



HEALTH & HEALING

Healthy skin starts on the inside

by **Mike Ventresca**
Vital Choice

Have you ever watched those Sunday morning “home shows” that showcase the newest homes on the market? My favorite part is when they tour the premium homes. Now, how much time is spent touring the foundation of those homes? Where



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are the pictures showing the elegant...load bearing walls? But what good is a million dollar home if the foundation is suspect?

What does all this have to do with smoother, younger looking skin? It's all about the foundation. A healthy skin foundation is largely dependent on collagen. Collagen

plays a vital role in achieving smoother, tighter and more resilient skin. Unfortunately, many factors can contribute to decreased collagen production including UV exposure (including tanning beds), cigarette smoking and just the natural aging process. As collagen decreases, the appearance, structure and texture of the skin suffer.

It has long been established that the mineral silicon is an important factor in collagen production, but recent research is showing just how important. In a 2005 clinical

trial, fifty women between 40 and 65 years old with symptoms of aging facial skin were divided into two groups. One group was given a patented form of biologically active silicon called BioSil™ while the other group was given a placebo. After 20 weeks of supplementation, researchers examined skin roughness, elasticity and structure. They found BioSil supplementation helped return skin to a more youthful state with shallower wrinkles, resulting in a clinically significant improvement in skin texture and resilience when compared to the placebo group.

If you are interested in achieving, as well as maintaining, healthy youthful skin, I recommend BioSil from Jarrow Formulas. Not only has the research shown how beneficial BioSil can be for the skin, but it has also been shown to improve bone density as well as hair and nail strength.

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.



Learn. Shop...be healthy!

440-885-9505
www.vchoice.com

9243 Sprague Road
North Royalton, Ohio 44133
M-F 10a-8p, Sat 10a-6p, 12p-5p