

Health & Beauty

Tips To Help Your Skin Stop Aging

(NAPSA)—Prevention is the first line of attack when treating skin problems and combating aging.

Though other skin care experts have identified free radicals and cellular inflammation as key triggers to the breakdown and aging of healthy skin, there is a way to prevent these culprits from developing in the first place—rather than just treating the unwelcome symptoms they've caused.

Based on the scientifically groundbreaking premise that cells—and consequently skin—function best when the pH level of the body is at its proper level by shifting the body's ratio of acids to alkalines, you can reverse skin cell aging to experience younger-looking skin and optimal vitality.

To shift this ratio, dermatologist and National Institutes of Health fellow Dr. Jeannette Graf recommends the following tips:

- Eat more alkalizing foods. Most people tend to eat three acidic-building foods (such as sugar, refined carbs, meat and dairy) for every one alkalizing food (dark-green leafy vegetables, garlic, onions, olive oil, lemon, fruit, nuts and seeds, and whole grains)—the reverse of the ideal ratio.

- Take quality calcium-mineral supplements.

- Add probiotic supplements (good bacteria in a bottle).

- Assess your skin and care for it accordingly, choosing the right cleansers, moisturizers and treatments that will give you the most noticeable results. Many can be found on drugstore shelves.



Skin is at its best when the pH level is in proper balance.

- Find activities that can add exhilaration and laughter to your life and increase the neuropeptides in the brain that actually rejuvenate skin cells.

A new book, "Stop Aging, Start Living" by Dr. Graf, an expert in dermatology, skin science and ingredient technologies, offers information and inside tips on balancing both pH and lifestyles. Dr. Graf is a board-certified clinical and research dermatologist specializing in ways to inhibit aging.

You may see results quickly with the 24-hour kick-start plan. Incorporate a few strategies into your life and you may come away looking good and feeling younger.

For more information on skin care, visit the American Academy of Dermatology at www.aad.org.

Or you can call (866) DRJ-GRAF or visit www.askdrgraf.com.