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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Anti-Wrinkle Protection: Coenzyme Q10.

By Natalie Katsman

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Coenzyme Q10 was discovered in 1957. This vitamin-like substance, present in every cell of the body, is vitally important for cell functioning: it plays a major role in energy production and is a powerful antioxidant.

Doctors and researchers around the globe have been investigating CoQ10, and now it is used for a variety of ailments and as a part of preventive care:

- * CoQ10 is needed for anything that requires energy: heart and liver functioning, sperm production, muscle activity
- * it boosts immune system
- * shown to be effective in treatment of gum diseases
- * lowers blood pressure
- * it is used for cancer treatment and was noticed to reduce tumors.

Human body has the ability to make its own CoQ10, but after the age of 20 the production level declines, but the demand grows. Foods highest in coenzyme CoQ10 include beef, spinach, sardines, albacore tuna, and peanuts. Unfortunately, high temperatures that we use to cook meals will affect the coenzyme. That is why older people and those who want to use CoQ10 for therapeutic effect will benefit from taking it as a supplement.

How effective is CoQ10 in skin care?

Wrinkles appear when skin loses its elasticity. This is due to decreased collagen production and collagen crosslinking. Everyday life, cell metabolism, exposure to sun and other environmental factors, toxins, cigarette smoke – all result in production of free radicals. Those overactive pesky molecules or atoms have odd electrons on their orbits and try to find a balance. They either give away the odd electron or find a pair for it, thus making another molecule unstable, turning it into another free radical.

While this process is natural and unavoidable as a part of metabolism, too many free radicals cause dangerous chain reactions that destroy cellular compounds and can damage

DNA, proteins and lipids (fats). When it comes to skin aging, free radicals interfere with collagen production and cause premature aging.

Coenzyme Q10 has exceptional antioxidant properties. Studies show that it can effectively counteract free radical damage and provide significant protection against UVA-induced depletion of cell membrane. In other words, it will prevent damage to collagen and elastin production process and help you avoid wrinkles.

CoQ10 is so powerful, it is able to reduce cancer tumors and minimize stroke consequences that are due to suddenly increased levels of free radicals. So when applied topically, it can provide extra protection for your skin and produce a dramatic anti-wrinkle effect.

Note: Information in this article is not to be taken as a medical advise. Always consult your doctor if you need professional help.

Natalie Katsman is a co-founder of <http://www.natural-aid.com>, where you can find fine quality aloe vera products for beauty and well-being. Natalie is a publisher of HealthySkin Newsletter filled with beauty tips, recipes and information on herbal healing, skin care and cosmetic chemistry.

How To Choose An Anti Wrinkle Solution

By Jasmine Yap

How To Choose A Anti Wrinkle Solution?

Anti-Wrinkle Protection: Coenzyme Q10.

Finding an anti wrinkle solution that works for you is a long and tiring process. You're faced with offerings from hundreds of companies using a variety of unproven components that promise to leave your face as smooth as it was in your youth. Most men and women want to erase the ravages of time, remove facial wrinkles, and restore their skin to its younger days. As a result a great deal of creams and various other skin treatments have been created to solve this ever-present problem but few of these treatments are effective and safe. Which combines the most effective anti aging skin care ingredients with a new revolutionary component in a blend that will really leave your skin feeling young and smooth.

There is no need to undergo expensive and painful surgery or shots which offers risky and far from permanent results. More importantly the continual use of wrinkle solutions that can gradually rejuvenate the tone and texture of your skin to leave you long lasting effects.

Why Choose the An Anti Wrinkle Solution?

Wrinkle Solution offers fast results targeting wrinkles, crows feet around the eyes, and other signs of aging and can help to remove 10 years or more from your complexion. The isolates in wrinkle solution can dramatically decrease the appearance of wrinkles and revitalize your skin in addition to increasing collagen and elastin for men and women.

Many customers report that it is more effective than Retinol and Vitamin C creams and Emu Oil in reducing the signs of aging and removing the appearance of wrinkles. When comparing your options for anti-wrinkle creams there are a number of creams on the market which can cost upwards of hundreds of dollars but few offer the effectiveness and value for money.

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By Jasmine Yap

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