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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 Smoking harm My Skin?

By Wendy Owen

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Skin is fed from within. The foods we eat are broken down into nutrients and waste. The nutrients are absorbed by the bloodstream which transports them around the body to the various organs, the largest of which is the skin. Oxygen is also transported and delivered in the same way. The cells absorb the oxygen and this is vital for the health of the organs and the life process itself. This whole process takes place automatically when we breathe.....

Except when we are breathing in smoke!

When we inhale the smoke from a cigarette the carbon monoxide from the smoke is absorbed by the hemoglobin in the blood. Carbon monoxide is a colorless odorless highly toxic gas also found in the smoke from car exhausts. The blood can absorb carbon monoxide 200 times as fast as oxygen so a lot of the oxygen is displaced by carbon monoxide. The organs including the skin are starved of life giving oxygen and slowly poisoned by the carbon monoxide.

But that's not the end of it. Cigarette smoke also contains the following deadly cocktails of chemicals. Ammonia, hydrogen cyanide, butane, nicotine, carbolic acid, collidine, formic aldehyde, lutidine, parvoline, prussic acid, pyridine, arsenic and cadmium. This list is by no means complete.

The affect on the skin of all these is catastrophic. The liver goes into overdrive trying to expel these chemicals from the body and cannot perform its normal functions properly. The skin loses its healthy glow and takes on a yellowish-grey cast. The more cigarettes smoked, the worse your skin will look.

Smoking also causes premature aging in two ways. It uses up vitamin C in the body, about 35 mg for each cigarette. Vitamin C is an unstable vitamin and cannot be manufactured by the body. One of its functions is the preservation of the collagen in the skin, the substance that gives skin its plump and youthful appearance. The collagen beaks down causing premature wrinkles around the eyes and mouth.

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The physical act of smoking causes us to squint, exaggerating the wrinkles around the eyes. Every time we purse our lips we deepen the wrinkles around our mouth as well.

Do yourself a favor! Stop poisoning yourself. Save the money you spend on these toxic weeds and go out and treat yourself to a facial or a new skin cream instead.

Your skin will thank you for it!

Wendy Owen has had a lifetime interest in skin care, skin health and general health. She is in her fifties and still has a great skin. She believes good skin can only come from good health. Visit her at: www.holistic-facial-skin-care.com

5 Tips For Aging Skin Care

By Denise Sears

People have been fighting the signs of aging for centuries. Nobody wants to look older and everyone wants to hold on to their youth. In today's world where it seems everyone can look like they are in their twenties forever, there are many tips for aging skin care.

Plastic surgery is not the only answer. The 5 tips for aging skin care described below are easy and anyone can follow them.

The following lists 5 of the best tips to fight aging skin. Most of them are simple lifestyle changes that will do worlds of wonder for the skin. Others are simple things you can add to your daily routine.

1. Sun– The sun is the biggest cause of aging. When people are young they love to get tan skin and have that sun-kissed look. Using sun screen is very important for aging skin care. Everyone should use sun screen and should avoid getting sunburned. Continuous sun exposure to unprotected skin can cause skin to age quickly.

2. Smoking– Cigarettes have been proven to cause skin damage. It causes yellowing of the skin and encourages wrinkles. Quitting smoking can help to stop rapid and early aging of the skin. Stopping smoking is an essential part of aging skin care.

3. Good health– A person who drinks plenty of water and keeps in good health will have better-looking and younger-looking skin. Hydrated skin looks pinker and healthier than skin that is not well-hydrated. Keeping your skin well-hydrated from the inside is an essential part of aging skin care.

Many health conditions can effect the way skin looks, so keeping healthy is an important part of aging skin care. It will go a long way to helping you have youthful-looking skin as long as possible.

4. Exercise– Exercise works to help skin from aging because it gets the blood flowing throughout the body. Skin with a healthy blood flow looks much better than deprived skin. Exercise will also help you to keep off excess weight, which can stretch and age the skin.

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5. Beauty Routine– Following a good skin care routine is essential. Makeup should always be removed before bedtime. A good cleansing routine will help you avoid blackheads, acne and other skin problems. It is also important to use lotion on dry skin to keep it from cracking, which will also make it look aged.

These 5 tips for aging skin care are easy ways for a person to stop or reverse the signs of aging. They do not require a large bank account and anyone can easily do them. In fact, a person will find as they take care of their skin the rest of their body will be taken care of as well, so it is a great situation all around.

For additional tips visit:

The fight against aging skin is ongoing. Aging skin care is something that must become a part of daily life. With some simple changes and additions to daily routines a person can fight aging in their own

home.

Denise Sears is a beauty and skin care writer who helps people learn about tips they can use. She is a contributing author at

For more of her work go to:



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