



"Primary Care Naturally"

## Snohomish Naturopathic Clinic

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### Being Smart About Aging Gracefully

By Lori Bernethy, LMP, CTT, Aesthetician

As a skin care professional for 28+ years, I'm asked the same questions on a daily basis:

- How can I age gracefully?
- Is there anything to take away the brown spots on my hands and face?
- What can I do about my dark, puffy eyes and the wrinkles that are getting worse, especially around my mouth?
- What products are worth the money?

One thing I can tell you is: **consistency is key**. We probably all have health related products for our skin and body that just sit on our shelves. We make our purchases with the best of intentions and after a few uses, just don't think about using them anymore. Or if we don't get the desired result with just a few applications, we give up on the product altogether! I'm here to tell you there are great products out there that really do work, but they take regular, daily, consistent use and daily protection to avoid the issue from rising again.

Here are my best graceful-aging tips for you:

1. Use a good topical anti-oxidant (high vitamin C & E) and an SPF of at least 30 each and every morning – even in winter. Damaging UVA and UVB rays find us through clouds and windows all year long.
2. Stop yo-yo dieting. Fluctuations in weight stretch out the skin, creating looseness and wrinkles.
3. Feed your face a healthy diet. Take in omega 3 fatty acids from wild salmon and walnuts for anti-inflammatory properties. Vitamin C from citrus, kiwi and spinach enhance collagen. And lycopene found in tomatoes and pink grapefruit protect against sun damage.
4. Try your best to sleep on your back; avoid your stomach and sides. Pressure on your face causes breakdown in tissues and lasting wrinkles.
5. Avoid pursing your lips too much. Good example: the use of straws can be very damaging and create lines around the mouth.
6. Do not rub around your eyes, as this can induce hyperpigmentation (dark circles); the eye tissue is delicate.
7. Being sleep deprived is a factor with aging. It affects our energy, concentration and complexion. At night our skin is in a reparative state. Use a good night cream and you'll get much benefit through a difference in both pH and circulation.

8. Invest in a skincare line with the following goals:
  - a. Exfoliation through cleansing.
  - b. Hydration through serums and creams.
  - c. Protection through antioxidants and SPFs.

Although vitally important in anti-aging, a good skin care regimen should not be your ONLY goal. A well balanced plan for inside as well as outside is key. Do see a professional skin care aesthetician for advice, eat a healthy diet, get regular exercise, see a naturopathic doctor if you are having trouble sleeping and find healthy ways to take time for yourself to de-stress. Have specific questions or need more information? Call SNC at 360.568.2686 to schedule a free 15 minute consult with me!