

## Skin and Nutrition

Want to have skin that looks young and healthy well into middle age? Then you need to consider more than just the moisturizer you use and the SPF rating of your sunscreen - you also need to think about what's on your plate.

Knowing the cause of skin aging and deterioration helps to combat the problem. Our skin breaks down as result of sun, toxins, poor diet and other influences. Much of the effect on the skin is due to "free radicals" "Free radicals" are simply highly charged molecular ions which interfere with cell function to the extent that the cell can die. Cancer sometimes results. In addition cellular repair processes within the body are compromised by these free radicals. Free radicals result from ultraviolet rays, usually from the sun but also tanning parlors. In addition our very own body's digestion and metabolism creates free radicals. This is comparable to the exhaust from an automobile engine. The carbon monoxide and carbon dioxide are essentially free radicals from the exhaust. Unfortunately, the body is less effective at clearing these free radicals than the engine.

Free radicals are essentially neutralized by antioxidants. The antioxidants are molecular species which capture the free-radicals and neutralize them. The most common antioxidants are those derived from vitamin C as well as fruits and vegetables. Below you will find suggestions on how to maximize the nutritional benefit.

It seems that every day, a new study comes out that profiles a food linked to anti-aging. It can be hard to keep up, but the Huffington Post recently compiled a list of some of the foods that have been linked to promoting health and beauty.

### Have a drink

It's not just the foods we eat that can help us keep young, but also what we drink. According to the news source, pomegranates have recently been shown to slow down the oxidation of DNA - in case you're wondering, oxidation essentially means "wear and tear." Eating pomegranates can be messy and frustrating (all those little seeds!), but you can easily get your fill of the fruit by having a glass of pomegranate juice.

This may sound a bit hippie-dippy, but drinking green tea is also a good way to slow down the aging process. The drink is full of antioxidants, and on top of that, the nutrients it carries can help reduce chronic inflammation, which plays a part in diabetes and other illnesses. Drink up!

### Know your colors

If you're standing in the produce aisle feeling confused about what foods you should pick up, keep an eye out for orange veggies. Carrots, pumpkin, squash and sweet potatoes all fall into

this category, and their color is no coincidence. Alpha-carotene is what gives these vegetables their hue, and it's also good for the body. Darkly pigmented berries (the darker the better) are also loaded with antioxidants as well as other nutrients and fiber.

Don't forget about orange and other brightly colored fruits, as well. According to the news source, vitamin C has been proven to slow cell aging, which could help keep you young.

Is it too late?

These anti-aging food news items can be frustrating for those of us who have already begun to see signs of aging. However, even if you stock up on green tea, carrots and pomegranates, you won't be able to eliminate wrinkles and other age-related skin blemishes without a bit of outside help. A visit to a medically trained esthetician can provide you with a skin care regimen beneficial to your skin and help rejuvenate it while minimizing the effects caused by free radicals and the environment. Dermal fillers, for example, can get rid of deep facial lines, while chemical peels and skin resurfacing can eliminate pigmentation problems, sun spots, minor facial scars and other skin woes.