

Facts About The Aging Process

The Aging Process

- Changes in the skin inevitably happen as years pass.
- It is a natural order of life that matter changes as it ages. Skin is not immune to this law.
- Collagen and Elastin production slows down dramatic 65% between 20 and 80.
- The thickness of the skin decreases a staggering 6% every 10 years.
- 90% of the visible signs of aging are due to sun exposure, actinic aging.

Intrinsic Aging

- Much of intrinsic aging factors are hereditary.
- Family background and history play a major role.
- In general the darker the skin, the less visible aging will take place.
- Thicker skin does not show aging as fast as thinner, fragile skin types.

Actinic Aging

- Directly related to exposure to the sun.
- Including:
 - Wrinkling
 - Sagging
 - Discoloration
 - Unsightly pigmented spots
 - Thin skin, spider veins, and lack of color
- 90% of all visible aging is due to sun exposure and is avoidable!

Wrinkles

- **TWENTIES:** First wrinkles appear around eyes and lips
- **THIRTIES:** Skin becomes less resilient as elastin declines allowing gravity to begin to have its way
- **FORTIES:** As elasticity begins to diminish, skin loses its memory and becomes less able to snap back. Repetitive movements such as frowns, squinting, or cigarette smoking form the first permanent wrinkles
- **FIFTIES:** Normal aging changes become more apparent, gravity is certainly a factor. Gravity combines with the decrease in collagen and elastin causes skin and muscle to sag. Gravity also causes the tip of the nose to droop and the ears to elongate.

Another important factor in intrinsic aging is the loss of bone mass. As bones shrink away from the skin, the skin retains its size and shape; this leaves the skin slightly bigger than the underlying bones resulting in loose folds of skin and thick wrinkles.

Nutrition And Exercise

- Good health habits and balanced nutrition help the body to nourish the skin from the inside out.
- Vitamin C has been shown to support the production of collagen, the strength of the skin.
Calcium supplementation supports bone mass.
- Anti-oxidants combat free radicals.

Don't forget WATER! Hydration from the inside is critical for all cells.