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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!

Which Form Of Vitamin C Does Protect Skin Cells?

By Yuri Nikitin

Vitamin C is necessary for producing of collagen: a strong connecting cloth, which, literally, retains

us in the entire form. Without the collagen we would go to pieces, because this protein retains together the skeleton bones, it fastens muscles to the bones and does not give any opportunity for the internal organs and for the skin to leave its places.

Can vitamin C free us from some forms of the inflammation such as: psoriasis or the sunburn?

As occurred, the problem isn't in the vitamin itself but in it's solubility. The vitamin C solubility: whether it is dissolved in the water or in the fat, so it determines, into which part of the cell it can penetrate and as a result which part of the cell can be protected.

Natural form of vitamin C: L- ascorbic acid, is dissolved in the water. Therefore, although L – ascorbic acid is concentrated inside the cell, it cannot protect its shell from the free radicals. It also possesses strong acidic properties and sufficiently irritates the skin and then it rapidly decomposes and loses it's force after 24 hours.

The ether form of vitamin C is the derivative from L – ascorbic acid with the fatty acid, isolated from the palm-tree oil. It's also called palm acid. The ideal medicine for the skin will come out if we add a small quantity of palm oil to the molecule of vitamin C. In this particular case ether won't irritate the skin and it is possible to bring that kind of vitamin C even to the open cut of the skin.

So, importantly that the ether form of vitamin C is capable to be dissolved in the fat; therefore it easily absorbs by the skin. Thus the ether form of vitamin C is capable to penetrate the thin membrane surrounding cells. The membrane of cellular plasma itself consists predominantly of fat. As a result, the ether form of vitamin C will strongly protect against free radicals precisely that part of the cell, where they can cause the greatest harm.

The stability is another advantage of the ether form of vitamin C. That's why it is possible to add this form into the creams and the lotions, and it will preserve the ability to act for months and even for years, completely without spoiling or losing it's anti-oxidant effect.

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Facial Skin Care Guide was created to assist you with such topics as: men and women skin care tips, serious skin care products reviews, skin diseases: acne and rosacea information.

<http://www.e-facial-skin-care.com/>

Skin Information – What Is Skin?

By Ryan Cote

Skin is the largest organ in your body. Its purpose is to protect your muscles, bones and organs, to keep your body at the proper temperature and to give you the sense of touch. Skin is also the most visible body organ because it covers us fully from head to toe.

Skin is made up of three layers - the epidermis, the dermis and subcutaneous fat. Each layer is responsible for governing different functions of the skin.

The epidermis is the outer part of the skin that you can see and actually consists of dead skin cells. Ninety-five percent of cells in the epidermis work to make new skin cells that take about two weeks to one month to move toward the top of the epidermis, leaving the dead skin cells at the surface. The older cells are strong and make a perfect protective covering for your body. Five percent of the cells in the epidermis make a substance known as melanin, which gives your skin its color.

The dermis cannot be seen because it is the next layer under the epidermis. The dermis contains nerve endings that work with your brain and nervous system to give you a sense of touch. It also contains tiny blood vessels that maintain the health of skin cells by transporting oxygen and nutrients to them and remove waste. Oil glands, formally known as sebaceous glands, also exist within the dermis and produce sebum. Sebum is the natural oil made by skin to lubricate and protect your skin, as well as render it waterproof to the elements. Finally, your sweat glands are also located in your dermis. Sweat is constantly released by tiny holes in the skin known as pores and serves to regulate the skin's temperature and form a protective film on the skin.

The subcutaneous layers is the bottom layer of skin and is made up of mostly fat, which helps our body stay warm and absorbs the impact of shocks, such as falling or banging. This layer also holds your skin to the tissues beneath it and is the area where hair follicles begin.

The best way to take care of the skin we are in is to be aware of what makes this organ work, keep our skin clean and eat healthy foods.

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<http://www.FreeSkinCareInformation.com>

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