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A Younger, Healthier You!

juve facial rejuvenation salon Newsletter

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Greetings,

What is the secret for maintaining youth? Lately we see much information referencing free-radicals and antioxidants. It is everywhere from skin care products to sports drinks. As it turns out we may be headed in the right direction. Mounting research is suggesting that antioxidants and free radical damage are vital contributors to our understanding of pre-mature aging, degenerative disease and wrinkling. There is still much that needs to be further explored, however at this point these two ever-so popular terms may actually be a link to the fountain of youth.



Biology 101 **What are free radicals?**

Free radical damage occurs on an atomic level. A single atom is made up of protons, neutrons and electrons - all of which collectively form a molecule. Electrons are naturally found in pairs. However, when oxygen molecules are involved in a chemical reaction they can lose one of their electrons. When an oxygen molecule only has one electron it is called a free radical. With only one electron the oxygen molecule must quickly find another electron by taking one from another paired molecule. In turn, that molecule loses an electron and it too must find a partner, thus creating a continuing chain reaction referred to as 'free-radical damage'.

Next, we ask what causes a molecule to let go of one of its electrons? Oxygen, or any oxygen containing compound such as carbon monoxide,

Antioxidants: **Our free radical scavengers**

Antioxidants prevent unstable oxygen molecules (those with only one electron) from interacting with stable oxygen molecules. Antioxidants neutralize and repair damaging free radicals. Free radical damage causes cells to break down and impairs their ability to function normally. Antioxidants are necessary to sustain and regulate healthy cell processes, the healthier our cells the more youthful we look and feel.



Good news for coffee and chocolate lovers.

Research from University of Scranton concludes that coffee and black tea contain high levels of antioxidants. Evidently, coffee is the number one

pollutants, pesticides and sunlight. These compounds are found everywhere, therefore free radical damage is inevitable (bear in mind the body needs free radicals for other positive functions). However, damage must be kept at a minimum. How do we prevent these unstable oxygen molecules from taking over? This is where antioxidants come into play.



Sources of Antioxidants:

The foods we should be eating.

Eating 5 -7 servings of antioxidants each day will help combat age related diseases by strengthening the body's defense against free radicals and oxidative stress. Almost all fruits and vegetables are excellent sources of antioxidants. Here is a list of some of the best sources of antioxidants.

- Spinach
- Kale
- Artichoke
- Brussels Sprouts
- Strawberries
- Blueberries
- Pomegranate
- Cranberry
- Grapes
- Lemons
- Pineapple
- Grains: Barley, millet, oat and corn
- Walnuts
- Sunflower seeds
- Pinto and Soy beans
- Ginger
- Garlic
- Tuna
- Salmon

source of antioxidants in the American diet.

As for those with a sweet tooth, you should be happy to know that chocolate, more specifically, flavonoid-rich cocoa, has also been proven to slow the aging process. Eating dark, non- milk chocolate with at least 35% cocoa, has proven to increase blood flow to the brain, improve blood vessel health and be rich in antioxidants. Only the purist of cocoa has such health benefits. It is recommended not to be persuaded with the "candy" chocolate bars that are high in milk fat, hydrogenated oils and sugar (My personal favorite is Trader Joe's dark chocolate: 73% super dark.)

All though this good news may tempt us to over indulge in pick-me-ups and sweet temptations, remember, everything in moderation.

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Treat yourself to our fabulous Oxygenating Trio. This facial treatment is designed to correct and prevent free radical damage due to environmental stress which is one of the more significant contributors to the aging process. You will leave feeling refreshed with radiant and supple skin.

"What we call the secret of happiness is no more a secret than our willingness to choose life."

Have a beautiful day!

**Sincerely,
Your friends at juve**

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