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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!

Can Antioxidants Improve Skin Care?

By Ken Snodin

For most issues related to teenagers, fads rule the roost. And skin care issues are highest among

teenagers. Today any medium, be it magazines, newspapers, television or the Internet are inundated with skin care related articles. These articles could include various therapies and homemade solutions for skin care. Ranging from the totally natural to those which involve chemicals, these articles provide the reader with the much needed solutions to their skin related problems.

These days, the latest craze in skin care regimes is natural antioxidant skin care. The belief that is being popularized these days is that the more natural the product being used the more effective and devoid of side effects it will be. This concept has a strong historical background since it is a known fact that queens and princesses of the ages gone by used natural extracts of plants like hibiscus and olive to keep their skin glowing and youthful. Over time, man has processed these very elements and made them available to the common man in the form of tubes, bottles and cans containing moisturizers, creams, shampoos and anti-aging gels. These contain the richness of the abundant health secrets hidden in the flora and fauna of the jungles. The only difference is that they are more likely to have been processed in a research laboratory and tested before being presented to you for use.

These distilled ingredients used to a healthy body are being called nutraceuticals at large. This new addition to the dictionary is made up of the words 'nutrients' and 'pharmaceutical'.

Most companies which make skin care related products tout the goodness of antioxidants and natural products that contain antioxidants. An antioxidant is something that destroys the harmful oxygen free radicals. These free radicals could be a product of normal functioning of the body or could be generated due to external factors like ultraviolet rays from the sun.

Though the concept of free radicals is extremely complicated to explain, suffice it to know that these radicals can be harmful and can result in mutation in genes. Mutation can lead to skin cancer and make the individual incapable of repairing the damage done to the skin. With antioxidants we can limit the number of free radicals in our system, thereby ensuring that we not only keep our skin supple and glowing but also healthy. This wonderful discovery of how antioxidants can work to negate the effect of free radicals had led to fantastic products which can help in tackling issues related to ageing skin.

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Problems like wrinkles, spots, pigmentation and small growths can be resolved with increasing the amount of antioxidants in your diet and oral application of antioxidant concentrates.

To discover more articles and resources offering tips and advice about health and beauty visit

<http://www.beauty-questions.com>

Eye Cream: Believe It Or Not?

By Leon Chaddock

Does eye cream really work? While we cannot say for every brand out there, but what we do know is that many do, in fact they help you lose those crows feet and help provide you with more skin tone that you can be proud of. What most people do not know, though, is that eye cream works because of what is inside of it being as natural as you will find. The products that defy age work because they are filled with great quality ingredients that would make anything do well.

So, what magical product is inside an eye cream that makes it work so well? It is not the ingredient per say but the vitamins that are in it instead. For example, those ingredients that are full of natural antioxidants are full of all the good stuff our bodies need. Many eye cream products are full of just that – antioxidants. These vitamins are super tough. They can help clean out your arteries and help you to fight disease as well as just helping to keep your skin healthy looking. In fact, many antioxidants are able to help rejuvenate various types of elements within the body including the eyes and skin. So, antioxidants that are in eye cream can, in fact, help to improve your look.

When you are out and about looking for the eye cream that you will use, flip it over and find out which natural ingredients are in the product. If you cannot tell, you'll want to look for those products that have a lot of vitamins especially your vitamin E's. These are full of the antioxidants that your body needs anyway. A hint here; foods that are rich in antioxidants are usually very brightly colored greens, oranges, and other bright or dark colors. These are foods that you want to include in your diet anyway. Eye cream with antioxidants is just what you need.

For more information please see

<http://www.eye-cream-deals.co.uk>

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