

## **From Dry to Smooth**

Good skin normally starts from inside out, so eat a healthy diet that is rich in essential nutrients.

Use a moisture-dense shea butter or even the vitamin E cream.

## **Dry Cracked Skin Causes**

There are many reasons that you might develop a dry skin. Some of the potential causes may include allergies, dehydration, vitamin deficiency as well as the environmental exposure.

Finding the underlying cause might assist to treat the condition.

## **Other factors**

Dehydration is one of the causes of dry skin. Drink enough amount of water so as to keep the skin moist.

Avoid products that have added fragrances in products such as the dish soap, detergent and also the fabric softener.

Exposure to hot water also tends to dry out the skin.

In addition to this, a deficiency in vitamin A can lead to dry skin.

Eat plenty of carrots, papaya, fortified cereal and squash to increase your vitamin A intake.

## **Cracked Skin on Vitamin Deficiency**

Cracked skin can be able to prove uncomfortable and also very painful.

In addition, chronically cracked skin is able to pose a health risk, thus offering an entry point for the bacteria, viruses or even the fungi to go into the body.

While cracked skin are able to develop for a number of reasons, a number of vitamin deficiencies might contribute to cracked skin.

### **Vitamin C**

One vitamin deficiency that might lead to the cracked skin is a deficiency in vitamin C, or also known as the ascorbic acid.

Deficiencies in vitamin C causes a depletion of collagen in the skin tissue, which can cause the wounds and also the cracking.

Lack of the vitamin can cause cracked skin.

Also, the loss of collagen prevents the skin from healing as required, so even small skin lesions could develop into larger noticeable cracks.

The deficiency can as well affect the skin that is on other parts of the body,

and also harm the teeth, gum tissue, blood vessels as well the cartilage.

## **Vitamins B-1 and B-5**

Deficiencies in the level of thiamine and pantothenic acid, or vitamin B-5, can also lead to cracking of the skin.

Just like vitamin C, these nutrients assist the skin to heal itself.

Without proper consumption of the vitamins, may fail to heal, potentially developing into several cracks.

Deficiencies in the vitamins can also lead to fatigue, nausea as well as the decreased cognitive functioning.

## **Biotin**

A biotin deficiency might also lead to cracking.

Biotin also called vitamin B-7 helps to maintain healthily and moisturized skin tissue.

A biotin deficiency leads to dry, rough skin.

Since the skin comes into contact with other drying agents like the detergents or also the antibacterial gels a deficiency in biotin is able to potentially cause extremely dry skin, which can cause cracking.

The deficiency can as well affect other tissues, leading to dry, cracking at the corners of the mouth, and brittle hair.