

ON

magazine
HEALTH 10

NEONATAL INTENSIVE CARE

Tiny Bodies, Huge Rewards

ROBERT DUVALL

American Icon

DESERT BEAUTY

Tucson's Tanque Verde Ranch



ON MAGAZINE

"A monk sips morning tea. / it's quiet. / the chrysanthemum's flowering." - MATSUO RASHO

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Skin Care Resolutions


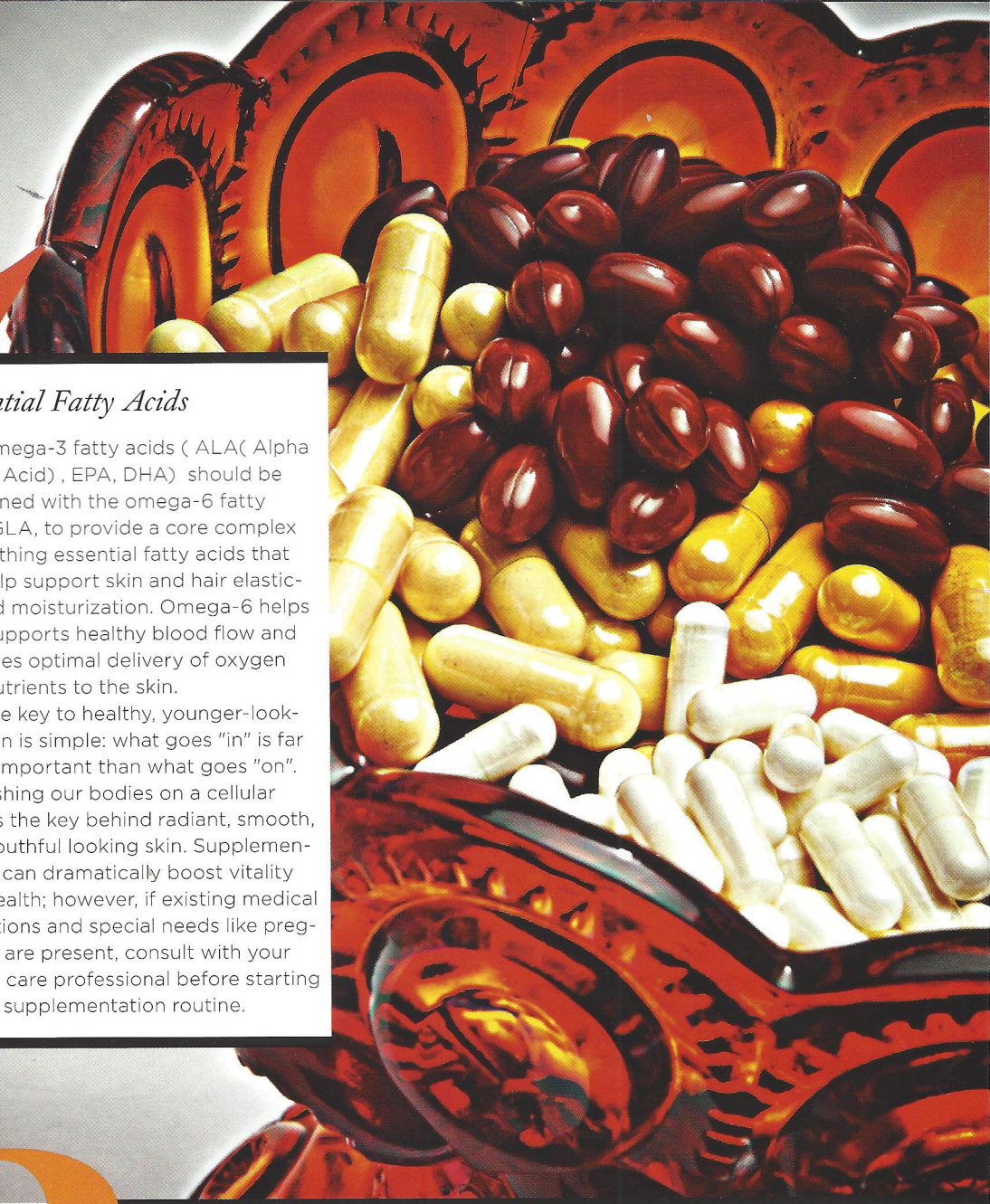
by FIONA WRIGHT, M.D.
photos by NATHAN WHITNEY

THE HOLIDAY SEASON HAS COME AND GONE AND THIS MEANS THAT WE ARE FOCUSING NOW ON OUR NEW YEAR'S RESOLUTIONS. For many of us what will be more disconcerting is waking up one morning in 2010, taking a glance in the mirror, and seeing what looks like "instant aging", blemishes and damaged skin that seem to appear over night. The good news is that now with the many advances in cosmetic medicine and the power of vitamins, minerals, and other nutrients you can give your skin a more radiant, healthy, and, yes, youthful glow. The excitement is focused not only on creams and lotions you put on your skin but what you put into your body as well.

For acne prone skin, switching from strong "stripping" cleansers to deep pore exfoliating cleansers, during the winter season, prevents stripping the natural lipid layer while keeping the skin from drying out. When your skin is too dry, the damage to your skin's protective barrier can actually trigger outbreaks. Treat only acne prone areas of your face with over-the counter benzoyl peroxides, glycolic or salicylic treatments by placing it directly on the pimple. A weekly therapeutic clay mask with anti-bacterial ingredients and sulfur, that will clean pores and remove deep oils, can also help nourish the skin and keep your complexion clean. If despite your best efforts, a breakout occurs, a few drops of Visine to constrict the blood vessels can help get the red out. A final step is to pat Oxygentix, a light-weight physician foundation, to provide excellent coverage.

For extra help, alternative therapies are also available in many aesthetic medical

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1 Essential Fatty Acids

The omega-3 fatty acids (ALA (Alpha Lipoic Acid), EPA, DHA) should be combined with the omega-6 fatty acid, GLA, to provide a core complex of soothing essential fatty acids that will help support skin and hair elasticity and moisturization. Omega-6 helps also supports healthy blood flow and provides optimal delivery of oxygen and nutrients to the skin.

The key to healthy, younger-looking skin is simple: what goes "in" is far more important than what goes "on". Nourishing our bodies on a cellular level is the key behind radiant, smooth, and youthful looking skin. Supplementation can dramatically boost vitality and health; however, if existing medical conditions and special needs like pregnancy are present, consult with your health care professional before starting a new supplementation routine.



2 Multi-Vitamin and Mineral Supplement

An outstanding multivitamin is excellent and relatively inexpensive health insurance. A good one will probably require at least two daily doses. One tablet alone is not large enough to hold the wide range of nutrients you should be getting. At the very foundation of strong hair, skin and nails are the metabolic processes supported by the B complex vitamins.

offices which offer several great procedures to decrease oil production without drying out the skin. Some treatments unblock pores (facials, microdermabrasion, chemical peels); others reduce oil production (Blu-U light therapy) or reduce the bacteria (Photodynamic Therapy with Levulan). The combination of several skin treatments may also be beneficial. Remember, getting medical treatment for your particular type of acne (sooner rather than later), can re-

duce the risk of physical scars that may be permanent and can help with the emotional hurt and stress that acne may cause.

Nutritional supplements can help optimize general health, which is ultimately reflected in your skin's appearance. When looking for a nutritional supplement, the company's brand should be certified and tested by independent laboratories for potency and purity of the actual product. For sensitive complexions, supplements should

be hypo-allergenic and contain no hidden ingredients found in the binder/filler/coating. They should be free of wheat, yeast, gluten, corn, sugar and starch. I recommend Pure Encapsulations as they meet all of these criteria and provide a scientifically designed skin support program based on innovative dietary supplements. To help you decide what your skin needs, I have commented on some of the latest advances on promoting healthy skin from within.

Antioxidants : The Age Fighters

Equally important is a well rounded antioxidant defense from vitamins A, C, D, and E along with the mixed carotenoids, including Lutein. These versatile antioxidants help to neutralize free radicals generated from sun exposure and cooperate with vitamins and minerals to help support collagen formation and slow down the signs of aging.

There is new research showing tremendous power of antioxidants in general, and in some specific nutrients in particular, that can make an important difference in the way your skin looks and feels – and even in how well it ages. Green tea and Coenzyme Q-10 are relative newcomers to the skin care industry; however, their value for general health and nutrition are rather well known and researched.

CoQ10 is an antioxidant that helps neutralize harmful free radicals, which are one of the causes of aging. In most people over thirty, levels of CoQ10 in the skin are below optimum, resulting in lesser ability to produce collagen, elastin and other important skin molecules. Co Q10 can boost skin repair and regeneration while reducing free radical damage.

The medicinal properties of tea are well known and attributed to the polyphenols found in tea mainly belonging to the subtype called catechins. There have been a number of encouraging studies of skin benefits of green tea. Both animal and human studies have credibly demonstrated that green tea formulations reduce sun damage. Green tea appears to exert sun damage protection by quenching free radicals and reducing inflammation rather than by blocking UV rays. Considering their well-documented antioxidant and anti-inflammatory activities, oral and topical green tea polyphenols are likely to slow down the development of some signs of aging. Whether green tea can actually diminish wrinkles and skin sag is far more uncertain.

The last and most important concern that most Texan's have concerning healthy skin – is skin cancer. Our Texas sun which plays havoc with our skin makes us one of the highest incidents of reported skin cancers in the country. According to extensive research, sun damage is responsible for 80-90 percent of skin aging and is also the number one cause of Actinic Keratosis (AK). These lesions are red or skin colored rough, scaly patches found on sun exposed areas such as the face, scalp, arms, and hands. They develop in fair-skinned people, and if left untreated, they can increase in size and develop into skin cancer which requires surgical treatment.

An advanced cosmetic procedure, Photodynamic Therapy, offers a successful alternative for patients who want to not only avoid surgical treatments of skin cancer, but also want to turn back

the hands of time and rejuvenate their skin. Photodynamic Therapy (PDT) has multiple applications. The American Academy of Dermatology lists it as a newer treatment option with better cosmetic outcome than other therapies used to treat widespread AKs. Studies also showed that there is little risk of scarring or skin discoloration. Patients also noted younger-looking skin! Reports of a decrease in wrinkles, improved skin texture, and reduced pore size are common.

How do Photodynamic Photofacials get rid of Skin Cancer?

Levulan is a special topical solution that is activated by a light or laser that targets and kills abnormal cells. Levulan is a "smart" solution only absorbed by abnormal cells, such as those in sun damaged skin and acne conditions, and allows quick success in restoring your skin to a healthy normal condition. Pho-

todynamic Therapy (PDT) improves the entire face or specific area, while treating lesions that are not yet visible. Activating the Levulan with PhotoFacial will also improve your cosmetic outcome by creating better texture and even skin tones. PDT is also frequently used for improving Resistant Acne by reducing bacteria, oil production and pore size.

New Year's resolutions come and go, but one that has stood the test of time and drives all the others is self preservation. Along with improved eating habits, getting adequate rest, and exercise, skin care tops the charts in the self-care category. To find out which procedures and products work best for you, consult a qualified physician who has extensive experience in performing anti-aging rejuvenation.

