

Focus on good skincare as we age

By Karen Keady
Correspondent

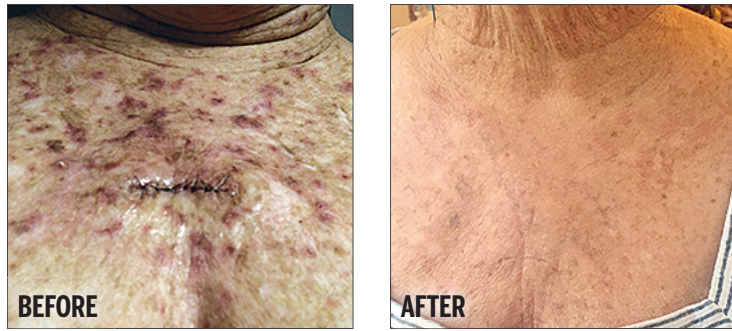
Modern healthcare, as well as a growing interest in organic living and holistic health, have us romping into our golden years rather than crawling into a rocking chair. The result is a growing population expected to live longer than any generation before.

How we live these years to come is dependent on how we live our lives today. Hiking, biking, swimming, massage, bodywork, facials, and good overall skincare can be instrumental in helping us look better and feel better as we gracefully age. Just as massage and bodywork can keep the body feeling young and energized, proper skin-care is the avenue used to ward off the signs of aging. The three biggest offenders that age skin the most are sun damage, smoking, and not cleansing your skin at night.

Following are some healthful aging-well tips from this former dermatology nurse and current master esthetician.

Protect your skin: Tanned skin may look healthy and golden and be associated with health and vitality, but the truth is, tanned skin is a benchmark of damaged skin. (Only a small amount of sunlight is required for the body to make vitamin D). Many of us grew up in a time where we slathered on baby oil mixed with iodine to enhance our efforts at glowing skin. Parents didn't sunscreen their children in those days. We now know that UVA and UVB rays are not only harmful but can be deadly.

Skin cancer rates have been on the rise over the past 30 years. Of the nearly 2 million new cases per year, 90,000 will be malignant melanoma,



Before and after photos of a client with severe sun damage to her chest. Following dermatologist treatment, she followed a regime of healing LED treatments, an organic healing balm, potent C&E serum, and daily-use, water-resistant SPF 30 mineral sunscreen.

the most serious and aggressive of skin cancers. UVB rays are associated with a sunburn while UVA rays penetrate deeper and cause more damage. Melanoma is believed to be the result of excessive UVA exposure. All radiation has a damaging effect on the immune system, causing premature aging, wrinkling, and gives the skin a leathery appearance.

Skin aging, melanoma, basal cell carcinoma, squamous cell carcinoma, actinic keratosis, as well as hyperpigmentation all began before we were 18 years old!

Eighty percent of sun damage occurs before the age of 18. It's cumulative. In my skincare salon, I've referred five clients in eight years with suspect lesions to a dermatologist. All five were operable cancer. I hope everyone reading this article will get screened regularly, by a physician.

Do not forget your eyes. Sunglasses should provide 100 percent UV protection.

Choosing the right sunscreen is equally important. Not all sunscreens are photostable or appropriate for babies, children or pregnancy. There are significant health concerns as well as environmental hazards with

many ingredients in popular sunscreen brands. Evaluate all ingredients for safety and effectiveness. Absolutely avoid: Avobenzone, Octocrylene, Oxybenzone.

A barrier sunscreen is more effective and safer than a chemical sunscreen — and don't forget the hat. The American Cancer Society and dermatologists agree that an SPF 30 is adequate. If using a cream of any sort it must be reapplied every two hours. If you think your liquid make-up with added SPF is adequate, it's not, especially if it's less than 30, also must be reapplied every 2 hours while in the sun.

Moisturize well with a targeted product for your skin type. When you cleanse at night use anything but a bar soap which is much too harsh for fragile skin. Treat your skin well for the best of your life.

Karen Keady is a master esthetician and owner of Essentials Skincare in Sisters.

Alpaca meat can be a healthier choice

By Jim Cornelius
Editor in Chief

Seniors who are dealing with high cholesterol are often counseled to change their diet and look for alternative food choices to reduce their cholesterol levels.

They may be able to do so without giving up their burgers. Alpaca meat is an alternative to beef — and it is catching on in the food world.

"Alpaca meat is one of the healthiest and most flavorful meats in the world," Sierra Meats reports. "It is described as a mild meat which takes on the flavor of the dish. It is slightly salty, tender and lean, high in protein with no fatty aftertaste. Alpaca meat also has the lowest level of cholesterol of any meat."

Art Izer and Nancy Chapel-Izer can testify to the qualities of alpaca meat — and not just because they own and operate an alpaca ranch in Sisters Country.

"Art had a heart attack three years ago," Nancy told *The Nugget*.

He had high cholesterol, and required stents to open blockages. A cardiologist consulted with him on his diet.

"They said, 'You know, you've got the natural thing right there,'" Nancy recalled. "'You should be eating alpaca meat because it's so lean.'"

Nancy and Art don't

raise their alpacas at Alpaca Country Estates Ranch and Bed & Breakfast in Terrebonne specifically for their meat — but they do produce some meat through the process of culling.

"We know it was grass-fed, no hormones," Nancy said.

Art began eating alpaca instead of beef on a regular basis and, Nancy reports, within a year, his cholesterol had hit normal levels.

"We have it a lot," Nancy said. "We don't buy beef now. We use it for spaghetti; we use it for hamburgers; we have a round steak we use for fajitas. Tonight we're having a roast from the neck."

Much as is the case with game meat, preparation is key.

"The flavor is wonderful," Nancy said. "The big secret is, you can't over-cook it. You can't have it well-done."

Nancy is passionate about spreading the word about the qualities of alpaca meat. While the meat is similar to elk, some have some hesitancy because it comes from, well... alpacas. As with any "exotic" meat, it takes some adjusting to the idea.

The couple sells alpaca meat commercially through the ranch, and also at Central Oregon Locavore in Bend.

For more information, <https://www.alpacacountryestates.com>.

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Alpaca Food Facts...

Alpaca meat is one of the healthiest and most flavorful meats in the world and one of the oldest food sources of the Incans and pre-Incans in South America.

Lean, tender and sweet, it is rich in proteins, low in calories and fat, and has the lowest level of cholesterol of any meat. Substitute in recipes for red meat and poultry!

Bring a picnic lunch for our **National Farm Days** Saturday & Sunday, September 28-29 and Saturday, October 19

Come learn more about alpacas, their soft fleece and as a food source.

Over 1,000 alpacas on-site, adopt-an-alpaca, breeding and sales, take home a treasure from our alpaca boutique, or stay at our Bed & Breakfast.

Visit our website for information on other ranch activities: Alpaca yoga, fiber artistry classes and more!

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