



## HEALTH & HEALING

# Dry skin, wrinkles and aging

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**L**ast week I had a conversation with a woman about aging. She said she, like many women in her office, is very concerned about the aging process—what's going to happen to how she feels and looks. She asked me if I would write



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an article about what women can expect, and more importantly, what can be done. Now of course one article could never do justice to these important issues, so over the next few weeks I'm going to devote a series of articles to the internal and external effects of

aging.

This week, let's focus on the skin. For many, the cold temperatures and chilly winds mean dry, irritated skin and the appearance of fine lines and wrinkles. There's really no mystery here—as we age, the body's ability to keep the skin hydrated diminishes. Moisture, one of the most important components in healthy looking skin, plays a key role in the overall structure, collagen formation and elasticity of the skin.

One ingredient, called Hyaluronic Acid

(HA), is becoming increasingly popular for its ability to lock moisture into the skin. Nicknamed the "Moisture Magnet," HA hydrates skin in a way that no other ingredient can. This remarkable molecule holds up to 1,000 times its weight in moisture. Hyaluronic Acid plays an essential role in hydrating our tissues, especially the skin, functions as an antioxidant, and modifies the inflammatory response.

While HA is often used as preventative moisturizer, its affects are most dramatic for those who have dry skin. I've had many women tell me that within 10 minutes of application, skin feels softer and smoother while wrinkles and fine lines almost disappear!

My favorite brand for topical Hyaluronic Acid is Derma-E. Derma-E offers several premium products with high concentrations of HA. Also, all of their formulas are paraben-free.

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.



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