

## A to Zinc education

We have been told most of our lives about the importance of vitamins, but which supplements are helpful to the skin and why? |

**Vitamin A:** Helps prevent skin disorders and helps treat superficial wrinkles.

**Vitamin B:** Complex improves circulatory, digestive and nervous system functioning. B vitamins are also known as anti-stress vitamins and are beneficial after an operation or surgical procedure.

**B2** promotes healthy hair, skin and nails.

**B6** helps prevent skin disorders.

**Vitamin C:** Is a water soluble nutrient that provides antioxidant protection. It plays a primary role in the formation of collagen and needed in tissue growth and repair. It promotes the healing of wounds and protects against blood clotting and bruising. It also protects against pollution, helps prevent cancer, and enhances immunity.

**Vitamin E:** Is an antioxidant that prevents oxidation of fats and **Vitamin A**. It also promotes healing, retards aging and enhances the UV blockers in sunscreen.

**Copper:** Is necessary for the function of an enzyme that is required to cross link collagen and elastin.

**Grepeseed:** extract is antioxidant that belongs to a group of plant flavonoids. Flavonoids provide significant antioxidant protection.

**Green super foods:** Refer to group of land - and water-based plants that play a major role in detoxification and killing bacteria.

**Green Tea:** As well as a number of other herbs, is known for its potent cleansing properties of the skin and blood. The skin and the kidneys play a role in eliminating toxins from the body. The skin is often referred to as the third kidney.

**Horsetail herb:** Is a natural source of silica, a mineral that promotes healthy hair, skin and nails.

**Manganese:** Is a component of an antioxidant enzyme.

**Selenium:** Is an antioxidant that protects other antioxidants, and is important in keeping tissues elastin.

**sulphur:** is a key building block for the amino acids that comprise collagen and elastin.

**Zinc:** Is important for normal skin function.

## Radical Battles

We have all heard about free radicals...how dangerous they are and how to fight them with anti-oxidants. But what are they really?

Free radicals are an unfortunate byproducts of our normal cellular metabolism.

When converting food to energy, our body splits stable oxygen molecules into unstable single oxygen electrons. To stabilize themselves, the radicals “grab” the first molecule that can share an electron.

This has consequence of creating more free radicals, in a chain reaction. Modern living - breathing pollution, stress - instigate the creation of even more free radicals. The result is an amazing potential for damage at the cellular level: Aging, fatigue, illness. Anti-oxidants give the free radicals something to grab onto - other than the healthy, useful cells you are already using. With the ability to work internally and externally, anti-oxidants neutralize free-radicals, keep us healthy, and fight premature aging at the cellular level. Fight the free radical battle for your health!

## Free Radicals facts:

**Fact One:** Recent studies show that exercise decreases free radical damage by 2% compared with a 13% increase in those who do nothing at all.

**Fact Two:** Our purpose is to help Prevent or repair free Radical damage.

## The Sugar Factor:

It's a tough equation: **Sugar + Carbs = Wrinkles.** It's true. The higher your diet in sugar and complex carbohydrates, the faster the wrinkles appear. Do your skin a favor, and subtract these age-stimulating elements.

## Professional Skin Analysis

**Analysis:** An examination of a complex issue, it's elements, and their relations.

Skin analysis is important, not only to determine your skin type, but also to discover the unique and complex set of physical relationships and genetics that effect and create your skin type.

**Dry skin:** Can be caused by any combination of sun, wind, diet, lack of fluid. May be oil-dry or moisture dry or both.

**Oily skin:** Overproduction of oil and sebum caused by any combination of hormonal imbalance, fat-rich diet, and/or climate.

Skin feels thick and prone to breakouts and enlarged pores.

**Sensitive skin:** Is often thin in appearance, blushes easily, and blanches (turns white) easily when touched. Can have a history of allergies and reactions to topicals, drugs and food.

**Combination skin:** Any combination of skin types.

**Acne:** Breakouts which affect the face, neck, shoulders, and back - not limited to adolescents.

**Discoloration:** Hyper pigmentation (brown spots). Yellow tinge, or redness; caused by sun, medication, illness, or normal aging process.

**Rosacea:** overproduction of oil with excessive redness, especially around nose and cheeks.

If neglected, may cause lumpiness;  
referred to as acne rosacea.

**Mature:** Any combination of premature aging symptoms, caused by neglect, sun, wind, pollution, illness, stress, extreme weight loss, diet, medication, alcohol or smoking.

**Aging:** Loss of elasticity and normal texture. Signs of normal aging, but also of premature aging, depending on contributing factors.

Skin analysis is complicated, and takes into account these factors and more. Consultation helps us understand your skin, and create a plan by which to approach or prevent each problem. Your subsequent commitment to consistency - in product and treatment - makes it all happen.

## The Results are in...

**And the people have spoken out against the signs of aging.  
Surveys conducted over the last 5 years in the United States indicate:**

**Facial wrinkles**, hyperpigmentation (brown spots) and loss of elasticity (sagging skin) top the list for undesirable signs of aging.

**Weight gain**, love handles and cellulite fall into second place for aging symptom's concerns.

**Almost 70%**, of all women spend more and more time on skin care as they age and an increasing number of men do as well.

**Women**, between 30 and 60 spend more time on professional skin care and feel they look younger than their peers.

**Women**, spend around 19 to 20 minutes a day on personal skin care. Men spend an average of 10 to 11 minutes a day on personal skin care.

**People**, are looking forward to living longer, healthier lives - and looking much younger than previous generations at comparable ages.

You can apply youthful results to your own life. Begin your skin and health care efforts early and stay diligent. Care for yourself. Encourage your friends and loved ones to care for themselves. Age gracefully, and share it with all those around you.  
You will love the results.

## Fast Facts...

**Skin is busy**, performing 22 functions simultaneously over your entire life.

**Poor diet**, improper sleep and exercise habits, poor hydration, and general mental and physical state all manifest on the skin's surface.

**Your skin**, responds to everything - pay attention to what your skin says.

**Dry skin occurs**, only and always with a reason.

**Almost all skin problems**, are attributed to your lifestyle.

**Your skin knows**, and shows - when you do not detoxify and nourish your system.