



# MEET YOUR NEWEST ENEMY: SUGAR

Now for the worst finding of all...this **sweet sensation** causes **damage to our skin**

BY INA LUTIN, RN

Topically, apply as many products to your skin as you can that contain the antioxidants that your skin loves – Vitamins A, C, and E

**W**ho doesn't love their sweets? We all know sugar isn't good for us. It makes us gain weight, causes tooth decay, and can lead to Type II diabetes. But now for the worst finding of all: Sugar gives us wrinkles! Scientists have found that sugar loves proteins. Sugar triggers a natural process called glycation in which the sugars bind with tissues to form harmful molecules, called advanced glycation end products (ironically known as AGEs). Sugar attacks our skin by attaching to the collagen and elastin and damaging it, causing our skin to sag and wrinkle. Nothing ages us faster than saggy skin with no tone. AGEs also damage the brain, kidneys, and other essential organs.

A 2007 study in the British

Journal of Dermatology found that sugar's effects on the skin begin to show at about age 35 and become more pronounced as one gets older. It's not just the obvious culprits like soda and candy that cause damage. Other foods with a high glycemic index, like white bread, pasta, and potatoes also cause the formation of AGEs because they are quickly converted to sugar in the bloodstream. To make matters worse, AGEs also make the skin more susceptible to sun damage, which in turn accelerates the glycation process.

So, what to do? If your skin is aging from eating sugar, is it too late to do anything about it? The good news is, NO. It's never too late when it comes to improving your skin.

The first step, of course, is to

stop the damage. You can do that right away by lowering your intake of sugar. Focus on limiting the added sugars in the food you eat. The average American eats 22 teaspoons of sugar daily – just think of all the damage that amount of sugar is doing to our skin and bodies daily.

Become a label reader, paying special attention to processed food labels. Don't buy products with added sugar or high fructose corn syrup listed in the ingredients (just to warn you, HFCS is a cheap sweetener, and it is added to everything).

The second step is to rebuild – the collagen and elastin fibers in your skin can be restored. You can improve your skin's firmness, tone, and elasticity. The best way to do that is with daily doses of vitamins or by using products containing vitamins. Orally, take lots of vitamin B, C, and E. And if you want to have younger looking skin, don't miss taking your daily multivitamin. These vitamins in particular are known to be collagen builders.

Topically, apply as many products to your skin as you can that contain the antioxidants that your skin loves – Vitamins A, C, and E. The same antioxidant vitamins that are fighting off the free radicals that damage your skin are also building up your skin's collagen and elastin. Excellent sources of antioxidants include red grapes, dark green and

orange vegetables such as broccoli, spinach, and kale, acai berries, pomegranates, and tomatoes.

Finally, you can make up for lost collagen by using a prescription retinoid, like Retin-A. Retinoids are the only products proven to increase collagen production and diminish existing wrinkles.

The bottom line is our skin is constantly producing new skin cells and the dead cells are slough-

## SUGAR ATTACKS OUR SKIN BY ATTACHING TO THE COLLAGEN AND ELASTIN AND DAMAGING IT

ing off. With just a few minutes of effort daily, we can have the skin we want. It's just knowing what the correct regimen for your skin should be, and then taking the necessary steps. You may visit my office for a free consultation, where I can evaluate your particular skin condition and offer suggestions in natural skincare, laser rejuvenation, or injectables to reverse the signs of aging. For more information you can call 718-281-1800.

In the meantime, back off the sugar, and say hello to younger looking skin and a healthier body.

IMAGE