

## Skin & Free Radicals

Our skin is the largest organ of the human body covering about 16 square feet and weighing approximately 10 pounds. We generally take our skin for granted. Much like the roof on our house, we have a tendency to not take very good care of it! Skin damage occurs when the skin cell is damaged by free radicals. These tiny, high-energy particles damage any substance they may bump into!

Free radicals make the cell wall (membrane enclosing the cell) more permeable, causing the cells to lose water. These harmful radicals also damage the cell's DNA causing future cells to be altered or even cancerous. The skin proteins collagen and elastin are particularly susceptible to free radical damage. When this damage occurs, it causes these structural protein molecules to fracture or disrupt and then link back together in a different way. This causes the once strong collagen to become brittle, thinner, and weak, hence aging. The most common causes of free radicals that wreak havoc on our youthful skin and appearance are:

- Sun exposure
- Cigarette smoke (first or second hand)
- Environmental toxins
- Poor diet (high in saturated fats)
- Excess alcohol consumption
- Stress
- Harsh soaps
- Sleep deprivation

Luckily, nature can provide us with what are called “free-radical scavengers” or antioxidants to help prevent, and in some cases reverse, the damage caused by free radicals. While vitamin C and vitamin E are both excellent antioxidants, both are disabled once they have “captured” a free radical and cannot be useful to the body until they are recharged. Oligomeric Proanthocyanadins from the French Maritime Pine tree, better known as OPC, are much more effective! The key ingredient in Theraderm OPC Reparative Gel, OPC, has been proven by multiple clinical studies to be 20 times more effective than vitamin C and 50 times more effective than vitamin E as free radical scavengers! It also acts to protect and enable vitamin C in its critical function of repairing damaged collagen.

Other key ingredients in the OPC Reparative Gel are Hyaluronic Acid which is known to be a powerful humectant that attracts 1000 times its own weight in water into the surface of the skin. Alpha-Lipoic Acid, another strong antioxidant, actually *recharges* both vitamin C and vitamin E. They are then released back into circulation to further strengthen your line of free radical defense and lessen the need for increased dietary or topical Vitamin C.

So free yourself from free radicals and use Therapon Skin Health's OPC Reparative Gel to protect your skin....it's a battle out there, but *you can win* it!