

## *Protect the Skin You're In*

Does this sound familiar? You're playing golf on Saturday morning – just nine holes – and don't think to apply sunscreen. The day is slightly overcast, so clearly the odds of getting a sunburn are slim. After the game, as the day progresses, you notice your skin's new pinkish tint. By nighttime, your skin is itching and resembles the lobster you enjoyed the day before.

Then there is the day at the beach, or pool, you recently spent with your friends, sunscreen excluded. You fried your skin in your younger days – lying on the beach glistening with baby oil – and you've been just fine ever since. With those who have dark pigmented skin, a sunburn is highly unlikely. Plus you prefer baby oil to sunscreen anyway. After your recent outing, however, you return home sunburned. You're hot swollen, red, and in pain.

Thinking only a few hours in the sun is harmless and that a darker complexion is impervious to sun damage are common myths. In fact, during the peak of 10 am to 4 pm in the summer months, it takes only 15 minutes for unprotected skin to burn. Like those with pale skin tone, individuals with dark skin are just as exposed to the sun's ruthless rays. Also, what may look like a healthy glowing tan is actually a sign of skin damage. Sun burned skin is a visible reaction to UV exposure, which has deleterious effects (i.e. free-radical damage).

Tans and burns accompanied by blisters often signify that nerve endings deep in the dermis have been damaged. Premature aging, wrinkles, and age spots can occur. Again, people with darker skin, though able to withstand longer periods without burning, are still vulnerable to all these consequences.

### **Undoing the Damage**

The metabolism of human skin requires an adequate supply and proper processing of oxygen. However, as in all reactions, in which oxygen is involved, so-called "free-radicals" are created. One theory of how biological aging of the skin takes place, explains how over the course of time, the process of producing energy from oxygen gets out of control, causing free radical mutations. These oxygen radicals change vital cell substances so greatly, that the cell gradually becomes unable to function properly.

Only trace minerals (electrolytes) can penetrate to the deepest layers of skin, carrying oxygen molecules across the cell wall. These trace minerals (electrolytes) are 100% soluble, enabling them to penetrate the epidermal barrier rejuvenating cell function at the deepest layer where skin is made. These minerals capture and stabilize free radicals before they damage and wrinkle skin. Good skin hydration is one of the most important aspects of attaining and maintaining youthful skin. The skin's moisture content begins to diminish early in life. After age 30 up to 27% is lost, and by age 40 moisture reduction rises to 50%.

There are special healing ingredients for the skin: **Aloe Vera**, aloe has been used through the ages for its medicinal and cosmetic properties. Aloe is almost unique in its ability to penetrate all seven layers of the skin with nutrients. It heals skin tissue by aiding in the repair of cellular damage, stimulating new cell growth and rebuilding skin at a rate up to six times faster than normal. Aloe soothes and moisturizes, cleans, heals, and prevents

scarring. **MSM**, sulfur is an essential mineral for the human body and plays many roles. It helps to hydrate and detoxify cells. But sulfur is more than just a building block of healthy tissue. It is actively involved in the building of many body substances and systems, in creating energy, and can also play a role in cleansing the body of toxins and pollutants that build up in cells and create various skin conditions.

An important factor involved in the utilization of MSM is electrolytes. They help play both a major role in the absorption of MSM and further, in their own right, also play a major role in body healing and rebuilding.

Combing these 2 ingredients with trace minerals (electrolytes) is a perfect blend of the best nature has to offer. It encourages rapid absorption of vital minerals nutrients to aid in skin rejuvenation, and is combined with a blend of ancient extracts to help in healing.

There is a product called **The Ageless Secret™** that addresses the issues of rejuvenating and revitalizing the skin, helps to reduce wrinkles and has the power to transform your skin! It is carried by Clark's Nutrition.

“I am in my late 50's and in my profession I am in the sun a lot. I have been using products from my dermatologist and do everything I can to protect and improve my skin since I had skin cancer surgery several years ago. I began using The Ageless Secret and my skin gradually improved. The longer I use The Ageless Secret the better my results. It is amazing how much younger I look and my skin is much tighter, smoother and firmer and has a beautiful glow.”

Kathleen Bennett, Classic Club  
Palm Desert, CA.

*Dr. Howard Peiper, N.D., nominated for a Pulitzer Prize, has written several best-selling books on nutrition, including “Nutritional Leverage for Great Golf.” His website is:  
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