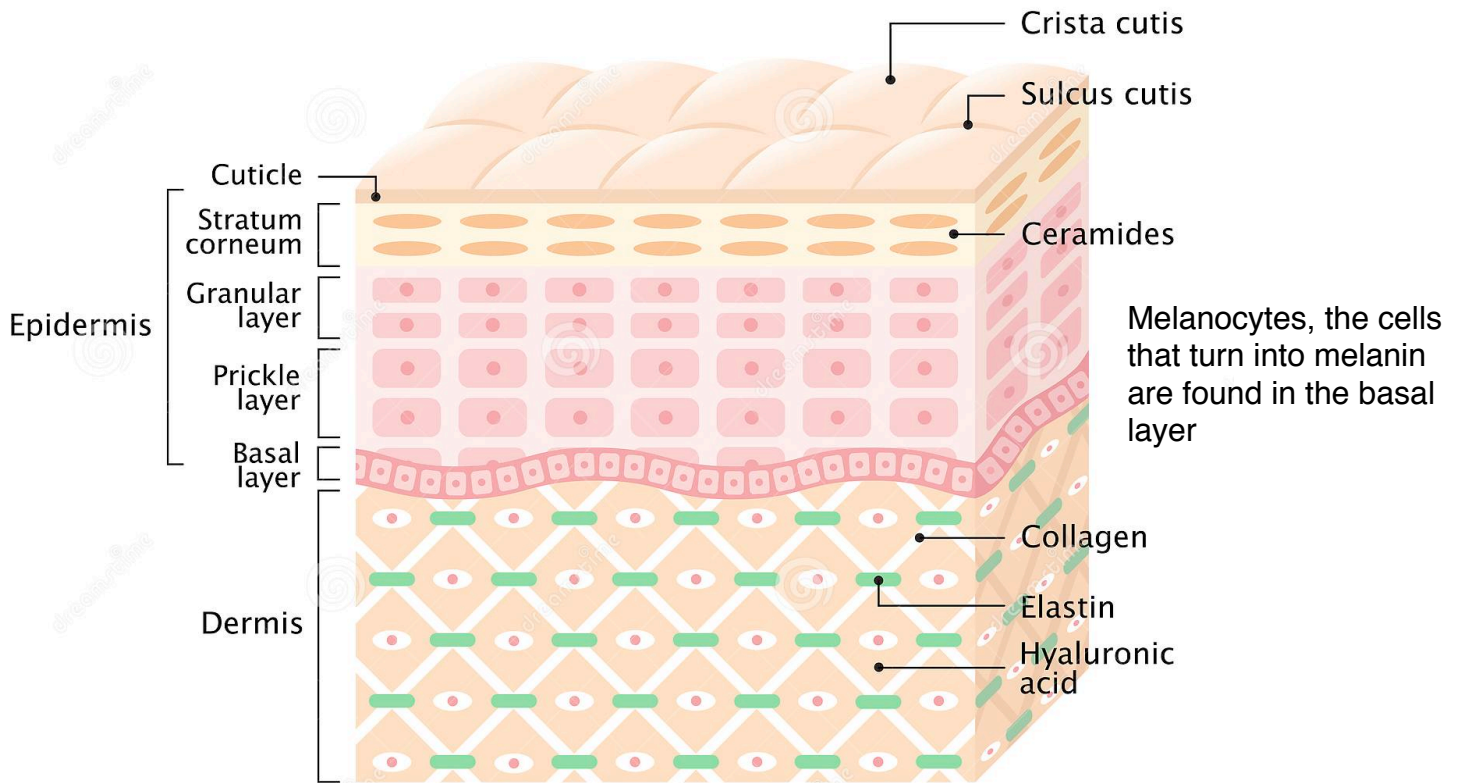


Your Skin Within

Basic structure of the skin:

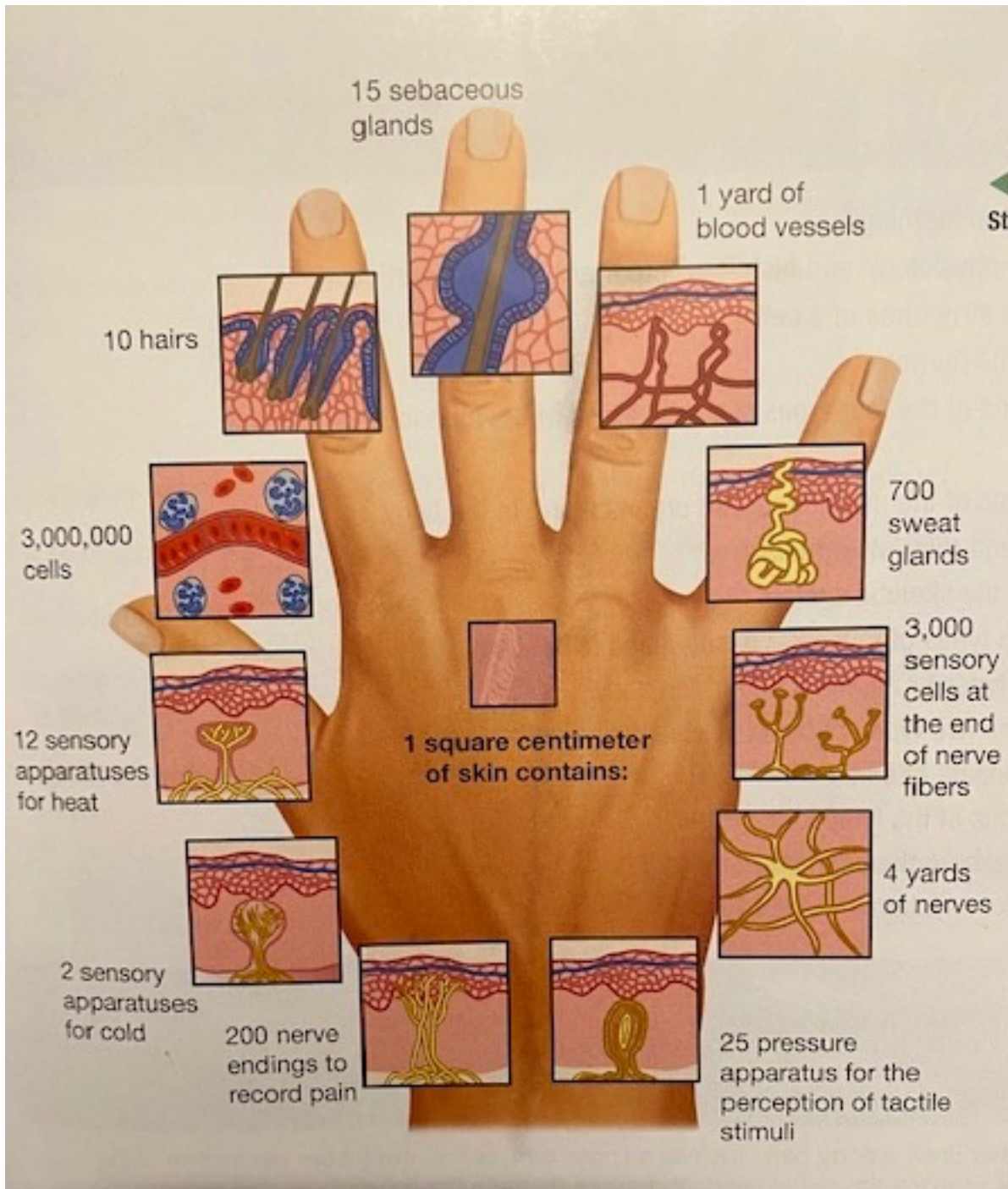
Each layer has a job to do, and the top uppermost layer must be well maintained to keep balance and protect the function of the skin. Products applied to the surface of the skin are absorbed either around the cells, through the cells, through the sweat pores, or the follicles and can reach the blood vessels within 26 seconds.

But to obtain healthy cells, you must support healthy production from the inside.



From the basal layer, the skin cells continuously move up to the surface and then fall off.

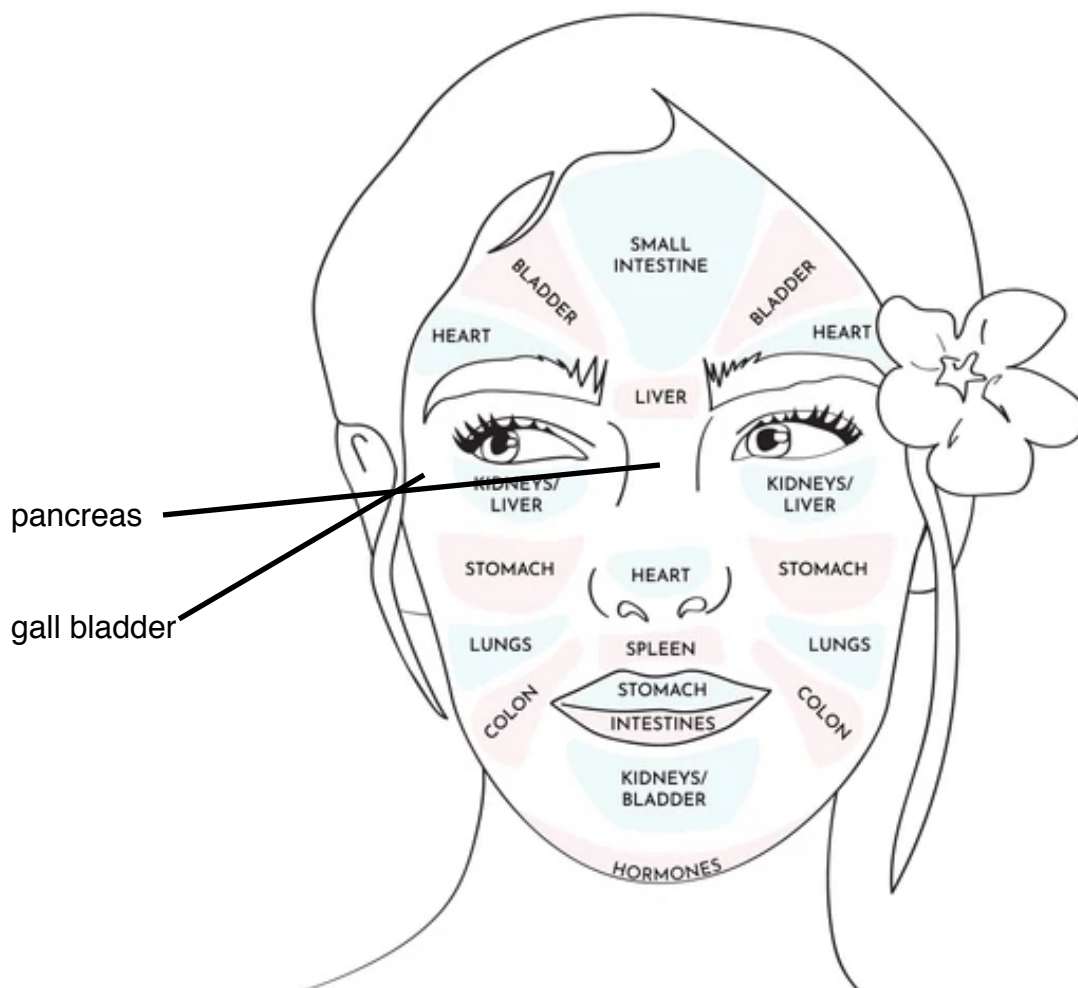
What you feed your skin becomes your skin.



Just to give you an idea of everything the skin is doing every single second.

3 million cells per square centimeter!

The skin is a mirror of what is happening inside your body.



Your skin reacts to what is going on inside your body. Sometimes you will get a breakout or an area of dry, irritated skin in a particular spot that can sometimes be associated with digestive, kidney or lung issues.

If you get breakouts around your mouth, it can sometimes be aggravated by toothpaste, cosmetics, or lip balm or can indicate an issue with your digestive tract (as your mouth is part of that system).

Break outs on your chin and jaw are almost always hormonal. If you get breakouts around your period, you should exfoliate well 2 weeks before because that's when the pimples start to form.

What causes the signs of aging skin?

Oxidation:

Unstable atoms (free radicals) caused by

- ~radiation from the sun
- ~chemicals in food/poor diet low in phytonutrients
- ~drugs
- ~trauma
- ~smoke
- ~pollution

damage healthy cells, affects DNA, and ultimately leads to cell death

Solution: Intake of antioxidants via diet. Colorful fruits and veggies. Pecans, walnuts, pomegranate juice, dark chocolate 70% or higher, Indian gooseberry*** moringa, clove, spearmint, oregano, ginger, green tea, Vitamin C as calcium ascorbate

Wear SPF 30 or more daily

Oxygen Radical Absorption Capacity (ORAC) numbers are based on 3.5 oz of food

salmon = 30

beef = 10

Indian gooseberry = 261,000



Smoking, Drugs, Alcohol:

one puff of a cigarette contains 3 trillion free radicals in the lungs.

Smoking and alcohol affect the blood vessels and oxygen levels in the blood and also cause dehydration. Dehydration leads to constant stress and inflammation speeding up aging.

Alcohol raises blood sugar causing glycation and breakdown of the elastin.

Cells are deprived of oxygen and cannot function properly. Smoking causes a deterioration of the collagen and elastin leading to wrinkles and sagging skin

Solution: avoid use of substances

Sugar intake:

Rapid elevations in blood sugar cause protein and glucose to bind forming “advanced glycation end products”. (glycation) These structures decrease biological activity.

Glucose attaches itself to collagen and causes it to stiffen and sag.

Elevated blood sugar causes inflammation leading to excess cortisol which leads to thinned skin (and also every other chronic disease)

Solution: pay attention to high sugar foods, fruit juices, dried fruits, alcohol, and obvious foods like candy cookies and cakes. White starchy foods like potatoes and rice turn to glucose in your mouth.

Stress:

Rise in cortisol slows cell repair and shuts down immune system.

Stress causes constriction of facial muscles and when held, can cause headaches, TMJ, sleep disturbances, and over time can form wrinkles and creases. Stress on the skin can cause constriction of the blood vessels which leads to dryness and dullness. It can raise oil production causing acne. Stress can impact the immune system causing random skin rashes, worsening rosacea and worsening eczema.

In short, stress is the worst thing for skin and if constant and unaddressed, can speed up the skin aging process.

Solution: counter stress with exercise, meditation, nature, sound therapy, or anything else that routinely grounds you. Stretching the face, face yoga may help.

Hormones:

The biggie: estrogen decreases as women and men age (it's predominant in women). Estrogen is anti-inflammatory and anti oxidant which is vital for tissue repair. Loss of estrogen causes many changes to the skin including:

- thinning of the skin

- loss of elasticity from breakdown of elastin

- decrease in collagen due to fewer fibroblasts

- thinning of the blood vessel walls reduce blood flow

- reduction in lipids causing dry skin

- testosterone becomes dominant in women causing facial hair growth, increased oil production, and enlargement of the pores.

Solution: natural hormone replacement, dietary changes including fermented soy like tempeh, regular sex or sexual stimulation, regular exercise, vitamin D

Hydration:

Water fills every cell of your body including your skin cells. Aging slows the exchange rate of fluid in the body and also the production of hyaluronic acid decreases. Hyaluronic acid is the substance that attracts water into the cell. Dehydrated skin is more prone to wrinkles and can give skin a dull appearance.

Solution: Increase water intake throughout the day

General dietary recommendations for healthy skin:

High in rainbow food and plant based protein and low in animal protein, chemicals, anything artificial, refined sugar.

Herbs for skin:

He-Shou-Wu

Horsetail

Nettle root

Mangosteen peel and fruit

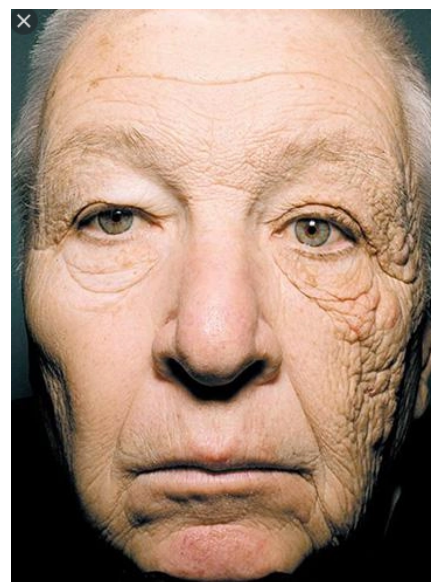
Schisandra berry

Vitamin C as “calcium ascorbate” (Ester C) at least 1000 mg daily

Sun exposure:



Blacklight shows all the skin damage from past sun exposure from day 1 of life on earth. The worst risk occurs with burns as a child. These will eventually surface as “age spots” on face



Truck driver for 28 years had sun damage on the window (right) side of his face.

Sun is radiation. Just like the radiation that you would get from a nuclear power plant.

It kills cells and damages DNA and elastin causing increased wrinkles and sagging.

Sun exposure damages the oil producing structures of the skin causing chronic dryness.

Increased risk of actinic keratosis, small scaly-patches that appear over time. Up to 15% of these will develop into squamous cell skin cancer.

Increased damage to blood vessels causing “red spots” on skin.

Increased risk on melanoma

Solution:

Use DAILY SPF at least 30 for face and neck. Most SPF's are broad spectrum. Healthiest ones are made with zinc oxide and titanium dioxide. Those are “physical” or mineral sunscreens. They sit on top of the skin and literally deflect the UVA and UVB rays. They are soothing so great for inflamed acne and rosacea.

My fave's are:

MD solar sciences tinted SPF for face (orange tube)

Think Sport for face (Whole Foods)

Whole Foods brand is good (365 brand for face)

The physical SPF's can be thick and hard to apply with makeup.

Then there are those that are Chemical sunscreens. These absorb into the skin and turn the radiation into heat, which is dissipated. Since they need to absorb before they work, you need to apply 20 minutes before exposure. They can be irritating to sensitive skin

They include avobenzene(1-2), oxybenzone (8), octinoxate(5), octocrylene(3), octisalate(1-3), and homosalate (1-3).

If your makeup has sunscreen in it make sure it is 30 or higher.

Any sunscreen is better than none.

Questions?