

Skin Sense

facts from the experts

Slow Down The Signs Of Aging

(NAPSA)—Here's food for thought. Vitamins can nourish you from the outside in as well as the inside out.

The Inside Story

You are what you eat. A well-balanced diet of vitamins and minerals will help care for your body. According to dermatologist Karen E. Burke, M.D., vitamin E protects cell membranes and "has been noted to reduce photodamage, wrinkles and improve skin texture." It can be found in vegetable oils, especially sunflower oil; grains such as wheat germ, brown rice and oats; nuts; dairy products; meats and margarine.

The American Academy of Dermatology says that in recent animal studies, oral vitamin C was found to reduce UV-induced tumors. Vitamin C is the most abundant antioxidant found naturally in the skin. It is commonly derived from colorful vegetables and citrus fruits. Supplements can also help. When taken together, vitamins C and E pack a powerful antioxidant punch to prevent premature aging. Yet, registered dietitian Deralee Scanlon says, nine out of 10 Americans fall short of vitamin E and 35 percent of women do not consume adequate amounts of vitamin C. In addition, drinking plenty of water will help keep your skin hydrated and moisturized. Your dermatologist can advise you about the best diet to save your skin.



You can nourish your skin with vitamins inside and out.

The Outside Story

You can also get a skin creme formulated with natural vitamins A and E to help improve skin's resilience and firmness. Dermatologists report studies that show topical vitamin E can reduce the damage done by the sun to your skin.

Using a daily moisturizer with vitamins can help minimize the appearance of wrinkles and fine lines and improve skin's elasticity. One of these moisturizers, called NIVEA Visage Anti-Wrinkle & Firming Creme, has a quick-absorbing formula that can be applied daily after cleansing to fight wrinkles and firm skin all at once. It is dermatologist tested and won't clog pores. This face moisturizer is available at food, drug and mass merchandisers.

The Rest Of The Story

Learn more at www.NiveaUSA.com.