

Natural Tips for Skin and Beauty

by Dr. Kevin Passero, N.D.

I. Oxidative Stress and Antioxidants Explained

II. Key aspects of Diet

- a. reduce inflammation in skin (sugar)
- b. adequate intake of anti-oxidants in food
- c. intake of good quality fats

The Three Day Nutritional Facelift — Rules & Menu —

by
Nicholas V. Perricone, M.D.

The promise of a visible difference in your looks in just three days may seem too good to be true. But if you eat the wrinkle-free way for even a short period of time, you will experience dramatic changes not only in how you look but how you feel.

The three day facelift aids in the elimination of puffiness, increases contours, promotes a firmer jaw line, etc. You must eat salmon twice a day for its DMAE and omega-3 essential fatty acids to show their full effects. This regimen will increase the appearance of radiance, glow and firmness in the face.

THE BASIC RULES

Always eat your protein foods (fish, meat) first.

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For optimal results, do not substitute any foods on the menu.

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Drink at least eight glasses of pure water per day

Add freshly squeezed lemon juice to taste, if desired.

THE THREE DAY MENU

BREAKFAST

One-half cup cooked, non-instant Oatmeal

Oatmeal is a great source of heart-healthy fiber and low-glycemic carbohydrates.

Two-Egg Omelet and/or a piece of Grilled Salmon

Avoid smoked salmon and lox because of their high salt content.

Cantaloupe and Fresh Berries

Cantaloupe is very hydrating to the skin and contains important antioxidants. (Do not substitute watermelon, as it is too high in sugar.) Berries offer even higher levels of antioxidants.

No Juice, Coffee or Toast

Keep to the menu—you may drink green or black tea instead.

Eight to 12 ounces Natural Spring or Filtered Water

LUNCH

Four to six ounces of Grilled Salmon, Sardines in Olive Oil, or ½ cup canned salmon with freshly squeezed lemon juice.

Green Salad made with Romaine Lettuce

Dressing: extra virgin olive oil and freshly squeezed lemon juice

Two-inch wedge of Cantaloupe with Fresh Berries

Eight to 12 ounces Filtered or Natural Spring Water

SNACK

Apple

Slice of Low-Salt Turkey Breast

Three to four Hazelnuts or Almonds

These nuts are great sources of fatty acids and folic acid.

Eight to 12 ounces Filtered or Natural Spring Water

DINNER

Four to six ounces of Fresh Grilled Salmon

Green Salad

As described under Lunch.

One-half cup Steamed Veggies

Favor fibrous, non-sweet green vegetables like asparagus, broccoli, spinach, etc. Avoid sweet/starchy root vegetables (potatoes, carrots, beets, yams, parsnips, etc.).

Cantaloupe and Berries

Eight to 12 ounces Filtered or Natural Spring Water

BEFORE-BEDTIME SNACK

One-half Pear or Green Apple

Two ounces of Thin-Sliced, Low-Fat Baked Ham or Turkey

Three or four Hazelnuts or Almonds

◆An international study of the eating habits of more than 400 older adults from around the world has found that consistently eating certain foods can make a big difference in whether skin stays taut and smooth or becomes damaged and wrinkled.

◆Monounsaturated fats such as olive oil also appear to help the fatty acids in the skin resist oxidative damage. **Nutrients most correlated with protection against skin damage were vitamin C, retinol, and such minerals as calcium, phosphorous, magnesium, zinc, and iron.**

◆The study additionally identified foods that at high intakes were linked to **increased skin wrinkling. These included sweet milk desserts, full-fat milk, and ice cream (but not skim milk, yogurt, or cheese). Also in this category was red meat (especially if highly processed), soft drinks, potatoes, and cakes and pastries. The higher the total fat intake (except for monounsaturated fats such as olive oil), the more skin damage occurred.**

II. Key aspects of supplements

- a. antioxidants
- b. collagen support

◆A gel formulation containing the naturally occurring chemical compound **DMAE** (dimethylaminoethanol) appeared to increase skin firmness in this small study of 30 volunteers.

◆Decreased firmness, or sagging, of the skin is a universal occurrence as people age. In the present study, topical application of the chemical dimethylaminoethanol (DMAE) seemed to decrease skin slackness, making it appear more taut

◆ In the late 1980s, scientists realized that alpha-lipoic acid, a compound initially classified as a vitamin when it was discovered three decades earlier, possessed potent antioxidant properties that could prevent healthy cells from getting damaged by unstable oxygen molecules called free radicals. In fact, this vitaminlike compound has proved to be many times more potent than such old guard antioxidants as vitamins C and E. As a perk, it even recycles C and E (as well as other antioxidants), enhancing their effectiveness.

General Supplement Guidelines

Alpha-lipoic acid- 50mg twice a day; apply topically according to package instructions. 100-200 mg daily as an oral supplement

Coenzyme Q10- 50mg twice a day

DMAE- Apply topically

Flaxseed Oil- 1 tablespoon daily or 2 tablespoons of the fresh ground seed

Vitamin C- 1,000 mg orally and topical application of ester C (ascorbyl palmitate)

Fish Oils- 1,000-4,000mg a day orally

Vitamin E- 400-800IU a day orally, and topical application as part of a cream