

Winter is coming – save your skin

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Winter is coming to Central Oregon and with it, its detrimental effects on our skin. Does dry, rough, chapped, itchy, and/or fragile skin, sound familiar? Adding insult to injury, when skin is less hydrated the appearance of wrinkles is worsened.

Time to change up your skincare regimen to protect your skin from the harsh effects of winter. The effects of dry, cold weather are more noticeable as we age. This is due in part to declining levels of collagen, a skin protein that gives integrity and elasticity to the skin. Most winter interventions are aimed at supporting and increasing collagen levels while also increasing and preserving moisture.

Remember, what you put in your body influences your skin. Are you drinking enough water? If you are not getting the recommended eight glasses a day it will show in your skin. Certain drinks like coffee and alcohol act as diuretics, leading your body to excrete more water. You may need to add extra water to your day

if you are drinking either of these.

Including more fruits and vegetables is another great way to eliminate toxins and boost water intake. Your diet should also include good fats to hydrate skin from within. Omega 3s in fish and flax oil support healthy skin and are frequently missing in standard American diets.

Taking long hot showers can strip skin of its natural oils. Shortening your showers and using warm, not hot water is especially important in dry winter months. Antibacterial or deodorant soaps are also more disruptive to natural oils than mild unscented soaps.

Moisturize within a minute or two of getting out of the shower to provide a protective layer to the skin and to guard against water loss. Consider using a humidifier indoors to help counteract the drying effect of indoor heat.

Certain topical skincare ingredients have been studied for their effects on the hydration and elasticity of skin, which ultimately affects wrinkle appearance. Look for ingredients that support skin integrity and

moisture content such as the following:

Hyaluronic acid works by holding water in collagen. This moisture-holding capability helps skin look plump and smooth. In a study using topical hyaluronic acid around one eye of 76 women for 60 days, improvements were seen in measurements of both skin hydration and skin elasticity.

CoQ10 works by a different method than hyaluronic acid. Rather than directly affecting moisture content, CoQ 10 acts as an antioxidant, reducing the damaging effect of free radical formation in the skin due to the sun's rays and environmental pollutants. It stabilizes cell membranes, so that over time our skin shows less damaging effects.

Vitamin C is found naturally in both the dermal and epidermal levels of the skin. Levels of vitamin C found in the skin reduce with age. Vitamin C stimulates collagen production and acts as an antioxidant, reducing the damaging effects of sun in the skin. Eating a wide variety of fruits and vegetables is one way to get vitamin C to the skin, topical vitamin C is



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Evaluate your skincare regimen to be sure you are providing the best protection for your skin against the harsh effects of winter.

another. Besides stimulating collagen production, topical vitamin C has been associated with reduced roughness in skin.

Topical niacinamide (vitamin B3) has a stabilizing effect on skin barrier cells, leading to a reduction in transepidermal water loss. Niacinamide can increase the skin's production of

ceramides which are natural emollients and skin protectants. It is a valuable ingredient in skin products at several stages of life. It is anti-inflammatory and can alleviate symptoms of mild to moderate acne in teens and younger adults as well as reduce fine lines, redness, and hyperpigmentation in mature skin.

Metabolic Maintenance's Naturally Clear® Restoring Serum

Formulated with nutritive ingredients that address specific skin imperfections while supporting skin integrity and moisture content.



Restoring Serum

- Hyaluronic acid is essential to our skin, improving elasticity and smoothness, thanks to its moisture holding capability.
- CoQ 10, a powerful antioxidant, combats damage to the skin from the sun's rays and environmental pollution.
- Vitamin C, another important antioxidant, provides skin protection and lightens dark spots. Collagen production is also enhanced by Vitamin C, minimizing fine lines and wrinkles.
- Niacinamide offers many benefits to the skin including, increasing moisture retention, minimizing wrinkles, and reducing redness and inflammation. It also helps in reducing the production of sebum (the oily secretion that can clog pores) therefore improving acne prone skin.



Cleansing Foam



Facial Scrub



Topical Spray



Oral Supplement

Naturally Clear® Skin Care System

- Diminishes the effects of aging, reduces redness, and alleviates mild to moderate acne with carefully tested, patented, all-natural formulas.*
- Reduces sebum production, pore size, inflammation, and redness, while increasing collagen production using topical niacinamide (vitamin B-3)*
- Offers oil-free, soap-free, hypoallergenic, alcohol-free, and paraben-free skin care.
- Cleanses the skin without harsh or drying chemicals.

Visit the lobby store at our new location,
601 North Larch Street in Sisters, and receive
20% OFF retail price on our entire Naturally Clear line!

Metabolic Maintenance

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.