

Beyond Sunscreen: Reducing Sun-related Skin Damage From The Inside Out

Here's a bright idea to help you save the skin you're in: Stay out of the sun. Ultraviolet rays contribute to premature skin aging and even cancer.

What To Do. One way to help can be through the savvy use of sunscreen. Apply about a palmful of a water-resistant sunscreen with a sun protection factor of 15 or higher to your arms, legs, neck and face 30 minutes before going outside, no matter what the season or the weather. Reapply every two hours or more often if you have been swimming or perspiring.



More good news: You don't have to look older than your years due to sun overexposure from years before.

The secret to healthy skin aging, dermatologists say, lies largely in the body's ability to repair DNA—the complex molecules found in every cell that carry individual genetic “codes.” The condition of your DNA is essential to maintaining the healthy functioning of your body as you age. The body continually replaces cells in every organ, including the skin (the body's largest organ), that have served their useful lives and no longer function. In a constant cycle of regeneration, new cells take the place of old cells. If the DNA “code” becomes damaged, however, the new cells will carry the same damage.

According to top skin care professionals, such as Noah S. Scheinfeld, M.D., FAAD, a Yale-educated, board-certified dermatologist, assistant clinical professor of dermatology at Columbia University Medical Center and author of numerous medical journal publications on dermatology, healthy DNA is one of the keys to avoiding the tell-tale signs of premature aging. “Dermatologists have established the link between excessive sun and DNA damage in skin cells,” states Dr. Scheinfeld. “The permanent effects of DNA damage to the skin—including hyper-pigmentation or brown spots, patches, premature lines and wrinkles and, in extreme cases, skin cancer, are clear,” he continues. “One obvious solution is to limit sun exposure and use sunscreen. But AC-11 may hold an additional answer.”

A Plant Has The Answer. Derived from a plant called *Uncaria tomentosa* found in the Amazon Rainforest, AC-11 is a safe, essentially alkaloid-free, all-natural, water-soluble extract that can be consumed orally or absorbed by the skin in a topical cream formula. Studies published in dermatology journals, including several by Dr. Scheinfeld, show that AC-11 measurably reduces DNA damage caused by non-oxidative stress (that is, overexposure to UV/solar rays), as well as oxidative stress (caused by free radicals and other factors such as chemical toxins, alcohol and tobacco). The dramatic, visible result is smoother, more supple and youthful-looking skin at almost any age.

— NAPS

What's the Story with Echinacea?

Part 1 of 2

Many herb teas contain it, and many people swear by it as a cold remedy.

Echinacea, also known as purple coneflower, has gained popularity in recent years as a nutritional supplement that proponents believe is helpful in staving off the common cold and shortening its duration. But given the variation between dosages and formulations—



Photo Credit: iStock

such herbs are not regulated as medical drugs by the U.S Food and Drug Administration (FDA) and so makers have little incentive to standardize—it's hard to get definitive answers as to Echinacea's effectiveness.

Historically, Native Americans relied on the root of Echinacea to numb toothache pain and treat dyspepsia as well as snake, insect and spider bites. While some modern day folks rely on Echinacea just based on this anecdotal evidence, scientific studies have verified that the herb can be effective. To wit, a 2008 University of Connecticut review of 14 different clinical trials of Echinacea use found that taking the supplement reduced the chances of getting a cold by 31 percent, and helped people get over cold and flu symptoms a day and a half earlier than those who didn't take it.

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IDENTIFY THE 2 PHOTOS BELOW. YOU WILL FIND THEM IN THIS ISSUE. WRITE THEIR NAMES and WHO THE ADVERTISER IS and WHAT THEY DO.



1. _____ 2. _____

Entries that answer correctly will be placed in a drawing. All correct entries will be listed in the March 2012 issue. Only **one** entry per family—per address.

E-mail, fax or send your entry* with your name, address and phone number to:

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