

# Massage & Body Maintenance

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Member, Associated Bodywork & Massage Professionals

## Healthy Aging and Your Skin

### Trends and Treatments for Baby Boomers

With more than 70 million baby boomers in the United States poised to join the ranks of those aged 65 and older in coming years, this generation has embraced a new twist on aging gracefully. These individuals don't think of themselves as old, and in many respects, they are not, at least not in the same sense their parents were after they passed the 65-year mark.

#### A State of Mind

In addition to wanting to remain vital and active, boomers are increasingly expressing a desire to look as young as they feel. Many boomers are turning to minimally invasive procedures to avoid the downtime and drastic changes in

One of the first indicators of overall health and how gracefully someone is aging is the condition of someone's skin. Take the backs of the hands, for example. The increasingly noticeable and enlarging veins and so-called age spots are some of the first telltale signs of aging.

#### Vitality at Any Age

John Roseby, executive spa director at the famous Arizona-based spa, Canyon Ranch, says skin care, massage, and bodywork are part of their wellness philosophy.

"Health and vitality at any age is one of our core messages and one we believe in

*Each person's task in life is to become an increasingly better person.*

- Leo Tolstoy



Feeling fit and healthy--no matter what your age--contributes to a quality life.

appearance associated with plastic surgery. Almost miraculously, it's possible to look much younger than one's years, since modern health care is helping ward off life-shortening disease at a tremendous rate. The result is a growing population expected to live longer than any generation before and to look better doing it.

passionately," he says. "Regular skin care programs allow vibrant health to shine from deep within."

Anne Williams, esthetician and director of education at Associated Bodywork and Massage Professionals, agrees and says a spa is an excellent place to treat the

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#### Office Hours and Contact

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entire body. "Massage improves the appearance and condition of skin, and tones muscle tissue, thanks to improved local circulation."

With age and inactivity, circulation slows and skin becomes pale and cold. "Massage has a stimulating cellular function in the hypodermis, dermis, and epidermis," says Sharon Puszko, director of Day-Break Geriatric Massage Institute. "Touch nurtures, relaxes, and heals, as well as stimulates and activates."

Ultimately, Williams says, one of the greatest benefits of any type of skin care and bodywork treatment is the ability it gives you to reconnect. "You re-experience your body. When you're in your body, you own it in a different way. You care about it in a different way."

## Skin's Graceful Aging

Proper skin care can help ward off signs of aging. Here are some healthful skin care tips for caring for maturing skin.

### Protect Your Skin

The most important thing you can do for your skin, Williams says, is to consistently use sunscreen. Whether skiing the Colorado Rockies, swimming the Pacific Ocean, or just walking to your car for a lunch break, sunscreen should be a part of your daily routine, as sun damage is the number one cause of prematurely aged skin. Consider buying makeup or moisturizer with an SPF of 15 or higher to ensure constant protection. To protect you from the full range of ultraviolet rays, look for products containing at least one of these ingredients: avobenzene, titanium dioxide, or zinc oxide.

### Keep it Moist

Depending on where you live, you may not give much credence to moisturizer use, but experts say it is a critical piece of the puzzle for great skin. Avoid traditional grocery store finds in favor of a more targeted moisturizing product, preferably one recommended by your esthetician. If you spend money on anything, Williams says, spend it on a good moisturizer. A gentle cleanser (no bar soap on the face, ever, she says) and an alcohol-free toner will round out a simple, yet effective skin care plan. In general, it's a good idea to stick with one

product line since products are usually designed to work together.

### Don't Overdo It

In our zeal to clean our skin, we often overdo it. Just as you shouldn't exfoliate too often (no more than once a week), you should also avoid overscrubbing your face, even with just water and a washcloth. Your skin is fragile; treat it as such. It pays to leave the serious exfoliation to an expert esthetician and go gently on your skin at home.

### Watch What You Eat

The healthier you eat, the better your skin will look. This means natural, unprocessed foods with high antioxidant and vitamin contents (in other words, fruits and vegetables). Strive to replace processed breads and cereals with whole-grain alternatives that contain fiber. Eliminate or go easy on caffeine and sugar. Many believe drinking plenty

of water will keep your skin hydrated and healthy.

### Talk to the Experts

Williams says working with a skin care professional will help establish a good base of knowledge about how to care for your skin. Having an expert who knows you and your history will help address changes going forward. For example, if you change climates, your skin's needs will change as well. The same is true with the seasons.

The seasons of your life will bring yet more changes to your skin care needs. Talking to an expert will help guide you through those changes and give you proactive self-care steps. Growing older doesn't have to mean growing old.



An esthetician can help you determine noninvasive ways to maintain a healthy complexion.

# Elimination Effect

## Clear Skin Depends on Internal Wellness

Shelley Burns, N.D.

Do you often wonder why a skin blemish has not resolved or why acne outbreaks continue in spite of countless therapies? If so, you may need to dig a bit deeper and look inside--inside your body, that is. Good digestive health and the health of your colon can mean healthy skin.

### THE QUESTION IS, HOW?

Both the colon and skin are responsible for absorbing and releasing chemicals, water, and other metabolic products. The colon is the largest internal organ in the body. Its function is specifically to absorb food, nutrients, and water.

One function of skin is to help the body breathe. It inhales and exhales similar to how the lungs work. Inhalation and exhalation by the skin allows it to open pores and perspire. So, sweating is a good thing.

When the colon is unable to get rid of waste produced from food, the colon becomes constipated and toxic. The skin also becomes toxic in trying to perform

the elimination function, and often results in skin eruptions in the form of acne, eczema, and psoriasis.

### PREVENTION

You can avoid some of this trouble with these tips:

- Consider removing certain foods from your diet--especially dairy. An allergy to milk and other dairy products can cause severe acne.
- Drink at least 64-80 ounces of water every day, as it lubricates the colon and helps with regularity.
- Refrain from dehydrating beverages like alcohol, coffee, and soda, as they can cause constipation.
- Strive for a daily bowel movement--try 1-3 teaspoons of ground flax seeds added to your breakfast.

Beautiful skin starts from the inside out. Adopting these practices will not only improve colon and skin health, but will promote your overall health as well.



Water intake can clarify skin.

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# Long Live Cells with Vitamin E

## Antiaging Inside and Out

A good skin care regimen is comprised of an antioxidant-rich diet and vitamin/mineral supplementation that includes vitamin E -- an essential key to a healthy complexion. Vitamin E is unique in that it's not one vitamin, but a family of eight fat-soluble antioxidants, including four types of tocopherols and four types of tocotrienols -- alpha, beta, gamma, and delta. Alpha-tocopherol is the most common and most potent form of vitamin E.

This important nutrient works to prevent aging by prolonging the useful life of cells in the body. By protecting and strengthening the cell membrane, vitamin E wards off free radical attacks caused by sun exposure and also helps combat disease. This protection is further intensified when combined with vitamin C. Vitamin E also helps in the

formation of red blood cells, protecting them from destructive toxins and cell damage, which also helps prevent skin cancer.

Vitamin E-rich foods include wheat germ; almonds, peanuts, and walnuts; safflower, corn, and soybean oils; and green leafy vegetables. For supplementation, the recommended daily intake of vitamin E is 400 IU. Be aware that high doses of vitamin E (1,200 IU daily or more) can be toxic and cause oxidative damage.

It is imperative that when taking the supplement orally, it is in the natural form, designated with a "d," and not synthetic, designated as "dl." Mixed tocopherols--meaning a combination of alpha, beta, gamma, and delta--are easily absorbed and a good choice,

especially in skin care products.

Topical creams and oils containing vitamin E promote healing, protect cells from free-radical damage, and reduce itchiness--very helpful in treating conditions such as sunburn and eczema.

In addition to contributing to healthy skin, vitamin E has many other beneficial properties, including slowing the progression of Alzheimer's disease, decreasing oxidative stress associated with asthma, alleviating arthritic conditions, decreasing PMS symptoms, and reducing the risk of heart disease.

*Life is like riding  
a bicycle. To  
keep your  
balance you  
must keep  
moving.*

-Albert Einstein

Quick steps to keep you moving at your desk and improve your balance.

1. Stand and read.
2. Stand while talking on phone.
3. Stand on one foot sorting mail, filing, on the phone.
4. Move items on your desk, so you have to stand up to get them.

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