

3 Important Tips

for Maintaining Healthy and Youthful Skin

保持健康年轻肌肤的三个重要建议



We all want to look our best, and having healthy skin helps us look younger and feel more beautiful. Being the largest organ in our body, the skin has many functions and is constantly multitasking. Apart from acting as a protective barrier to keep bacteria, viruses, pollution and other contaminants from entering the body, the skin has the following functions:

- Regulates body temperature.
- Controls loss of moisture.
- Recognizes the feeling of pain to warn us of danger.

Your skin is often a reflection of your internal health. Dull or dry skin, breakouts, blemishes, pigmentation, or signs of premature aging such as fine lines or wrinkles may be signs that you need to pay closer attention to your diet and lifestyle. Here are 3 tips that can help promote healthy, beautiful skin from the inside out!

Tip 1: Watch your diet while adding the right supplements

Nutrition plays a vital role in skin health. The proper amounts of vitamins, minerals and fibre in your diet are known to be agents in good skin health. So be sure to eat foods that contain these important ingredients. These ingredients are found in fruits, vegetables and other highly nutritious foods.

Some people get skin outbreaks from excessive stress. Vitamin B Complex acts as a stress reliever. Furthermore, adequate intake of B vitamins prevents acne, rashes, dry and flaky skin, cracked lips and wrinkles.

Among the B vitamins, vitamin B3 (Niacin) is particularly helpful for healthy, youthful skin and anti-aging. This is because Niacin increases blood circulation throughout the body and to blood vessels close to the skin, oxygenating and sending nutrients to these cells and tissues.

Note: As Niacin is a vasodilator, it should not be taken in cases of bleeding or heavy menses. Caution should also be taken when one is taking blood thinning medications.

Vitamin C is arguably the most important nutrient for the body's healthy function and in maintaining the skin's appearance. It is an essential ingredient in over 300 metabolic functions within the body. In addition, it is essential in preventing a number of illnesses and helps the body heal and repair itself. It improves the immune system and enhances the endocrine system; which means vitamin C has a direct link to how your skin looks.

我们都希望让自己看起来是最好的，拥有健康的肌肤能让我们看起来更年轻，感觉更漂亮。作为我们身体中最大的器官，皮肤有很多功能，经常同时执行多项任务。除了提供保护屏障，防止细菌、病毒、污染和其他污染物进入体内外，皮肤还有以下功能：

- 调节体温。
- 控制水分流失。
- 意识疼痛以警告我们危险。

您的皮肤通常反映了您的内在健康状况。皮肤暗沉或干燥、皮疹、斑点、色素沉着、或过早衰老的迹象，如细纹或皱纹，这些可能是提醒您需要密切关注您的饮食生活方式的信号。以下有三个建议可以帮助您从内到外地保持健康美丽的皮肤！

建议一：注意饮食，同时添加正确的补充剂。

营养对皮肤健康起着至关重要的作用。众所周知，饮食中适量的维生素、矿物质和纤维有助于皮肤健康。所以一定要吃含有这些重要成分的食物。这些成分在水果、蔬菜和其他高营养的食物中都可以找到。

过度的压力会导致有些人皮肤突发疾病。复合维生素B可以缓解压力。此外，摄入充足的B族维生素可以预防粉刺、皮疹、皮肤干燥和剥落、嘴唇开裂和皱纹。

在B族维生素中，维生素B3(烟碱酸)对促进健康年轻的皮肤和抗衰老特别有帮助。这是因为烟碱酸增加了全身和皮肤附近血管的血液循环，为细胞和组织提供氧气和营养。

注意：烟酸是一种血管扩张剂，不应在出血或月经过多的情况下服用。如果正在服用抗血凝产品(血液稀释剂)也要格外小心。

对促进身体健康功能和保持皮肤外观，维生素C无疑是最重要的营养物质。它是人体300多种代谢功能的基本成分。它在预防一些疾病和帮助身体愈合修复是必不可少的。此外，它可改善免疫系统和内分泌系统，意味着维生素C与您的皮肤健康有直接的关系。



As vitamin C and Bs are water soluble, our body is unable to store them for use later. Daily intake of **NewLife™ C Complex, B Complex** and **Niacin** will help replenish the supply that your body needs.

NewLife™ Collasta contains a group of power-packed ingredients that are rich in antioxidants, collagen and astaxanthin. These ingredients are all extremely beneficial for skin repair and health. They help to improve skin elasticity, reduce wrinkles and increase blood flow to the skin. Astaxanthin provides a natural protection to the sun's burning rays thus protecting your skin from developing sunburn; however, sunblock is still recommended for extended time outdoors!

Your skin and your gut are linked by what's called the gut-skin axis. Research has found that your gut microbiome directly affects your skin. When your intestinal barrier isn't healthy, bad bacteria enters the bloodstream, builds up in your skin and damages the skin microbiome.

Bifidobacterium longum is a proven probiotic that all of us had on our skin at one time—even newborns have it. But most of us don't have any of this beneficial bacterium on our skin anymore. Antibacterial soaps and body cleansers wash it away!

But you can restore this probiotic! When you increase your body's supply of *Bifidobacterium longum*, these essential bugs form a protective skin barrier that will:

- Fight infections
- Block environmental damage
- Boost immunity
- Balance pH levels
- Improve hydration
- Reduce wrinkle depth
- Increase skin elasticity

NewLife™ Immuflo® contains 10 billion viable cells of *Bifidobacterium longum* and should be taken daily.

Take **Immuflo®** together with **N.Zimes PA Plus™** and you will get a dynamic duo that work synergistically together to reduce inflammation and promote tissue repair – which can result in better skin health.

Add **Flax Seed Oil** and **Extra Virgin Coconut Oil** to your yoghurt or salad on a daily basis. They will help create a stronger skin barrier. They are also known to fight inflammation in the gut, which will show positive effects on the skin too. Last but not least, they are soothing and hydrating agents, resulting in a tighter, bouncier complexion.

由于维生素C和B是水溶性的，我们的身体无法储存它们供以后使用。因此我们必须每日摄取**新生命维他命C综合丸、维他命B综合丸和血液循环补充丸（烟碱酸）**，有助补充身体所需。

新生命康丽达胶原红藻含有丰富的抗氧化剂、胶原蛋白和虾青素。这些成分都对皮肤修复和健康极为有益。它们有助于提高皮肤弹性，减少皱纹，增加皮肤的血液流动。虾青素能天然保护皮肤免受阳光灼伤；然而，对于长时间的户外活动，仍然建议使用防晒霜。

皮肤和肠道联系密切，肠道状态以及皮肤状况的关联称作肠道-皮肤轴。研究发现，您的肠道微生物群直接影响您的皮肤。当肠道屏障不健康时，有害细菌就会进入血液，在您的皮肤中聚集，损害皮肤微生物群。

长双歧杆菌是一种益生菌，我们所有人的皮肤上都有，甚至新生儿也有。但是我们大多数人的皮肤上已经没有这种有益菌了。为什么呢？因为抗菌肥皂和身体清洁剂会把它洗掉！

但是您可以恢复益生菌！当您增加体内长双歧杆菌的供应时，这些必需的细菌就会形成一道保护皮肤的屏障，它能：

- 抵抗感染
- 阻止环境破坏
- 增强免疫力
- 平衡酸碱值水平
- 改善水合作用
- 减少皱纹深度
- 增加皮肤弹性

新生命免疫菌植中含有100亿个长双歧杆菌活细胞，应该每天服用。

免疫菌植与胰酶（植物）添加素一起服用，您将得到一个协同工作的动态组合—可以减少炎症，促进组织修复，从而使皮肤更加健康。

每天在酸奶或沙拉中加入**亚麻籽油**和**特级初榨纯鲜椰子油**。它们会加强皮肤的屏障。您还可以对抗肠道炎症，这对皮肤也有积极作用。最后重要一点，它们具有舒缓和保湿作用，使皮肤更紧致、更有弹性。





Tip 2: Consider a healthy routine for skin care

Some of the most common ingredients in skincare products are actually the same chemicals listed under “hazardous materials” on warning signs and labels. They definitely shouldn’t be used in your skincare routine. Some examples:

Ethanol, methanol and other alcohols. These are all drying ingredients that strip away the skin’s natural oils and lead to premature aging and irritation.

Mineral oil. Derived from petroleum, it forms a film over your skin, clogging pores and hindering the skin’s natural ability to cleanse itself. With extended use, it can encourage acne and actually irritate and inflame skin. This results in an aging effect that makes fine lines and wrinkles much more visible.

The other area that needs your attention is soap. Soap should only be used where it’s absolutely needed in order to prevent the elimination of useful bacteria. Over soaping your whole body can cause excess dryness. On top of that, it may also kill off the good bacteria on our skin and actually harm our immunity.

Besides, not all soaps are created equal. One needs to look at the ingredients in the soap or body wash carefully. Stay away from these four main harmful ingredients:

Fragrance. Constant exposure to fragrances has been shown to negatively impact the central nervous system and can trigger allergies, migraines and asthma symptoms.

Parabens. Researchers have found that parabens are easily absorbed by your skin and they stay in your body tissues and fluids. Parabens were detected in breast milk, serum, urine, seminal fluid and in the breast tissues of patients with breast cancer. They are estrogen mimickers—meaning that once applied to the skin, they enter the bloodstream, and the body mistakes them for estrogen. When the body thinks there is an abnormally high amount of estrogen present in the bloodstream due to the presence of these hormone disruptors, it reacts in various ways: decreasing muscle mass, increasing fat deposits, causing early onset of puberty and spurring reproductive difficulties in both men and women. A study also found that parabens can sensitize the skin, causing allergic reactions.

Sulfates. They are used to create lather and bubbles. Common ones are SLS (sodium lauryl sulfate) and SLES (sodium laureth sulfate). Sulfates strip the skin of its natural oils. They are also irritants for people with sensitive skin or eczema.

Triclosan. This chemical is most often found in antibacterial soap. Recent studies have found that triclosan actually promotes the emergence and growth of bacteria that are resistant to antibiotic cleansers. It also creates dioxins which have disruptive effects on the endocrine system and negatively affect thyroid functions and immune system.

建议二：考虑安全健康的护肤程序

护肤产品中一些最常见的成分，实际上与警告标志和标签上列出的有害的化学物质相同，绝对不应该使用它们。一些例子有：

乙醇、甲醇和其他醇类。这些酒精成分有干燥作用，会使皮肤失去天然油脂，导致皮肤过早老化和过敏。

矿物油。提炼自石油，在皮肤上会形成一层膜，堵塞毛孔，阻碍皮肤天然的自我清洁能力。如果长期使用含矿物油的皮肤护理品，它会助长粉刺，刺激皮肤发炎，加速衰老效应，使细纹和皱纹更加明显。

另一个需要注意的地方是肥皂。只有在绝对必要时才应该使用肥皂，以避免有益的细菌被消除。过度使用肥皂不只会导致皮肤更加干燥，它还会杀死我们皮肤上的有益细菌，损害我们的免疫力。

此外，不是所有的肥皂都是一样的。我们需要仔细检查肥皂或沐浴露中的成分，远离以下四种主要的有害成分：

香精。研究表明，持续接触香精会对中枢神经系统产生负面影响，并可能引发过敏、偏头痛和哮喘症状。

防腐剂。研究人员发现，对羟苯甲酸酯（防腐剂）很容易被皮肤吸收，并停留在身体的组织和体液中。证据显示可在母乳、血清、尿液、精液和乳腺癌患者的乳腺组织中检测到对羟苯甲酸酯。对羟苯甲酸酯在体内模拟雌激素，一旦涂在皮肤上，它们进入血液，身体就会误以为它们是雌激素。由于这些激素干扰物的存在，身体会以为血液中存在异常高量的雌激素，因此做出各种反应：减少肌肉质量，增加脂肪含量，导致青春期提前，造成男性和女性的生殖困难。研究还发现，对羟苯甲酸酯会使皮肤敏感，引起过敏反应。

硫酸盐。它们的用途是用来制造泡沫。常见的有SLS（月桂醇硫酸酯钠）和SLES（月桂基乙醚硫酸钠）。硫酸盐会剥去皮肤的天然油脂。它们也会刺激敏感皮肤及湿疹。

三氯生。这种化学物质最常出现在抗菌肥皂中。最近的研究发现，三氯生实际上会促进细菌的产生和生长；这些细菌对抗生素清洁剂有抗药性。它还会产生二恶英，对内分泌系统产生破坏作用，对甲状腺功能和免疫系统产生负面影响。

