

FOR A HEALTHY GLOWING SKIN AT ANY AGE :-

1. Eat antioxidant-rich fruits, vegetables, and natural protein instead of high-carbohydrate, processed foods. Most fruits and vegetables and all protein is low-glycemic. When a food is processed and contains high-glycemic carbohydrates, it turns to sugar. Sugar damages the collagen in your skin and makes wrinkles. So, cut these unhealthy foods out of your diet to stop further damage. Antioxidants will take care of the damage already done.

2. Apply natural antioxidants directly to your skin. Here's a list of antioxidants particularly important to your skin. You should include them in your diet and look for creams to apply them directly to your skin.

Antioxidant	What You Need to Know	Dose
Vitamin A	Retinol, a form of Vitamin A found today in many creams, penetrates deep into the skin. It heals blemishes and supports immune function. <i>Vitamin A should only be given under medical supervision because of potential toxic levels of high doses.</i>	50-3,000 mg Or find it in salmon, carrots, dairy, spinach and broccoli. Often in creams.
B Complex	A combination of many vitamins that work together to improve your skin quality. B vitamins provide enzymes that aid the energy process in skin cells.	50-100 mg Or find it in turkey, liver, lentils, bananas and most unprocessed food. Often in creams.
Vitamin C	Vitamin C helps produce collagen while it fights free radicals.	1,000-3,000 mg Or find it in oranges, lemons, grapefruit, tomatoes, and papaya. Often in creams.
Vitamin E	Look for products that contain the tocotrienol form of vitamin E. It's stronger and more effective for skin damage.	400 IU Or find it in sweet potatoes, nuts, avocados, broccoli, leafy greens, olive oil, and sunflower seeds. Often in creams.
CoQ10	Sun and toxins easily deplete CoQ10. This is one of the best protections against free radical damage.	30-100 mg Or find it in beef, organ meat, and fish. Often in creams.