

Vitamins and the Skin: Learn the Tricks

By Beatriz H Porras, M.D.
Medical Director Skin Diagnostics Inc.

Nowadays everybody wants to turn back the hands of time and achieve healthy, youthful and beautiful skin. Experts have known for many years that vitamins have an important role in skin's youth, health and beauty. Which vitamins might you need?

First of all, vitamins should not be taken without medical advice since they can also produce serious side effects. Consult your physician before starting any regimen.

Let's begin with **Vitamin A**. This is an antioxidant that strengthens the protective tissue of the skin and prevents acne by reducing sebum production. Orally, it can be taken at doses of 8,000 to 10,000 IU/day. Topically, it clears acne and hyperpigmentation caused by sun exposure. When taken or topically applied in excess, it makes the skin dry. Bottom line, take it and wear it.

Vitamin C is the most abundant antioxidant found naturally in the skin. Oral Vitamin C counteracts the effects of sun exposure by reducing free-radical damage which can lead to wrinkles and cancer. It can be taken in doses of 500 to 1000 mg per day. Topical Vitamin C can decrease sun-damage and enhance collagen production. In a topical preparation, look for L-Ascorbic Acid or Magnesium Ascorbyl Phosphate on the labels. Bottom line, take it and wear it.

Niacin, one component of B Vitamin complex, improves the ability of the upper-most layers of skin to retain moisture. Patients with dermatitis who often experience dry and

irritated skin can benefit from topical use of Niacin. Bottom line, wear it.

Vitamin K plays a role in blood clotting. Dermatologists have recently found that topical Vitamin K reduces dark circles under the eyes and diminishes bruising after surgery or laser treatments. There are a few medical grade formulations containing Vitamin K. I have personally tried TEAMINE and it really works. It can be purchased only at dermatologist offices. Bottom line, wear it.

Vitamin E is an antioxidant that enhances healing and tissue repair. It prevents cell damage by inhibiting the oxidation of lipids and the formation of free radicals. Oral supplementation with vitamin E in doses of 400 mg/day reduces photo damage and wrinkles and improves skin's texture. Topical use can soothe dry and rough skin. It works great for nursing mothers to relief cracked and bleeding nipples. Bottom line, take it and wear it.

Vitamins can provide many benefits to the skin. The best way to select the right vitamins to improve your skin is to see your dermatologist. A dermatologist can offer you expert guidance.



Skin Diagnostics Laser and Rejuvenation offers Medical Grade products containing vitamins for your skin. For an appointment, call 513-631-0059.

Get Motivated!
Eat Healthy!

Personal
NEWtrition

**One hour - 1 on 1
Nutrition Counseling
for only \$50**
(*expires Sept 30, 2006 - no add'l coupons)



ASK ABOUT OUR
ADULT
AND CHILD
WEIGHT
MANAGEMENT
PROGRAMS
STARTING NOW!

Chrissy O'Connor
- Registered Dietitian

Personal NEWtrition, LLC
3012 Glenmore Ave., Suite 14
(513) 661-6391
for more information go to:
www.personalnewtrition.com

CHIROPRACTIC
CARE

Get Back In Motion

Take a Natural Approach for
Treatment of Neck & Back
Pain with Chiropractic Care

Matthew R. Syrek, D.C.
Certified Chiropractic Sports Physician

504 E. Business Way
Cincinnati, OH 45241
(513) 354-3800

www.beaconortho.com

Affiliated with
Beacon Orthopaedics & Sports Medicine

celebrate
being a Woman.

From soft and nurturing to **smart and savvy**, women enjoy a rich spirit that blends femininity with strength and laughter. We'll help you **celebrate it all**, from a new look that captures your natural beauty and unique personality, to a **FABULOUS** part-time **career** you can do from home! **Call today** for your complimentary makeover,
or for more information on a **NEW CAREER!**

Susan (513) 284-5236
Independent Beauty Consultant