

Skincare

Home > Skincare

Face

Anti Aging

Skin types

Acne

Summer & Sun

Skin & Lifestyle

Treatments

Skin Disorders

Are Your Skin Products and Make-up Causing more Harm Than Good? by Julia Tatum Hunter, M.D.

The Solution in Today's Toxic World is More Antioxidants!



Enhance, not damage your skin's health and beauty. Make-up, skin, oral, hair and nail products must be free of harmful chemicals, artificial colors, dyes, fragrances and fillers that cause inflammation...the primary cause of disease, aging and skin pathology.

Inflammation ...the cause of disease that is afflicting all of us at every age!

Well-documented research on skin cancer, enlarged pores, hyperpigmentation, photodamage, rosacea, skin aging, heart, blood vessel and organ diseases demonstrate that free radicals, inflammation, acidic blood and tissue pH are the core causes. What most of us do not realize is that the skin is the largest organ of the body, and the organ the body first uses to detoxify, therefore it becomes inflamed from what we consumed, what is put on it, and what it is exposed to,

such as pollution and sunlight. All of this results in aging and disease. We have become accustomed to checking ingredients in food to help protect and enrich our diet. It is equally as important that we do the same with skin, make up, hair and nail products.

Virtually all skin, oral, nail, hair care products and many pharmaceuticals have known toxic ingredients, which cause more inflammation, free radicals and acidity exacerbating common skin and body problems. Ingredients such as artificial colors and fragrances, artificial preservatives - synthetic propylene glycol, triethanolamine, the parabens, ureas, lauryl sulfates, benzoyl peroxide, glycolic acid, petrolatum, mineral oil and many more, are sources of accelerated aging, acne, enlarged pores and deteriorated skin and body health.

Use Products that Heal not Hurt the Skin.

You can easily avoid using or decrease the increased inflammation caused by just these above chemical irritants. The result will be visible improvement. Products, technology and procedures that not only contain nor produce harmful irritants or chemicals, but also have maximal antioxidants, pH balancing and detoxifying properties to treat your entire body are available and affordable. The only skin products that result in prevention, rejuvenation and cure must contain active ingredients, not fillers, and correct chemical structure to penetrate into the skin cells to enhance and treat the problem. The visible result is to strengthen the skin's weakened ability to function, repair itself and turn back the physiological clock to a more youthful, beautiful, less diseased and compromised state of functioning. These skin, make-up, hair and nail products do not require a prescription.

Your Skin is a Mirror of your Body's Health.

The skin is a reflection of your body's overall health. Skin conditions are exacerbated by what is internalized. Toxicity, altered cell and organ biochemical functioning, immune system malfunctions and hormonal issues must be addressed to achieve skin and body health and beauty. Diet, not one of deprivation, but of tasty, informed choices that minimize inflammation, blood and tissue acidity, osteoporosis, diabetes, Alzheimer's, obesity and aging, that works for you, your budget, and lifestyle are easy to do.

You must Routinely Maintain Skin Health!

Just as you consistently repair and upkeep your house and car, maintenance is needed for your skin and body. Insure that your individual physiology is kept working at its best, disease-free and youngest to achieve the results you want and the health you need to be young at any age!

About the Author: Dr. Julia Tatum Hunter specializes in maximizing skin health and beauty in men and women at any age, by treating the patient internally and externally. Dr. Hunter found that the key to obtaining and sustaining optimum results in skin care is to maximize the entire body's physiology. Skin Fitness Plus is the science of skin care using human physiology, anatomy, laser technology and chirally-correct, pharmaceutical nutraceuticals.

The Skin Fitness Plus Action Plan treatments contain no harmful chemicals that can inflame and age the body, and uses the "best tool for the job" lasers to treat damaged and aged skin. for more information please visit: www.skinfitnessplus.com