

Coffee Counts!



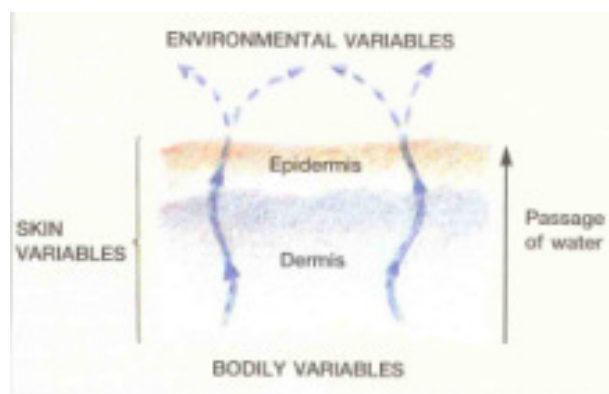
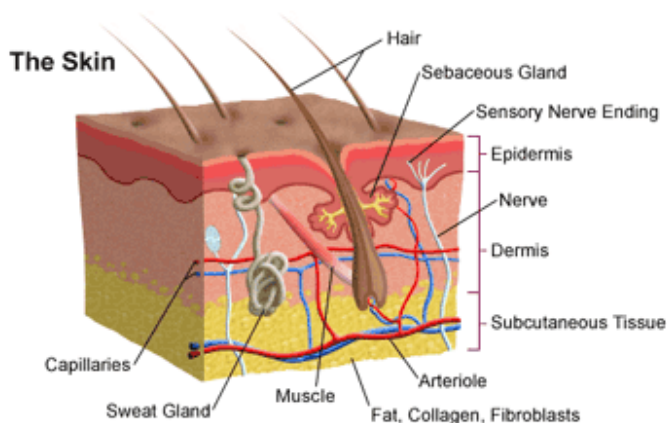
Refresh & Hydr8

Fluid Balance and Your Skin



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Staying hydrated is vital for healthy looking wrinkle-free skin. The epidermis, the top layer of skin, acts as a protective barrier and prevents transepidermal water loss from the deeper layers of skin into the surrounding environment. The drier the air in the environment, the greater the loss from the skin across this barrier. Environmental conditions in which the air is drier include the cold air in winter and centrally heated and air-conditioned rooms, which is why our skin becomes drier in these conditions.



Skin hydration comes from the fluid we ingest and it's not just water but fluid in tea, coffee and fruit juice which also contribute to fluid balance. We are often advised to cut out coffee because it will dehydrate the skin, but this is simply not the case.

Whilst the caffeine in coffee is a diuretic (that is, it makes you urinate), research shows that at the levels consumed throughout the day in a couple of cups of coffee it is no more a diuretic than plain water^{1,2,3}. The origins of the information that people who drink coffee produce more urine than those who do not comes from a study in 1928 carried out on only three people!⁴ When consumed in moderation, 4 to 5 cups per day, coffee contributes to our overall daily fluid intake and thus keeps your skin looking and feeling hydrated^{6,7}. This is because, depending upon current hydration status, the body retains nearly all of the fluid contained in a cup of coffee.

People can be reassured that drinking up to 4-5 cups of coffee a day is perfectly safe for the majority of people. During pregnancy this amount should be reduced to 200mg of caffeine per day, from all sources, in line with recommendations from the Food Standards Agency⁸

References

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