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RENEW YOUR LOOK
SKIN WISDOM & MED SPA SERVICES
TOP 10 GLBT HEALTH CONCERNS



— JULIA TATUM HUNTER, M.D.

A great body demands great skin ... firm and healthy. To enhance, not harm your skin, use chemically correct, therapeutic concentration products without toxic ingredients. Add scientifically correct procedures to cure damage and slow the aging process.

Make-up, skin, oral, hair and nail products must be free of

SKIN WISDOM EVERYONE NEEDS TO KNOW

Dr. Hunter offers important tips on how to purchase products for your skin.

harmful chemicals, artificial colors, dyes and fragrances that cause inflammation, which is the primary cause of disease, aging and skin pathology.

Here are five tips for taking care of your skin:

1. Start the prevention habit From birth, everyone should at all times wear sunblock — not sunscreen — that protects against UVA, B and C. Sun rays and X-rays are equivalent and cumulative, and

cause inflammation, DNA damage and disease. Sunscreens don't protect against this damage and contain inflammatory chemicals. Remember to protect your ears and head!

2. Rejuvenate the skin. Use correct exfoliation, peels, products and procedures, which thicken and rejuvenate skin, reduce wrinkles and clear up acne scarring by generating new collagen and skin cell production.

I prescribe epidermal leveling, the physiologically correct exfoliation technique. This procedure speeds up new cell and collagen growth, which results in tighter, clarified and more detoxified skin. The technique purges skin damage, abnormal cells and hyperpigmentation. There is no downtime, and the immediate results provide glowing, polished skin. Unlike microdermabrasion and scrubs, the skin is not abraded, wounded and inflamed. It's evenly leveled and utilized over the entire body.

3. Avoid products that inflame the skin. Inflammation begins afflicting us at birth. Research on skin cancer: aging; enlarged pores; ingrown beard hairs; hyperpigmentation photo damage; rosacea; heart and blood vessel damage; as well as erectile dysfunction and

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organ diseases such as diabetes, demonstrate that free radicals are the core cause of inflammation. They cause acidic blood and tissue pH, creating a hostile body environment, especially for collagen production. Stress causes inflammation via the hormones.

Skin, the largest organ of the body, is used first to detoxify. As it becomes inflamed from what we consume, absorb and are exposed to, such as pollution and sunlight, the results are aging and disease.

The ingredients we consume in foods — even organic foods — and their lack of vitamins, minerals and antioxidants greatly contribute to inflammation. The closer to natural raw green foods you eat, the more alkaline and healthy your skin and body will become. We must address the skin and body internally and externally to achieve health and turn back the clock.

Checking out ingredients in food helps to protect and enrich our diet. It is imperative that we do the same with skin, makeup, hair, oral and nail products. Virtually all of these products and many pharmaceuticals have known toxic ingredients, which cause more inflammation, free radicals and acidity, exacerbating skin and body problems. Artificial colors and fragrances, and artificial preservatives such as synthetic propylene glycol, triethanolamine, the parabens, ureas, lauryl sulfates, benzoyl peroxide, glycolic acid, petrolatum, and mineral oil are all cheap "filler." They lead to accelerated aging, acne, enlarged pores and deteriorated skin and body health. Please read the labels!

4. Using products that heal does not require a prescription. If you avoid increased inflammation caused by the above chemical irritants, the result will be a

quick and progressively visible improvement. Products, technology, procedures and foods that neither contain nor produce harmful irritants or chemicals, yet have maximal antioxidants, pH balancing and detoxifying properties are available and affordable. They are the only skin products that result in prevention and rejuvenation and contain active, therapeutic ingredients. That means ingredients resulting in progressive, continual improvement you see and feel ... not fillers. Therapeutic ingredients will correct chemical structure, penetrate into the skin cells and strengthen the skin's weakened ability to function, repair itself and turn back the body's physiology to a more youthful, handsome, less diseased and compromised state of functioning.

5. Routinely maintain skin health! Just as you consistently repair and upkeep your house and car,

maintenance is needed for your skin and body. Everything that results in skin health and beauty must be addressed: vitamins and supplements, hormones (such as testosterone, DHEA, estrogen, progesterone and growth hormone), internal organ health and detoxification (via alpha lipoic acid, milk thistle, and chromium) and drinking lots of water. Limit coffee to two cups a day, preferably organic. Green and white teas are powerful antioxidants. Red wine should be your alcohol of choice because of the ingredient resveratrol, which promotes anti-aging health. Insure that your physiology is kept working at its best, disease-free and youngest to achieve the results you want and the health you need! **ON**