

The 'magical' skincare benefits of vitamins

By Karen Keady
Esthetician

Super foods can become super skincare ingredients, creating firmer, brighter, and younger-looking skin. Healthy skin is a reflection of what you feed your body — inside and out. Foods that are nutrient-dense will help you achieve clearer and smoother skin. The ingredient spotlight also includes certain vitamins.

You will need to read the labels of your skincare products to determine exactly what you are feeding your skin. A few favorites are kale, avocados, berries, tomatoes, nuts and seeds.

On the skin, the zinc content of nuts and seeds helps with proper function of the sebaceous glands, minimizing the potential for clogged pores. The Omega-3 fatty acids in nuts help hydrate the skin. Avocados, berries, and kale are all great antioxidants, high in vitamins A, E, C, plus lycopene and lutein.

The main vitamins in skincare are:

Vitamin A — the gold standard for anti-aging, antioxidant, collagen-boosting and acne-fighting properties. This vitamin also decreases hyperpigmentation, plus helps soften the skin.

Vitamin C — The damage reverser! One of the more potent vitamin-antioxidants. It boosts collagen, treats hyperpigmentation, plus protects us from UV rays.

Vitamin D — Acts as an anti-inflammatory, has a track record for alleviating psoriasis, brightening a dull complexion, boosting skin's elasticity, and fighting acne.

Vitamin E — Strengthens the skin's barrier, fights free radicals, plus works in conjunction with vitamin C to lighten and brighten. Vitamin E is best known for its skin healing abilities.

None of these will work to maximum potential without a 30 SPF sunscreen, a mineral barrier sunscreen, without added harsh chemicals. Topical vitamins and products in skincare are great but should not be substituted for a healthy diet.

Hospitals launch openness initiative

The Oregon Association of Hospitals and Health Systems (OAHHS), which represents all of Oregon's community hospitals, today announced that it has developed a new price transparency initiative.

This initiative has three key elements, all of which focus on giving consumers pricing details in advance of a visit to a hospital for a procedure. These include legislation (SB 900) calling for a new state-run website displaying median prices paid for procedures at hospitals; tools for hospitals to provide good-faith estimates to self-pay and out-of-network patients; and a pledge to work with insurers to help insured patients understand their out-of-pocket expenses for care.

"Our transparency initiative aims to assist Oregonians in understanding hospital prices in advance of procedures," said Andy Davidson, president and CEO of the Oregon Association of Hospitals and Health Systems. "We want to make sure that hospitals' pricing data is accessible and easy to find. We know that our patients want more healthcare

pricing information and with this initiative, Oregonians will be able to find the data on hospital prices that will help their decision making."

The first element of the initiative entails legislation (SB 900), calling for a website, run by the Oregon Health Authority, that would use state-collected data from the state's existing All Payer All Claims database to display median prices paid for common hospital inpatient and outpatient procedures. This website would give patients the ability to understand what the typical cost of a particular procedure would be, as paid by insurers. It would allow them the ability to compare the prices paid for the most common procedures across hospitals. It would not, however, show a consumer what his or her specific insurer would cover or not cover; or what their out-of-pocket costs would be based on the design of their health plan. For that information, they would have to check with their insurer.

The second element entails working hand-in-hand with insurers via the Oregon Health Leadership Council (OHLC) to help patients who

have insurance to understand what their out-of-pocket expenses will be. This information would be based on their insurer's contract with a particular hospital or provider, along with information from the patient's insurer as it pertains to their particular insurance coverage. It is clear that patients want to know what portion of charges they will be responsible for in advance, and Oregon hospitals and the OHLC will work to ensure that is achievable.

"The Oregon Health Leadership Council is committed to helping patients understand healthcare pricing, and is eager to work with our members to achieve that goal," said Greg Van Pelt, president of the OHLC. "We know that people want healthcare providers and insurers to work together to ensure a patient-friendly experience. This is precisely what we intend to do."

The last element of the OAHHS initiative is a commitment by Oregon's hospitals to assist Oregonians who are paying for their own care in getting a good-faith estimate for the cost of a scheduled procedure upon request.

Therapeutic Massage

Swedish • Shiatsu
Cupping • Deep Tissue

Mobile & Chair Massage Available

Ask about insurance billing,
including motor-vehicle accidents.
Credit cards accepted.



Massage by Michelle, LLC
License #2166

541-213-9059

www.MassageByMichelleFarra.com

Massage by Michelle

Massage therapy is a kind of calling for Michelle Farra. Her mother suffered from rheumatoid arthritis from the age of 16, and she saw first-hand the effects of chronic pain. For Michelle, there is no greater satisfaction and inspiration than using her two hands to bring relief.

"I want to help people in pain," she says. "I hate to see people in pain."

Massage by Michelle offers relief from pain and stress and can help people dealing with chronic issues reduce their level of dependency on pain medications.

Michelle offers Swedish massage; deep-tissue work; Shiatsu; cupping; pregnancy massage and chair massage. Massage by Michelle is located in the upstairs studio at life.love.yoga. at



164 N. Elm St. in Sisters. She also offers mobile services for those whose travel is limited. Massage by Michelle is available by appointment at www.massagebymichellefarra.com or call 541-213-9059.



"You're in the right hands"



GREENRIDGE 541-549-3534
Physical Therapy & Wellness 325 N. Locust St., Sisters
greenridgept.com

Green Ridge Physical Therapy & Wellness

The downside of our active lifestyle in Central Oregon is the inevitable wear and tear it puts on our bodies. Fortunately, the staff at Green Ridge Physical Therapy & Wellness is there to get us back in the saddle quickly.

Rich Hummel, LMT, says the orthopedic massage he and other practitioners offer assesses a specific injury or complaint and goes after it to decrease pain and dysfunction of tissue. This kind of massage is the perfect complement to physical therapy to help you rehab an injury and get back into action.

It's also an excellent preventative measure to avoid injury in the first place — or to counteract



chronic postural issues we develop from sitting at a desk or hunching over a computer keyboard.

Minimize your pain and discomfort, feel better and perform better in the activities you love. Contact Green Ridge and open the door to a new level of wellness.