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Why are Antioxidants an essential component of healthy skin?

Most people feel that by using a sunscreen with high SPF, it is the only and best way to protect the skin, when in reality just using sunscreen is like protecting your skin with Swiss cheese. Even though we're using more sunscreen, every form of skin cancer has gone up. Radiation is getting through. It's causing cellular damage and premature aging. Antioxidants are the body's defense.

Antioxidants are free-radical scavengers; they fill the holes in that Swiss cheese! Though often under appreciated, the skin performs many important physiological functions and is extremely susceptible to free-radical damage. Free radical damage to skin causes wrinkles, hyper-pigmentation, aging and skin-cancer. On the inside, free radical damage is linked to cancers, degenerative diseases and inflammatory illnesses, as well as the aging process itself (1).

Antioxidants

Our body has a natural defense system to protect us from free-radical attack: antioxidants. Antioxidants are specific vitamins, minerals and nutrients that inactivate free radicals before they can damage cells. The body produces some, like Alpha Lipoic Acid, whereas others we have to ingest, like Vitamins C and E. They each function differently, but work synergistically together to keep the body and skin healthy.

Antioxidants and Skin

The skin is constantly exposed to free radicals produced by harmful pollutants in the environment and, most significantly, UV light. To maintain healthy, youthful skin we must ensure that our skin has enough antioxidants to adequately protect itself. We can deliver these antioxidants to our skin through diet, supplements, and topical products.

For our overall health, we need a healthy diet and supplements, but for the health of our skin, internal nourishment is not enough: topical antioxidants are essential. Internal supplementation improves the levels of antioxidants in skin cells, but research now shows that topical application delivers these important nutrients to the skin much more quickly (2). Countless studies demonstrate that topical antioxidants protect skin from UV damage, reduce inflammation, and protect against certain types of cancer.

Topical Antioxidants

Topical formulations contain many different antioxidants: choose a combination for your skin. Some are stronger than others and many offer additional health benefits. Vitamins C and E, two well-known antioxidants, are both essential for skin health. Additionally, vitamin C stimulates collagen synthesis, and vitamin E provides excellent hydration benefits. Astaxanthin, a carotenoid, is 500 times more powerful than vitamin E (3) and anti-inflammatory

These topical antioxidants, as well as others, will protect your skin and optimize skin health, but choose topical products carefully. Look for products that have effective concentrations of these important antioxidants and avoid products that contain potentially harmful ingredients such as mineral oil, petrolatum, and parabens when possible.

At **Exquisite Skin Ltd**, we offer some of the most potent antioxidants available from numerous lines. I'd like to introduce you to two from the **Osmosis Skin Care** line of natural products. I personally use both of these and they are amazing!

Essence is a combination Vitamin C and Antioxidant Booster. It comes as a powder contained in a capsule that's re-hydrated by adding it to any of the other Osmosis serums. This way there is no product breakdown/oxidation before using (a very common problem with Vitamin C products). **Replenish** is an Antioxidant/Repair Serum. It is an extremely effective combination containing:

- Astaxanthin
- Superoxide Dismutase
- L-glutathione
- Catalase
- Spin Trap
- GHK-Copper Peptides
- Ginkgo Biloba Extract
- Niacinamide
- Trans-Resveratrol
- R Lipoic Acid
- Curcumin
- Chlorella Vulgaris Extract
- 1,3D Beta Glucan
- Oleanolic Acid
- Green Tea Extract
- L-Lactic Acid
- Grape Seed Extract
- Phosphatidylcholine

Antioxidants are a fundamental step towards achieving and maintaining healthy skin. *Call today at 630-890-6368 to order and be on your way to your healthiest skin ever.* And, of course, I'm always available to answer any questions you may have.

Regards,

Jan

[1] Packer, Lester Ph.D. and Colman, Carol. The Antioxidant Miracle, (New York: John Wiley & Sons, Inc., 1999), 24.

[2] Packer and Colman, 200.

[3] Guerin, M., Huntley, M.E., and Olaizola, M. "Haematococcus astaxanthin: Applications for Human Health and Nutrition." Trends in Biotechnology 21 (2003): 210-216.