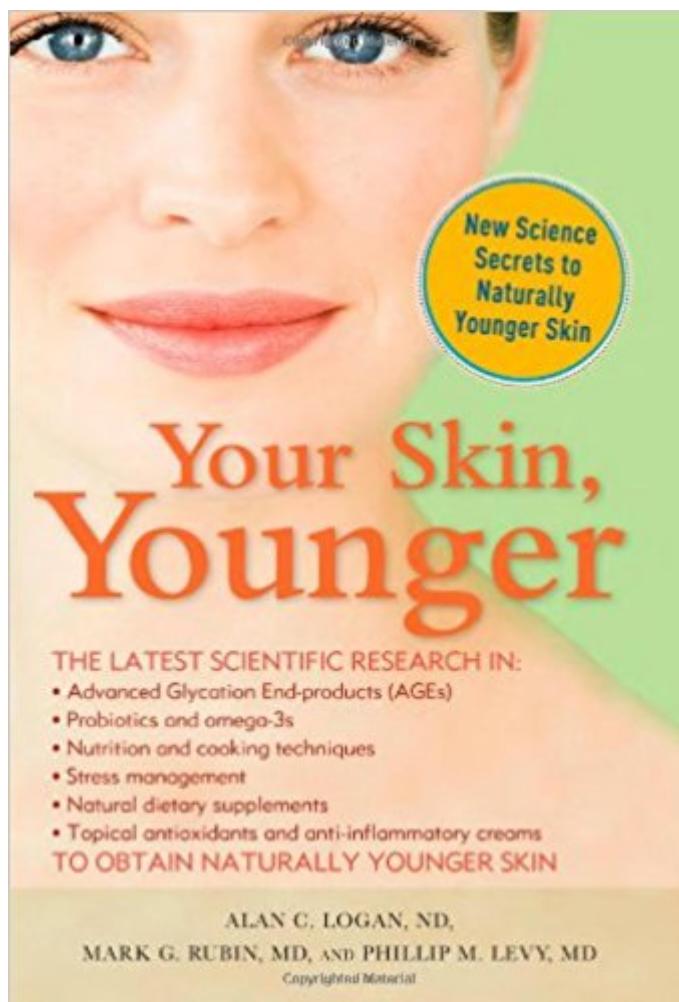


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# Your Skin, Younger: New Science Secrets To Reverse The Effects Of AGE



## Synopsis

The Easiest Action Plan for Naturally Younger Skin The glowing, wrinkle-free complexion you've always dreamed of is within your reach. You can prevent and limit the visible signs of aging—without synthetics, cosmetics, Botox, or surgery. Based on the latest scientific research, *Your Skin, Younger* shows you how nutritional skin care will make your skin radiant, healthy, and age-defiant. Unlike other books or websites, *Your Skin, Younger* offers affordable, accessible ways to achieve gorgeous skin and explains exactly why these natural methods will work. This go-to guide for younger skin includes: • Over thirty skin-healthy recipes • Wrinkle-free sleep habits • An in-depth dietary supplement review, including what to take and how much • How to curb the newest discovery in skin-damaging molecules, Advanced Glycation and-products (AGEs) • Which foods are power foods and which are collagen-destroyers • The truth about sunscreen • Stress-busters • Synthetic chemicals to avoid • An in-depth natural topicals review, including which ingredients to use • Relaxation techniques • Ways to reduce inflammation and redness And much, much more! "A clear and concise guide that will help to protect the skin and improve overall health." This multidimensional resource will surely provide valuable lifestyle information." —Ron Moy, MD, President-Elect, American Academy of Dermatology, Past President of the American Society for Dermatology Surgery

## Book Information

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## Customer Reviews

Alan C. Logan, ND, FRSN is a board-certified naturopathic physician licensed in Connecticut. He

graduated magna cum laude from the State University of New York at Purchase, and as valedictorian from the Canadian College of Naturopathic Medicine. As an invited faculty member of Harvard's School of Continuing Medical Education, he lectures in the mind-body medicine courses offered at Harvard. Co-author of "Your Skin, Younger" (Sourcebooks, 2010), he is the only naturopathic doctor to have his commentaries published in the four leading dermatology journals — Archives of Dermatology, the International Journal of Dermatology, the Journal of the American Academy of Dermatology and the British Journal of Dermatology. Widely regarded as one of North America's leading cosmetic nutritionists, he has been featured in health and beauty magazines such as Cosmopolitan, Elle, W, Life & Style, as well as CTV and Global National Canadian television.

Excerpt from Chapter One Sun exposure is a major contributor to the visible signs of aging. That's common knowledge. Outside of this fact, however, most adults — even doctors — write off youthful-looking skin as a simple matter of genetics. The assumption is that fine lines, wrinkles, dullness, furrows, sagging, uneven tone, roughness, and scaling are a matter of the cards that have been dealt from the genetic deck. Many people think that these visible signs of skin aging should be accepted as a foregone conclusion, that we should just sit idly by and watch them unfold in the mirror as a "normal" part of the aging process. But that's not true. Nutrition, stressors, mental outlook, lifestyle habits, and other environmental factors all play a role in the visible signs of aging. Genetics are far from the whole story, and much can be done from a nutritional standpoint, both internally and topically, to combat and prevent the aging processes in human skin. Visible signs of aging should not be dismissed as benign. In addition to the tremendous psychological fallout, a growing body of science demonstrates that facial wrinkles are a reliable surrogate marker of internal health. Using nutrition and lifestyle approaches, we will help you complement the outstanding technological advances used in dermatology clinics and promote health from the inside out. Cutting-edge techniques of cosmetic dermatology provide an incredible service to patients who want to undo the hands of time. The satisfaction rating of those who seek dermatological care for nonsurgical cosmetic medicine is extremely high. The advances in technology and sophistication of treatments have translated into meaningful visual results, which in turn translate into improved self-esteem and quality of life. Much has been written on advances in laser techniques, microdermabrasion, botox injections, and injectable fillers, to name a few. Countless books and articles describe the anti-aging advantages of modern dermatological care. Here we will take a different approach, one that takes us back to the future in dermatology. Some sixty or seventy years

ago, great emphasis was placed on the effect of nutrition and lifestyle on the health and appearance of skin. There was an inside-out approach to healthy skin. As the scientific sophistication of dermatology shifted into high gear in the 1960s, many of the older teachings were, as one dermatologist put it, "thrown into the dustbin of history." The focus shifted almost exclusively to synthetic topical preparations and light-based technology. Nutrition had no place in this new paradigm and was quickly relegated to the stuff of home economics class. Yet today, research has validated many of the teachings of our dermatology elders, and nutrition and lifestyle are back in scientific vogue. In addition to radiant, glowing skin with diminished signs of aging, many collateral health benefits come with consideration of diet and stress management. As you work your way through these chapters, you will be armed with the knowledge to boldly resist the opposing forces of skin aging. **Holding Us Together** Everything in your body is contained, or held in, by a tremendous organ with great sophistication, durability, and resiliency—your skin. Many of us take the skin for granted. When we think of a human organ, we tend to think of the brain, heart, kidneys, or lungs. Rarely do we sit back and appreciate our skin as a living, breathing, and dynamic organ. It is our largest organ: spread out, it covers some 20 square feet, and it makes up one-sixth of average body weight. But skin just doesn't get the respect it deserves. Over the course of a lifetime, our skin will do so much for us, not the least of which is its service as the great defender against the assaults of the outside world. It is also involved in fluid and temperature control, immune system surveillance, vitamin D formation, and the transfer of sensory information. It is our organ of emotional expression; facial skin allows the visual display of all our deepest emotions. You can think of your skin as a brave soldier on the front lines, protecting you from all conceivable physical, chemical, and environmental assaults. How do we repay this brave soldier for its acts of valor? Do we care for the skin and provide it with all of the raw materials for optimal functioning? What type of rations and nourishment do we provide? What type of rest from stress is provided? Do we place the skin in harm's way more often than need be? Do we damage the skin with dangerous synthetic chemicals purported to help skin structure and function? The answers to all of these questions will determine the true "age" of your skin, a numerical value quite distinct from your chronological age. High-quality human nutrition provides all the raw materials necessary for both structure and functioning of the skin, and a steady stream of optimal nutrients go a long way in supporting healthy skin over the course of a lifetime. Nutrient deficiencies, on the other hand, can compromise skin health, and dietary excesses in the form of sugar and harmful fast food can directly damage skin structure and function. **Anatomy** Before considering aging skin's structural and physiological changes and how to limit the aging process, we must first look at the components of normal skin. **Epidermis: The Outer**

Layer The outer layer of the skin, the part we actually see, is the epidermis. Although very thin, usually only half a millimeter, depending on location, the epidermis contains the important components on the next page. Renewing the epidermis takes about four weeks in normal skin. As we age, this turnaround time increases by as much as 50 percent, while the demand for nutrients becomes even more important.

- Stratum Corneum: Set up like bricks and mortar, this layer within the epidermis is critical for moist, well-hydrated skin. The stratum corneum is made up of keratin (bricks) and intercellular lipid complex (mortar).
- Ceramides: These are fat- (or lipid-) based chemicals within the stratum corneum. Some cosmetics mimic these ceramides, since they maintain the skin barrier.
- Keratin: This tough protein provides flexibility, chemical resistance, and protection. It is made up of nutrients such as amino acids, carbohydrates, and fatty acids.
- Basal Layer: Located at the bottom of the epidermis, this layer creates cells that form keratin.
- Melanocytes: These cells in the basal layer produce melanin, our skin pigment.
- Langerhans Cells: These cells perform immune system surveillance.

I bought this book nearly a year ago and I'm about to get back into it and read it again. I love the science and nutrition information for different supplements, vitamins, proteins, etc. It went into a big deep dive on so many but asked you to choose a small amount - only 5 - to try and stick to help your skin look younger. The five things I choose to do in 2014 improved my skin ( my skin has some - okay - lots of age issues such as dryness, acne, freckles and pigment issues, pasty-ness, poor elasticity, etc.) I had one pigmented spot under one eye that never looked quite right: big and not exactly a freckle, but more of a dark area. That is gone. I don't look younger, but I'd have to say I don't think my skin aged this year. I'm excited to re-read the book and choose 5 different things to stick to and try throughout 2015 starting January 1st.

This book has some excellent tips and suggestions. I would recommend it to any lady over 30 years of age to read.

I usually write quick-fire reviews but since I am first here I will provide a little detail. This book is co-authored by two cosmetic dermatologists and a naturopathic doctor. The book is not at all about standard treatments in cosmetic dermatology and is focused entirely on diet, lifestyle, supplements, "natural" skin topicals and why the skin is a marker of internal health. Positive: Very interesting book and captured my attention from page to page. Very detailed science and technical information put into simple terms for a generally easy read. The basics within the book have been covered

elsewhere (e.g. Perricone) but there is so much new information within this book that I have not read in other books and magazines. I have known about the sugar and skin glycation material for a while but these authors focus on the glycated products in foods we eat (based on food preparation techniques) and how steaming, stewing, poaching and cooking with water can influence skin health. They also make a convincing argument for a connection between the intestinal tract and healthy skin. Two chapters are devoted to oral dietary supplements and so-called natural ingredients (nutrients and herbals) that are found more and more often in topical products. These I found quite informative and will be a reference as I navigate the topical selections in Whole Foods. Some 40+ recipes are in the back that I have not tried but look good. The information on sleep and mind-body medicine related to skin explained precisely how stress can take its toll on the skin. Lots and lots of research with 500+ references provided. What I really liked were the discussions of old dermatology teaching (textbooks quoted from the 1940s) and the old advertisements (Post's cereal claiming in 1930 that "Your dining table can do damage that your dressing table can't repair; also an old ad in the New York Times during the 1930s for an acidophilus milk and a radiant complexion!!). The book is definitely part history book, and the authors show how the old observations fit well with the latest scientific results. Maybe the strongest argument they make is that the state of aging skin is a very good reflection of internal health and not just a matter of vanity. Negative: Although the chapters on internal supplements and natural-based topicals were thorough and up to date, I felt that there should have been more of a summary or action plan. A plan for diet was provided, so why not incorporate a top picks of internal and topical remedies on one or two pages. The authors discussed many supplement and topical options but really left it for the readers to decide. You will have to wade through the usual advice on fruits and vegetables, whole grains, fish oil and the basics. However, delivery of the information did provide interesting context and history, and the fresh information more than outweighed the blah, blah of ... "eat more fruits, vegetables and fish". While the book was not heavy in specific product endorsements (minimal compared to Perricone!), and there seemed to be an even distribution of mention of a wide variety of companies, there was no disclosure by authors on relationship to these companies. I like product guidance but I also like to know about potential conflicts. At least when Perricone plugs his products on every 2nd page, you know that it is his company! Bottom Line: Despite some of the negatives it is a book I highly recommend. This is not the first book to cover nutrition, lifestyle and skin aging, but it is probably the most thorough and up to date. This area of research seems to be moving rapidly and the authors appear to be ahead of the curve. Since I like history and like to know the reasons why I should make a dietary change or take a certain supplement, I found it to be very interesting. Even if you have a slight interest in

maintaining healthy skin, this book is worth a read.

So many of the books covering skin care over the last 10 years are the same. They are not offering consumers any new or exciting information that can be useful. Alan Logan, with the help of world renown dermatologists Dr. Phillip Levy and Dr. Mark Rubin, has done the research and has found proven methods that are simple and effective. I really like the fact that Your Skin, Younger takes a holistic approach to healthy skin. The book focuses on diet, supplementation, and stress reduction techniques that are fresh and exciting and easy to follow. Dr. Logan doesn't try and get consumers to begin a new fad, instead he focuses on what timeless information is already available and communicates it in a way that every person can understand and appreciate. The nutrition and recipes in the book are excellent. They are basic recipes anyone can follow. I have already tried a couple and truly enjoyed them, they were delicious! I have been following the supplementation recommendations also and have noticed a large difference in the quality of my skin. For anyone looking for valuable information on skin care to help achieve balanced, hydrated and acne-free skin you must try the supplementation and diet recommendations of Dr Levy, Dr. Rubin, and Dr. Logan. The Pros: Easy to understand, exciting new information, very effective, easy to follow, delicious recipes, clinically proven research, backed by professionals - Phillip Levy, M.D. Dermatologist, Mark Rubin, M.D. Dermatologist, Alan Logan, N.D. Naturopath The Cons: I could not find many. I would have liked to read more about new research on skin care. Overall a must read! A++

This is one of the best health books I've read in a long time. Everything is based on solid research, so I trust what the authors have to say. I gained a lot of knowledge about how nutrition and how you cook your food affects your skin, how your gut microbiota also affects your skin, and exactly which supplements can reduce and reverse the signs of aging. I'm already implementing some changes based on this book, that I think will improve not just my skin, but my overall health.

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