

## Turn Back The Clock

### Address Aging Skin Appropriately

Christine Spehar

Someone once said, "Time may be a great healer, but it's a lousy beautician." The signs of aging are obvious-- wrinkles, fine lines, sagging skin, age spots, enlarged pores, hormonal imbalances. Yet, we live in an age where skin care is at its most advanced, allowing us to prevent and treat the signs of aging like never before.

#### The Problems

First, let's take a look at how the aging process affects our skin, and then hear from the experts about how to combat those effects.

##### FINE LINES AND WRINKLES

There are two types of wrinkles that show

Sun exposure, overly abrasive products, smoking, poor nutrition, and other unhealthy lifestyle choices can also damage skin. Add to that the skin's own aging process: "The cell renewal process slows down. Fibroblast cells, which are the things that generate collagen and elastin, decrease their production," says Robin Carter, licensed esthetician and manager of esthetics at Dr. Hauschka Skin Care, Inc., located in Deerfield, New Hampshire. "Also, the skin naturally loses moisture as we age, so it has a tendency to wrinkle more easily the older we get."

##### SKIN DISCOLORATION/AGE SPOTS

"Sun damage is the biggest cause of skin discoloration or texture changes and can

*Care for your  
skin like a new  
born baby...*

--DBK



Your skin care professional will help you select the products and treatments best for your skin.

up as we age--dynamic wrinkles and wrinkles caused by sun damage or lifestyle choices. "Dynamic wrinkles are often hereditary and are influenced by muscle contraction and relaxation," says Alison O'Neil Andrew, a licensed esthetician and founder of Atlanta-based Beauty Becomes You Foundation, a nonprofit organization for seniors.

show up as early as the teenage years," O'Neil Andrew says. "The intensity of the damage caused will appear even more, starting in the late thirties. Symptoms include changes in pigmentation, brown discolored spots on the skin, and splotchiness of the skin following a burn."

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#### Office Hours and Contact

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Sun exposure can lead to things worse than blotchy skin, however. According to the Centers for Disease Control and Prevention, "skin cancer is the most common form of cancer in the United States." Be sure to visit your doctor if you see a spot on your skin that has irregular size, shape, or coloring, or if there are significant changes to already existing spots.

#### SAGGING SKIN

As we age, skin becomes less firm and under the weight of gravity, can start to lack definition. "Our skin begins to lose its elasticity as we get older and as collagen production slows," Carter says. "Subcutaneous tissue is responsible for giving our skin a fresh, plump look, and we start to lose some of that padding, particularly on our face, as time goes on. This can cause sagging skin."

#### HORMONAL CHANGES

While dry skin is a common complaint of maturation, hormonal fluctuations may cause the opposite problem. "Women who are going through menopause experience hormonal shifts that cause the skin's oil to get thicker," Carter says. "This can cause clogged pores that can lead to papules and pimples."

#### ENLARGED PORES

Though pore size is genetically predetermined, pores can look as if they increase in size over time as skin loses elasticity and pores stretch. Skin may also lose its ability to clear away dead skin cells efficiently, leading to clogged pores. "In this case, it's not that the pore is actually bigger, it is just more visible because it is not as smooth as it should be," says Celia Lang, Palisades, New York-based spa manager and licensed esthetician for Weleda North America, a natural skin care company.

## The Solutions

Though time will continue marching on, there are ways to help ourselves age gracefully.

#### DEEP CLEANSER

Clearing blocked pores is important for maintaining radiant skin and ensuring the skin is ready for optimal moisture absorption. However, it is crucial to be more gentle with mature skin than with younger skin. Strong cleansers, abrasive scrubs, and extractions should be

avoided. A professional skin care practitioner will guide you through the best treatments and products for achieving the deep cleanse appropriate for your skin.

#### HYDRATE, HYDRATE, HYDRATE

"Hydration masks are a key to long-term results when addressing aging skin complaints," Lang says. "If you are not properly hydrated, then you can't expect skin cells to normalize or respond to a problem." Following a moisturizing cleanse, your skin care professional may apply a hydrating mask on the skin for several minutes to allow the healing properties to fully penetrate the epidermis. It's especially important to use a moisturizing day cream that contains sun block to prevent further sun damage and dryness.

#### MESSAGE/TISSUE STIMULATION

"The massage, often thought as a luxury

during masking, is actually an important step," Lang says. "Through massage, the esthetician is warming the blood circulation and gently stimulating the lymph to encourage the body's natural ability to normalize the cycle of skin cell rejuvenation."

#### COLLAGEN ENHANCERS

Your esthetician can provide serums and treatments to enhance collagen and elastin for younger looking skin. Some collagen-enhancing formulas, like Retin-A or Strivectin, can also be helpful for wrinkles. Products containing known antiaging ingredients, like Ester-C, green tea extract, or alpha hydroxy acid, are solid additions to a moisturizing regimen.

Aging is inevitable. But partnering with an esthetician and staying educated, you are better equipped to make the processes as painless as possible.



Quality sunscreen is a critical part of any anti-aging regimen, no matter your age.

# Prevent the Afternoon Slump

## Some Tips for P.M. Energy

Jerry V. Teplitz

If you're like most people, you've experienced the afternoon slump. You know the feeling -- it's only 2 p.m., yet you feel drained. Fortunately, you can employ methods to reduce the slump's frequency and shorten its duration.

### DRINK WATER.

Your body uses water even if you're not exercising. If you wait until you feel thirsty, you're already dehydrated. Keep a water bottle handy all day.

### AVOID SUGAR AND SIMPLE CARBOHYDRATES.

While a mid-afternoon candy bar may give you a quick rush, it actually worsens the slump. Instead, choose protein-rich foods and complex carbs.

### EAT SMALL MEALS.

Have six small meals over the course of the day instead of three large ones. Big meals cause the digestive process to divert blood from your brain to use in the digestive track.

### EVALUATE YOUR LIGHTING.

Most offices are lit with cool, white

fluorescent tubes, which have a terrible effect on how people feel and function at work. A better option is full-spectrum, fluorescent tubes.

### TAKE TIME FOR WALKS.

Walking gets your blood circulating, helps you breathe better, and stimulates your brain due to the increased blood flow. Take a 5- or 10-minute walk during the day.

### MEDITATE.

Meditation is great for rejuvenating your body. By meditating for 15 to 20 minutes twice a day, you're keeping your body continually energized and rested.

### TAKE TIME TO BREATHE AND STRETCH.

Deep breathing exercises give you an energy boost. Also, stand up and stretch to increase blood flow and stimulate the lymphatic system.

### HANDLE NEGATIVITY.

Negative people and images can have a draining effect on your energy. Make a conscious effort to stay positive.



Avoid the drain office settings can bring on.

# Coenzyme Q10

## The Wrinkle Cure

Air pollutants, toxins, cigarette smoke, cell metabolism, exposure to the sun, and other environmental factors initiate free radicals, which can cause dangerous reactions that destroy cells and damage DNA, proteins, and fats. Free radicals also interfere with collagen production and integrity, resulting in loss of elasticity and, ultimately, aging skin. Although this is a natural and unavoidable by-product of metabolism, an overabundance of free radical damage can cause premature aging and wrinkles. Fortunately, there's a nutritional way to fight the elements.

Coenzyme Q10, also called CoQ10 and ubiquinone, is a fat soluble, vitamin-like nutrient present in virtually all cells and considered the

spark plug of the body, helping to produce and regulate energy as well as fighting free radicals as an antioxidant.

CoQ10 levels are highest during the first 20 years of life and decline with time, so much so that at age 80, CoQ10 levels may be lower than at birth. Yet the body's demand for CoQ10 increases with age. Furthermore, statin (cholesterol-lowering) medications can further deplete the body of CoQ10.

The recommended daily CoQ10 dose is 30 mg, in combination with alpha lipoic acid and vitamins A, C, E, and selenium. Foods highest in CoQ10 include sardines, beef, peanuts, spinach, and albacore tuna. However, it would take a pound of sardines, two

pounds of beef, or two-and-a-half pounds of peanuts to provide 30 mg, and cooking foods at high temperatures degrades the enzyme. Consequently, CoQ10 supplementation is likely necessary to achieve therapeutic effects.

CoQ10 can also benefit topically, as it's a small molecule that can easily penetrate the skin. When CoQ10 is combined with vitamins C and E in creams or lotions, the synergistic effect can neutralize free radicals, thus reducing wrinkles.

Supplementing with CoQ10 is not only a good antiaging strategy for the skin, it can also enhance energy, cognition, heart health, stroke prevention, and immune support.

*"Sunblock  
should be  
applied before  
you even leave  
the bathroom."*

--DBK

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Mahalo!

Debbie Bowman-Kohut

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