

# Sun Damage Solutions

**Learn to Grow Younger  
in 10 Easy Steps**

by Anita Nelson



# Sun Damage



## *Solutions*



**Ah, Florida Sun!**



Yes, I, too, was in the Florida sun  
for high school and college.



I considered myself a "sun worshipper" and laid on a silver reflector with baby oil and iodine in a spray bottle next to me...





WHAT was I thinking???!!!

Well, it was a great feeling and I truthfully miss it a LOT...



I have stopped lying out in the sun altogether, wear sunscreen even in Michigan in the winter and use products that have specifically repaired the "damage done".



I am very happy to report that there is not only hope, but you CAN undo the damage-you CAN!



**Alpha Hydroxy Acids (AHA)**- Alpha hydroxy acids, or AHAs, are commonly found in different concentrations in many products. The most commonly used alpha hydroxy acids are glycolic, lactic, malic, citric and tartaric acids. These mild acids serve to remove the outer layer of dull skin and leave skin with a rejuvenated appearance. Some of these acids are derived from fruit sources, particularly citrus fruits, apples and grapes. Some of the alpha hydroxy acids, such as glycolic acid, are found in sugar cane. Others, such as lactic acid, are found in milk. The FDA now requires that any product containing AHA's have the following warning statement: **Sunburn Alert: If the product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product and for a week afterwards.**

**Recommendations for sun damage and future prevention:**

**1. Ascorbic Acid / Vitamin C** - Antioxidant, protects & repairs. Can be a little irritating, start with low concentrations and build up. Do not use with Copper Peptides- they cancel each other out. (Just use at different times of day).

**2. Alpha Lipoic Acid** - The skin remodeler! Antioxidant, protects & repairs. ALA actually finds damaged cells in your DNA and REPAIRS ONLY THOSE CELLS! It further goes on to act, like C, as an antioxidant preventing further damage. Is pretty darned easy on the skin. ALA is sparkly, so will give a little light golden glitter effect to your creams, too!

**3. DMAE** has been proven to actually fight SAGGING. What is sagging, how do you get it, why should you care at age 29? SUN DAMAGE. One of the worst features of Sun Damage, besides skin cancer, is that it reduces your skin's flexibility and ability to snap back into place...the effect shows as sagging. DMAE speeds cell turnover and has an almost immediate effect on most people smoothing fine lines by tightening the skin. It is thought to work by stimulating the muscles so they will release acetylcholine, which starts the production of collagen in your own skin! No injections needed ☺)

**4. Idebenone** - An Analog of CoQ10 - works as a sort of anti-rust for your skin! Rust-proofing! It is also an antioxidant, but keeps working after CoQ10 quits, so we like it better. It also aids in the firming process.

**5. Hyaluronic Acid** - Brings back the moisture! We sell the powder at 100% or the 1% liquid solution (higher than 1% concentrations begin to form a solid). You can mix your own or buy it pre-mixed, basically. If you have dry skin, there is NOTHING that can draw the moisture to it better! Unlike glycerine, which draws moisture from within your skin first, THEN draws it out of the air; HA is extremely hygroscopic and pulls moisture from the air like an air plant! Dry skin is frequently seen in sun damaged skin.

**6. ALWAYS wear Sunscreen** SPF 30 at the very LEAST. We are working toward that, but need expensive government lab tests to make the claims, rightfully! ☹ please choose something that actually states an SPF number on the label- that company is held to that standard by law. Drink water. Wear hats (and protective sunglasses, by the way!)



**7. Stop Smoking!** (Should be #1) - If you smoke, stop. I did. It is the single BEST thing I ever did for my skin - really! I will write an eBook telling how I did it soon and sell it on eBay. Smoking also damages the skin and lungs of the people around you, not to mention your clothes, towels, etc. When you smoke, you really cannot smell it... When you stop, you will be mortified for a while, but that, too, will pass. That being said, yes, it was THE most difficult (and rewarding) thing I have ever done.

**8. Try not to touch** your face much and change your pillowcases, keep your blush and makeup brushes ultra clean/replaced, do not scrub your skin- it really does not need it, no matter what, use gentle cleansers, do not over exfoliate. A French woman saw me blowing my nose on a bus when I was only 15 years old, and remarked, "You are pulling your skin!" "Pardon me?" I inquired. She said, "If you continue to blow your nose in that manner, you will have a large bulbous nose when you are older like that gentleman." and he indicated a man with a very large nose and ears. I thought it was strange, laughed and said, "I am only 16!" To which she replied, "In France, girls are taught by their mothers to take care of their skin from the beginning. You are never too young! See? He also must pull on his ears!" That was my stop and even though I thought she might be a little crazy, I never forgot what she said and how she looked. I have since read research supporting that touching your face can deposit bacteria on your face that can cause acne AND wrinkles! Thank you, lovely French woman on the bus at Pompano Fashion Square in South Florida so many years ago!

**9. Try not to make expressions unnecessarily.** Sounds odd, right? Botox works by paralyzing the muscles temporarily so that your skin will not wrinkle from making repeated, often unconscious, expressions such as squinting. You can start yourself by becoming more conscious of your habits. In modeling, we teach to hold your face at a neutral, slightly happy expression, eyes alert, mouth ready to smile, corners turned up, but relaxed, so no smile, forehead relaxed. It takes a little practice, but it's worth it! It helps you present yourself in a more professional manner to the world, as well. At night, it is difficult to know what expressions you may make, so I use Argireline to help my muscles in my face be still along with topical collagen. Topical collagen really does not do anything for your skin, exactly, but it does tighten the surface temporarily, keeping it smooth, thus allowing for a night's sleep with less expression on the face, more in the dream!

**10. Grow younger! You can!** Stress can show on your face, so deal with it before it does. Exercise, have hobbies, discussions, do something for release! You will live longer and be happier while you do! Thank you for reading this eBook and please contact me with questions or to order.

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