

# NanoNews™

for Patients

## FEATURES:

- Beautiful Skin from Within
- Beautiful Skin Recipes
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My Skin Looks Amazing!



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## Beautiful Skin from Within

We all know that exposure to certain environmental insults can cause premature damage to our skin. In fact, over 80% of visible changes to the skin come from outside factors like the sun, detergents, and pollutants. Besides spending this summer at the beach or pool in a turtleneck, there are ways that you may be able to prevent and even reverse the signs of aging by reducing inflammation and maintaining skin barrier function.

Researchers recognize that many natural foods have anti-inflammatory properties, mostly through healthy fats and some via antioxidants. Foods containing these skin-healthy fats include avocado, fish oil, flax seed, and olive oil. Olive oil and avocado provide barrier supporting nutrients, called sterols, and anti-inflammatory, monounsaturated (“good”) fats. Vitamins E and C, selenium, green and white teas, apples, cocoa and berries are skin friendly by supplying protecting antioxidants. Antioxidants fight off the bad guys (free radicals) to keep us looking young and healthy. Even probiotics, which are the friendly bacteria in our diets, help to aid in protecting the skin. Expert doctors suggest we get more

of the aforementioned and less red meat, fried foods, excess salt and sugar, and white flour.

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# The SuperFood Solution™

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## Beautiful Skin

*(continued from page 1)*

Doing this also provides us with other health benefits, but why not look more refreshed in the process!

Nutracosmetics are supplements that are taken orally that produce a cosmetic benefit. Various studies have reported “cosmeceutical” value of ingredients like collagen extracts (hydrolyzed gelatin) and peptides and growth factors from dairy colostrum and whey.

In one case study, researchers used omega-3 fatty acids to rehydrate skin via nutrition. Approximately 50% of women are affected by dry and sensitive skin.

Dry skin can be a result of inadequate hydration and a lack of fatty acids in the diet. By supplementing omega-3 fatty acids (flaxseed and borage oil), an increase in the omega-3 status of the skin increased 12 fold in three months!

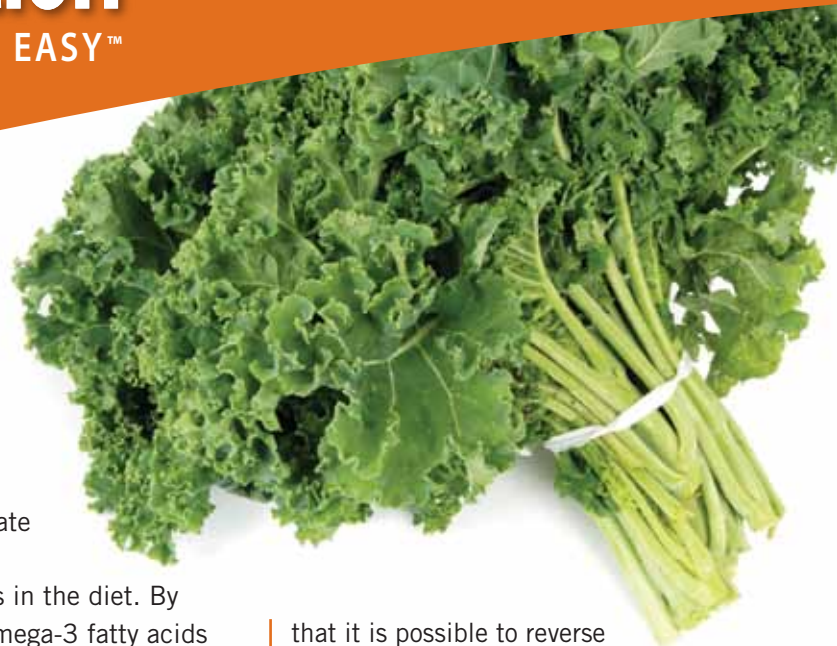
The other major defense against environmental damage is the antioxidant capacity of the skin. Bolstering the antioxidant defense system of the skin is an important strategy for reducing environmentally induced skin damage. Recent clinical trials where green leafy vegetables, egg yolks, and marigold flower extracts (all rich in lutein and zeaxanthin) were administered either orally, topically, or both indicated that the combined oral and topical administration provides the highest degree of antioxidant protection.

As we age, the essential mesh-like collagen structure of the skin's layers breaks down, causing skin to lose its elasticity. When this happens, skin starts to dry and then lines and wrinkles become visible. Nutritional science suggests

that it is possible to reverse some of the damage and promote cell rejuvenation. Colostrum, which is the “first milk” of newborn mammals, contains peptides that regulate cell function and stimulate growth of collagen cells. These peptides may be taken as a supplement from bovine (cow) colostrum.

In conclusion, the best thing you can do for your skin is the following:

- Staying well hydrated
- Avoid excess drying via detergent cleanser, sun and wind
- Minimize UV exposure
- Consume a variety of antioxidants and omega-3 fats with food and/or supplementation
- Topically apply all-natural moisturizers containing antioxidants, sterols and healing peptides



## In Love with Greens... NanoGreens<sup>10</sup>

"I love NanoGreens<sup>10</sup> for both my patients and myself. **Everyone that I have suggested NanoGreens<sup>10</sup> to has really loved it.** You truly feel great in many ways after using NanoGreens regularly. You will feel more energetic, better gastrointestinal regulation, and some say they have **even noticed a new glow in their skin.** Some have noticed some weight loss. What can be better for you than a tremendous dose of fruits and vegetables like this? And it is conveniently packaged into one easy to prepare shake for those of us who are on the go. Not to mention, it tastes great!"

– Carisa Pearce, MD  
Reading, PA

"When my husband introduced me to NanoGreens<sup>10</sup> **I was skeptical.** I have had some terrible experiences with foul tasting green drinks in the past. But I am delighted to say that NanoGreens<sup>10</sup> is unlike anything I have ever tried... in a good way! It is such a delicious way to start the day, and seems to **give my skin a vibrant youthful glow.** Now I recommend NanoGreens<sup>10</sup> to every client who comes through the office!"

– Cheri Reeder, RN  
San Diego, CA

## Beautiful Skin Recipes

As reported in the accompanying article, *Beautiful Skin from Within*, although consuming nutrients that support healthy skin and completion (cosmeceuticals) is more important than topical applications, the best results come from combining oral and topical application. Indeed, in Russia, NanoGreens<sup>10</sup> is the main antioxidant cosmeceutical in their topical facial mask! So here are recipes for both!

The following recipe and mask are rich in the antioxidants, omega 3 fatty acids, probiotics and/or peptides that are known to support skin health.

### The Basic Recipe:

Mix 8 -12 ounces of green tea with one scoop of NanoGreens<sup>10</sup> and NanoOmega<sup>3</sup>.

- *Option 1:* Add 1 scoop of NanoPro<sup>PRP</sup>, which not only adds skin healthy peptides, but makes the smoothie more of a meal replacement.
- *Option 2:* Add four ounces of low fat, high active culture yogurt to add friendly micro-organisms (probiotics) that are good for the skin.
- *Option 3:* Add a packet (tsp.) of plain gelatin 9 hydrolyzed collagen to add the amino acid building blocks of all connective tissue (joints, skin, hair, nails)



### Refreshing Nano Facial Mask:

- ¼ Teaspoon of NanoGreens<sup>10</sup>
- ¼ Teaspoon of NanoPro<sup>PRP</sup>
- 1 Tablespoon of plain organic yogurt

Mix all in small bowl. After cleansing and drying your face, use a facial brush or your fingers to generously apply to face, neck and top of hands. Let it set for 20-30 minutes. Shower off or use a warm towel to wipe off.



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## Testimonial of the Month My Skin Looks Amazing!

“I have been using NanoGreens<sup>10</sup>® everyday for the last month, and the **results are phenomenal!** I have kicked my coffee habit and have stopped eating refined foods. It just happened naturally! The cravings for unhealthy stuff subsided almost instantly. In addition, **my skin looks amazing** and I have consistent levels of energy all day long. I am recommending all of my patients drink NanoGreens<sup>10</sup> every morning to start their day.”

– *Cindy Boyd, D.C.,*  
*Symmetry Chiropractic, Alameda, CA*



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