

## Overfed and Undernourished

It is a proven fact; Americans are overfed and undernourished. In today's world, we are not getting enough nutrients to keep our cells fed. The human race is comprised of the elements that we eat, which are absorbed into the bloodstream and feed every cell. Each month, our skin is renewed, every six weeks we have a new liver, and every three months we have new bones. In order to renew and rebuild these organs and tissues, it is important to supply the body with the materials that have been lost as a result of constant use, degeneration and aging.

So where do we start? Of course, it is always healthier to consume organic foods and a rainbow of raw vegetables. It is important that the following foods be purchased as organic because they commonly are very contaminated with pesticides: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce and potatoes. In addition to fruits and vegetables, whole grains, lean proteins and healthy fats provide the nutrients the body needs for optimal nutrition. Dietary supplements are also helpful to optimize your personal nutrition profile.

Your skin also benefits from eating the right foods. You've heard the saying, "You are what you eat," and it is definitely true. Try the following recommendations for your specific skin condition:

- **Acne.** Vitamin A helps normalize the production of excess skin cells that clog the pore within the follicles. Vitamins B-1, B-2, B-3 and B-6 assist with tissue growth and repair, and zinc helps reduce the inflammation of acne. Antioxidants such as grape seed extract also reduce inflammation from acne and free radicals.
- **Menopausal skin.** Melatonin, in addition to regulating sleep, is a powerful antioxidant that helps protect nuclear and mitochondrial DNA. Glucosamine is the building block for the ingredients needed to heal or repair the dermis, as well as the rest of the connective tissue throughout the body. Gamma-aminobutyric acid, which is responsible for the regulation of muscle tone, is also a key nutrient.
- **Stressed skin.** B vitamins and glucosamine are essential for tissue repair and healing, as is vitamin C, coenzyme Q-10 and pomegranate, which boosts skin's natural SPF. In addition, oregano, an anti-inflammatory herb and curcumin, which comes from turmeric (found in curries), offer cell-protective and anti-cancer benefits. Zinc also relieves inflammation. Lecithin is also excellent for stressed or overprocessed skin because it is a major component of cellular membranes. Lecithin makes cell membranes strong, so intracellular water doesn't leak.

All in all, your skin and the rest of your body will benefit significantly from getting the proper nutrients in a well-balanced diet. If you'd like to schedule a skin evaluation, please feel free to speak to one of our receptionists. We'd be happy to help!

source: SkinInc.com

## Calendar of Events

### MARCH

#### **Vi Peel™**

Our Individual Vi Peel™ treatment is \$50 off!

*March Product of the Month:*

Neocutis® Journée

### APRIL

#### **Spider Vein Treatment**

Our Individual Spider Vein IPL treatment is 20% off!

*April Products of the Month:*

ALL SkinCeuticals® Products

### MAY

#### **European Medical Facial**

Our European Medical Facial is 20% off!

*May Product of the Month:*

Neocutis® Lumière

## In The News

- Shop our additional product promotions! For a limited time only, take 25% off of these amazing products: SkinCeuticals® Daily Moisture, Face Cream, Eye Balm, Intense Line Defense and Blemish Control Gel.
- **SPRING OPEN HOUSE**  
Keep your eyes peeled for another open house this spring. We will have great deals on products, fillers, Botox®, and other in-office procedures such as glycolic acid peels, microdermabrasion and European Medical Facials. This is an event you won't want to miss!  
Date to be determined.

**PERFECT '10' PROMOTION**

**TAKE 10% OFF OF ALL**

**NEOCUTIS**

**PRODUCTS**

Valid now through March 31, 2010.