The latter, in particular, play an antioxidant role, protecting skin from harmful sun rays and help it to be supple and hydrated. That's where we find:

Beta-carotene, increases the production of melanin and helps your tan; it acts on the immune and circulatory system by becoming vitamin A. It is found in all yellow-orange-red plants, but also in green, where the chlorophyll masks the carotenoid pigment: apricots, asparagus, watermelon, basil, broccoli, carrots, chicory, turnip greens, chives, lettuce, maize, mango, melon, papaya, potato, peppers, tomatoes, parsley, arugula, endive, celery, yellow squash.

Riboflavin or vitamin B2, as well as stimulating melanin also help to oxygenate the

skin. Is contained in asparagus, chestnuts, whole grain, mushrooms, dairy, yeast, almonds, soy, spinach, cod, eggs, etc.

Vitamin A, found in milk and dairy products, squid, fresh tuna, eggs, foods containing carotenoids (see beta-carotene).

Vitamin E, found in bananas, basil, nuts, marjoram, corn, mint, vegetable oils and oil, tomatoes, parsley, rosemary, soy, thyme, egg yolk, etc.

Vitamin C, contained in citrus fruits, strawberries, kiwi, tomatoes, chili, peppers, blackcurrants, green leafy vegetables, etc.

Unsaturated fatty acids, contained in wheat germ oil, seed oil and extra-virgin olive oil, anchovies, salmon.

WATERMELON & MELON

Are the major players of DIET OF THE SUN. Watermelon and melon are rich in beta carotene, which is useful for risk free tanning, and in water, which stimulates diuresis and thus facilitates the elimination of toxins. Warning: containing high level of sugar, better not to overdo it if you are following a slimming regime.

"Food is no longer what it once was. The pollution, excess chemicals use on crops, the excessive presence in the market even during periods out of their season - deplete quality of food not only of their natural flavor, but also their nutritional value. The result is that the same calories assumed today contain about 50% less vitamins and minerals compared to 15-20 years ago. To preserve the nutrients of food it is better to focus on organic and less "worked" products respecting the time and storage

conditions. Regarding fruits and vegetables is preferable to buy domestic products in season rather than imported ones harvested when they are not yet mature and treated with the purpose of longer conservation and not always stored in optimum conditions. Here are a few simple rules about:

1. For greater certainty regarding nutritional quality inform yourself about the origin, ingredients and preparation of products you intend to consume.

2. Pay particular attention to food preservation and their maturity.

3. Carefully wash fruits and vegetables, especially of non biological origin. Careful washing removes most of the chemical residues present.

4. Excessive cooking depletes food of its nutrients. In the case of boiling vegetables the cooking water which is rich in minerals and vitamins, can be used as a base for soups".