

Joseph Maroon, author of *The Longevity Factor*, published this year.

Healthy Skin

Dr. Valorie Treloar, a Massachusetts dermatologist, says the antioxidant theory has spurred a host of new topical products, made with everything from marine pine bark and green tea to acai or gogi berry, all potent antioxidants. "One of the advantages to using it topically is that you can get a higher quantity of the active molecule in the skin, assuming it is in a form that penetrates through the epidermis," she explains.

Also, keep an eye out for new topical omega-3 fatty acid and topical probiotics aimed at maintaining a proper microbial balance on the skin.

One of the most radical topical skin care breakthroughs, from NuSkin, is a line of AgeLoc products that not only triple collagen production while dramatically decreasing an age-causing enzyme, but now also act on targeted groups of genes that regulate how we age. In effect, it resets the genes to youthful activity.

Numerous companies are also exploring the "beauty from the inside-out" concept, crafting everything from antioxidant-rich skin health shakes to candy chews made with cocoa antioxidants. One recent study in the *Journal of European Nutrition* found that when women ingested 329 milligrams of cocoa daily, the flow of blood and oxygen to the skin nearly doubled.

"In the past few years, we have seen some really good, well-designed trials showing that internal nutrients can make a difference, too," remarks Alan Logan, a doctor of naturopathy and author of *Your Skin, Younger*.

Weil says he sees the wealth of new anti-aging innovations as intriguing, but notes that one other critical factor for healthy aging often eludes people: To accept growing older and all the wisdom and experience it brings, with optimism, rather than dread.

"The denial of aging is counter-productive," he says. "To age gracefully means to let nature take its course while doing everything in our power to delay and prevent disease."

Age, lifestyle and sun exposure are major factors that contribute to signs of aging—wrinkles, age spots or hyper pigmentation, loss of elasticity, tone and vitality. Downtown Charleston wellness spa, Sweet 185, strives to address your skin concerns with key nutrients and powerful antioxidants which protect and repair sun damage. Botanical elixirs improve elasticity, reducing fine lines and wrinkles with Alpha Lipoic Acid and MSM (bioavailable sulphur). Using organic skincare lines, like Anakiri, allow your body to produce and regenerate skin more effectively revealing a healthy glow. **January Specials:** Anakiri skincare set to match your skin type, only \$89 (regularly \$104.50) and 20% off an organic facial. Sweet 185, 476 King Street, 843-329-3500, Sweetbodysugaring.com. See ad below.

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