Using Beauty …

to Get to Health

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#1 reason women quit smoking?
Molecular basis of tobacco smoke-induced premature skin aging.

Morita A¹, Torii K, Maeda A, Yamaguchi Y.

- Premature wrinkling
- Takes about 10 years to occur
- Dose dependent manner: duration X # of cigarettes
- Nicotine in cigarettes causes narrowing of the blood vessels in the outermost layers of your skin = less O2 and vitamin A
- Matrix metalloproteinases (degrade collagen) are induced dose-dependently by tobacco
- Activates aryl hydrocarbon receptor (AhR) → premature skin aging
- 4000 chemicals: damage collagen and elastin
- Lip pursing → wrinkles
Skin aging induced by ultraviolet exposure and tobacco smoking: evidence from epidemiological and molecular studies.

Yin L, Morita A, Tsuji T.

- When excessive sun exposure (>2 h/day) and heavy smoking (35 pack-years) occurs together, the risk for developing wrinkles was **11.4 times higher** than that of non-smokers and those with less sun exposure (<2 h/day) at the same age.

- Matrix metalloproteinase-1 (MMP-1) mRNA expression in human fibroblasts significantly increased in fibroblasts after the stimulation with either tobacco smoke extract or UVA.

- MMP-1 induction was significantly higher in the low glutathione (GSH) content fibroblast compared to that in the high GSH fibroblast.
6 master keys

- Sleep
- Food
- Exercise
- Relaxation
- Detoxification
- Supplementation
Beauty sleep - quiz

1 - Do you sleep less than 7 hours? ___
2 - Do you get to bed after 11PM? ___
3 - Do have trouble falling asleep? ___
4 - Do you have trouble staying asleep? ___
5 - Are you a ‘night owl’ and feel more awake at night?
6 - Do you have sleep apnea? ___
7 - Do people say you look tired? ___
8 - Do anxious and numerous thoughts jump around your brain at bedtime?
60 pre-menopausal women between the ages of 30 and 49, half of participants falling into the poor quality sleep category.

- poor sleepers had increased signs of skin aging and slower recovery from a variety of environmental stressors (ultraviolet (UV) radiation)

- poor sleepers - intrinsic skin aging including fine lines, uneven pigmentation and slackening of skin and reduced elasticity

- poor sleepers - had worse assessment of their own skin and facial appearance.

- good quality sleepers - recovered more efficiently from stressors to the skin. Recovery from sunburn was more sluggish in poor quality sleepers, with erythema (redness) remaining higher over 72 hours, indicating that inflammation is less efficiently resolved

- poor quality sleepers were significantly more likely to have a higher Body Mass Index (BMI)
Foods / Digestion - Quiz

1 - Do you have less than 1 bowel movement a day? ____

2 - Does your digestive system bother you in some way (constipation, diarrhea, bloat, gas, pain, reflux) most days? ___

3 - Do you get angry or irritable if you miss a meal (aka ‘hangry’)? ____

4 - Do you have days without green plant foods? ____

5 - Do you drink less than 40 ounces of water a day? ____

6 - Do you need to purchase larger-sized clothes every year or two? ____

7 - Is most of your food cooked in someone else’s kitchen? ____
Food - AGES

- High glycemic and AGES: promote cross-linking of collagen fibers (glycation).

- Covalent bond is established between the amino acids in the collagen and elastin present in the dermis. These amino acids are linked by glucose and fructose, leading to the production of advanced glycation end products (AGEs).

- Accumulation of AGEs, structural changes in the skin can occur, resulting in increased stiffness and reduced elasticity.

Foods – anti-AGE herbs

- Oregano
- Cinnamon
- Cloves
- Ginger
- Garlic

Food - Acne

Moli-sani study: this is a large prospective cohort study that recruited 24,325 men and women from the general population of the Molise Region, a Southern Italian area.

Mediterranean-like diet: closely associated with relatively lower values of glucose, lipids, CRP, blood pressure and 10-year cardiovascular risk.

Diet high in antioxidant vitamins and phytochemicals was associated with lower blood pressure and CRP plasma levels.
Chronic inflammation is etiology of extrinsic aging.

- chronic inflammation appears strongly linked to many preventable and treatable skin diseases and conditions such as visible skin aging.
- **Mucocutaneous inflammation** is the final common pathway of many systemic and mucocutaneous diseases including extrinsic aging.
Exercise - Quiz

1 - Do you avoid exercise or anything that involves breaking a sweat? ____

2 - Are parts of your body much weaker than others? ____

3 - Do you carry excess fat around your stomach, underarms, butt, or thighs? ____

4 - Is walking up steps a chore? ____

5 - Is it hard to get up off a couch or chair? ____

6 - Can you do a push up? ____

7 – Is your home one level, with no steps? ____

8 - Do you sit for the majority of the day? ____
Exercise – live longer

- Almost 2000 joggers and 16,000 non-exercisers for up to 35 years
- Male runners – lived 6.2 years longer
- Female runners – 5.6 years longer
- Light to moderate jogging: 1 to 2.5 hrs weekly at 5 – 7 miles an hour
- More is better? Those who ran faster pace (7+ mph) for 4+ hrs /wk lost all the longevity benefits
Exercise – the buttock test

- Exercise not only appears to keep skin younger, it may also even reverse skin aging in people who start exercising late in life.

- 29 local male and female volunteers ages 20 to 84. Half active – half sedentary.

- Studied butt cheek skin (not exposed to sun) before and then after starting 2x a week 30 minute cardio (jogging or cycling) program.

- After 3 months: epidermal and dermal skin layers in the older exercise group had the features of a 20 to 40 year old - the skin showed signs of reverse aging.

IL-15 is a regulator of mitochondrial function in aging skin.

Exercise controls IL-15 expression in part through skeletal muscle AMP-activated protein kinase (AMPK), a central regulator of metabolism - elimination of muscle AMPK causes a deterioration of skin structure.
Relaxation – Inner Peace / Quiz

1. Would you say you feel negative or anxious most of the time and/or do you hate your work or daily life? ____

2. Do you feel a deep disconnect from other people that makes you feel alone and/or do you consistently feel you are not ‘good enough’? ____

3. Do you have zero exposure to a park or outdoor space with trees and plants once a day? ____

4. Is meditation, acupuncture or massage absent in your regularly-scheduled life? ____

5. Do you get together with friends, a religious group, or other community less than once a week? ____

6. Is there no time in your life to help other people? ____

7. If someone else is doing well, do you feel there’s less for you? ____

8. Do you consider your body ‘not good looking’ and/or will you not look at your naked body in the mirror? ____
telomeres and skin

- Telomerase is also active in certain somatic cells such as those in the epidermis.
- Telomerase plays a significant role in maintenance of skin function and proliferation.
- Aging of the skin is in part a function of telomerase activity.
Psychological stress cognitions, particularly appraisals of threat and ruminative thoughts, can lead to prolonged states of reactivity.

In contrast, mindfulness meditation techniques appear to shift cognitive appraisals from threat to challenge, decrease ruminative thought, and reduce stress arousal.

meditation may have salutary effects on telomere length by reducing cognitive stress and stress arousal and increasing positive states of mind and hormonal factors that may promote telomere maintenance.
Faces showing expressions of happiness were judged to be younger, and faces showing expressions of sadness were judged to be older.
Detoxification - Quiz

1. Do perfumes and smells bother you? ____
2. Does a cup of coffee or alcoholic drink make you feel pretty bad or keep you up at night? ____
3. Have you had or do you have regular exposure to pollution, and/or chemicals like hair products? ____
4. Do you have age spots/liver spots on your skin? ____
5. Do you smoke or take medications regularly? ____
6. Do you look older or weigh heavier than you think you should? ____
7. Does every day involve eating some form of cow’s milk, gluten or meat? ____
8. Do you think you don’t sweat, no matter how hard you exercise? ____
‘detox’

- Remove offending agents (allergenic / sensitive foods, pesticides, cosmetics, mold)
- Exercise
- “detox diet”
- Fiber, colonics
- Spiritual detox
- Castor oil packs / sauna
- Skin brushing
- Fish oil, probiotic, cleanse protein powder
Mouse study showed decreased skin detoxification (due to burns) may increase the risk for oxidative stress and insulin resistance
Supplements - Quiz

1 - Do you take a quality multiple vitamin less than 5 days a week? ____
2 - Do you take essential fatty acids less than 5 days a week? ____
3 - Do you take a probiotic supplement less than 5 days a week? ____
4 – Do you have major menstrual irregularity or perimenopausal/menopausal symptoms? ____
5 - Do you miss a rainbow color (red, orange, yellow, green, blue, violet) in your regular diet? ____
6 - Does your skin have no shine or luster or is your tongue coat patchy or a little swollen? ____
7 – Do you swell, have mood changes, terrific hunger, or insomnia that is affected by your menstrual cycle?
8 - Are your nails soft, thin, brittle, or furrowed, or do you have dry mouth corners? ____
My 3 U Need


2nd tier

- melatonin receptors are expressed in many skin cell types: keratinocytes, melanocytes and fibroblasts.
- strong antioxidative activity
- counteracts massive generation of reactive oxygen species, mitochondrial and DNA damage
Pycnogenol

- photoprotection, skin elasticity and hydration
- increases synthesis of extracellular matrix molecules such as hyaluronic acid and possibly collagen
- reduces hyperpigmentation
- improves skin barrier function and extracellular matrix homeostasis.
- Improves psoriasis, melasma

some other favs


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