

LIVING 50+

IDEAS AND ADVICE FOR ACTIVE ADULTS

- ▶ HEALTH AND FITNESS
- ▶ FINANCIAL UPDATES
- ▶ LIFESTYLE OPTIONS
- ▶ REAL ESTATE CHANGES
- ▶ NUTRITION ADVICE

Create a naturally healthier and more vibrant you

By **Beth Ann Fischberg**

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Wrinkles may be inevitable, but that doesn't mean fighting them is useless. A dual approach from both inside and outside your body can help you reduce the visible signs of aging and keep a youthful glow.

What you eat, or don't eat, has a definite effect on your skin. One Australian study revealed that people whose diets are rich in vegetables, beans, olive oil, nuts and whole grains are less likely to wrinkle than those who feast on red meat, butter and sugary foods. These experts suspect that the antioxidants contained in fruits and vegetables may help keep wrinkles at bay by reducing the amount of damaging free radicals produced by skin cells.

To help achieve a healthy, youthful glow from the inside, eat lots of carotenoid-rich foods such as cantaloupe, apricots, carrots, sweet potatoes and other fruits and vegetables that have deep green, yellow, orange and red hues.

If you're like many of us who know we should eat better, but can't seem to get the recommended 7-13 servings of fruits and vegetables daily, consider a supplement such as Juice Plus+. These capsules contain 17 different fruits and vegetables that can provide extra protection for your health and skin rejuvenation.

Over the last 30 years, much research has focused on a family of essential fatty acids; fats that your body needs daily but can't make itself. The healthiest of all dietary fats are called omega-3s, which have been shown to ease joint pain, protect the heart, sharpen memory, help balance mood swings and even help keep your skin looking younger.

The easiest way to get these fats is to take a daily fish-oil supplement. Be sure to look



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for one that is third-party tested for purity and freshness to ensure that no mercury, PCBs or heavy metals are included.

You know what's coming next - water. By drinking water, you moisturize your

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skin from the inside out, helping to maintain its elasticity and suppleness - meaning less drooping, drying and damage.

While some of your wrinkle-development is based on genetics, certainly protecting your skin from UV radiation is the most significant thing you can do from the outside to prevent wrinkles, sagging and brown spots.

There is no doubt that the sun's rays are uplifting to the spirit, and we need a daily dose of it to get vitamin D. So feel free to indulge in a short sunbath (about 10

minutes), but then be sure to apply sun block.

Your choice of sun block is important. Avoid products that use chemicals such as oxybenzone and benzophenone that can cause allergic reactions and be absorbed into the skin, creating free radical damage. Instead, look for sun blocks that contain zinc oxide and titanium oxide, which reflect and scatter sunlight.

There are a number of external ways to help repair and prevent skin damage. Some are more radical, such as surgery, laser peels and injections. There are also a few that are less invasive and offer a more natural method of healing (see sidebar *Natural Face Lift*). But for your day-to-day routine, here are a few easy favorites:

Go nutty. Coconut oil has numerous healing benefits for the skin, including

reducing inflammation and soothing dry and irritated skin. Try a tablespoon in your bath or rub it into chapped hands at night.

Exfoliate. Keep a gentle body scrub and a less abrasive facial exfoliate in the shower and remember to use them both two to three times a week. This gets rid of built-up dead skin cells and exposes a fresh layer of skin ready to absorb all the moisturizer you're going to apply when you step out of the tub.

Moisturize. And then moisturize some more. Keep a small container with you in your purse or desk to reapply to hands, face and other areas of your skin that tend to dry out.

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The 'natural' facelift

Acugems Facial Rejuve is a new facial procedure that provides a "natural" face-lift. reVive Skin Therapies, located at 468 Main St. in Stoneham, is the only spa in Massachusetts that is certified to offer the Acugems treatment.

Developed in California, Acugems Facial Rejuve is non-invasive; it requires no surgery or needles.

Instead, it uses an exclusive combination of gemstones, micro-currents and therapeutic light to "re-educate" facial muscles and address the underlying causes of visible aging from the cellular level.

Research shows that cellular processes, including those that create elastin and collagen, can be dramatically stimulated through the processes used by Acugems. The therapy is also based on Asian/Chinese healing methods (similar to acupuncture) that stimulate the body's natural healing pathways.

The treatment is proven to:

- Noticeably lift and tone facial muscles
- Smooth crow's feet, fine lines and wrinkles
- Significantly increase production of collagen and elastin
- Firm skin tone and improve texture
- Diminish puffiness; and firm and lift eye area

In addition to reversing the signs of aging, Acugems also has a powerful effect on the entire body, including improving energy and blood circulation, bringing about hormonal and emotional balance, and reducing stress. So not only will you look better, you'll feel better, too. For information, visit www.reviveyou.com.



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skin therapy

well-being for
skin and spirit

