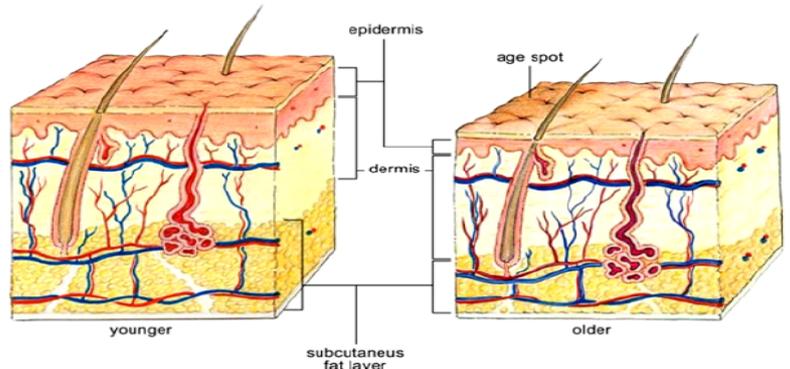


Skin is an organ, just like your heart, liver or brain, but it's the largest one of them all. The average adult has over 20 square feet of skin accounting for approximately 15% of their overall body weight. Across this vast surface are over 300 million cells and a bevy of incredible neural receptors that account for temperature, pain, touch and so much more. Though skin is a vital part of our body and literally the most superficial sign of our health, it rarely gets the attention it deserves.

EFFECT OF AGING ON SKIN STRUCTURE



## More than Skin Deep

As you might imagine, skin health is far more complex than what you can see happening on the surface. The food you put into your body has a huge impact on its outward appearance and overall health. Eating clean and healthy with [The Blood Type Diet](#) is the foundation for radiant skin, as it eliminates a majority of the aggravating foods that can provoke unwanted responses. Inflammation, one of the most common negative reactions from eating foods that are not right for your blood type, is something that strains the tissues beneath the skin, resulting in unsightly sagging and wrinkling. Acne breakouts on the skin are often related to nutrition as well. Diets high in [foods wrong for your type](#) can cause your skin to become overly oily and susceptible to blemishes. But there is one ingredient that, above all else, should be avoided to keep your skin healthy.

## The Sugar/Skin Connection

It has become commonly accepted knowledge that reducing your sugar intake is a positive change to make. Every one of my Blood Type specific diets suggests reducing the sugar you eat, especially heavily processed and refined versions like high-fructose corn syrup. Substituting [lower-sugar sweeteners](#), like honey, can be a great place to start. But while many know [sugar](#) can wreak havoc internally and lead to drastic health problems such as diabetes, people don't realize that what it does to your skin can be just as egregious. This is because of a process known as glycation. The body breaks down foods you eat into simple sugars such as glucose and fructose. This process is completely healthy and natural, but, like most bodily functions, it can become less efficient as we age. Because of this reduced ability to break down food over time, or simply because of an unbalanced diet, your body is forced to deal with excess sugar in less than optimal ways. One of the consequences of these excess sugar molecules running rampant in your system is glycation, which is when the sugar molecules stick to fats and proteins in your body. Two of the main proteins that these sugars love to stick to are collagen and elastin, both key building blocks of your skin. Collagen is the main component of your body's connective tissue and accounts for 80% of your skin's dermis: the layer beneath your outermost skin, or epidermis. It is responsible for skin's stability and regeneration. Elastin, as the name implies, is responsible for the elasticity and pliability of skin that allows it to stretch and bounce back. When excess sugar finds its way to these vital elements of your skin and binds to them, it creates Advanced Glycation End Products or "AGE" molecules that stiffen and malform the collagen and elastin fibers. These aptly named AGE molecules cause more rapid aging by reducing the natural ability of the skin to repair itself, thus leading to more aggressive wrinkling and stretching. Not only will the skin affected by AGE molecules look older, but it will also become more susceptible to the damage of UV rays and oxidative stress, thus exacerbating future skin problems.

## Fighting Back Against AGE

If you are seeing wrinkles, age spots and sagging skin, you are most likely already a victim of AGE molecule buildup. Unlike most other complex sugars, AGE molecules are not easily removed from the body, resulting in inflammation, damage and aging as long as they linger. This makes getting rid of existing AGE molecules as much of a priority as establishing a better diet to deter their future creation. Although AGE molecules can be stubborn, there are natural options that will aid your body in breaking them down, giving your skin a chance to recover.

**Radiant skin starts from within. Let your self shine with The Blood Type Diet**

# JUNE 2022 SPECIAL

## FOOD FOR YOUR SKIN

### FEATURED PRODUCT FOR THE MONTH OF JUNE 2022



- Deflect \$93
- Genoma Derma \$72
- Live Cell \$83

### YOUTHFUL SKIN SUPPORT PACK



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### Deflect : Lectin Blocker

This product provides anti-adhesive therapy to lectin sensitive individuals. These ABO specific formulas block the effects of dietary lectins before they cause damage, by providing a source of free blocking carbohydrate. DEFLECT promotes digestive health by helping to repair damage from 'avoid' foods.

### Genoma Derma: Maintain Healthy & Youthful Skin

Formulated from well-researched botanicals, amino acids, and the flavonoid, resveratrol, supports the body's natural ability to maintain healthy skin. It also may have Advanced Glycation End products (AGEs) effects as well. L-lysine, an essential amino acid for human health that is not made by the body, plays an important role in the formation of collagen. Essential for bone, connective tissue including skin, tendon, and cartilage.

### LiveCell: Powerful Anti-oxidants for Your Blood Type

Four custom blend-sprouted food complex blends, one for each blood type which rich in enzymes to promote cellular detoxification and support proper immune functioning. High levels of disease -preventing phytochemicals which provide antioxidants to fight free radicals and protect cells and prevents genes from turning into cancer.

#### Terms & Conditions

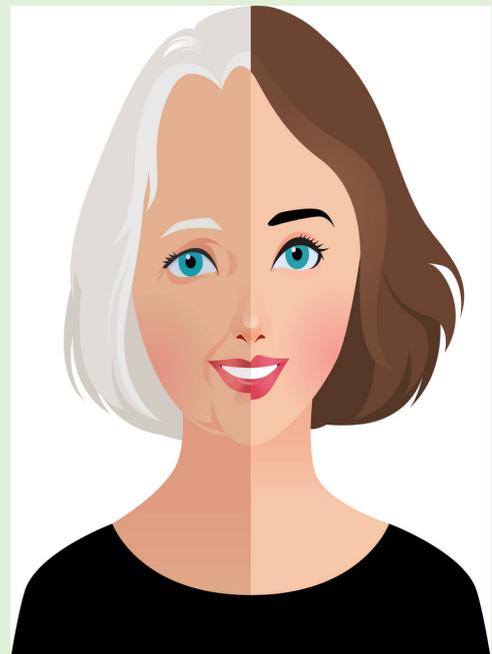
- 1). This promotion is for members only. The promotion item is while stock last and available for blood type O,A,B,AB prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3). The Company's decision is final and no correspondence will be entertained

## Common Skin Conditions & Solutions

Disorder	Factors to consider	Possible Solution	Diet Recommendation	Supplements
<b>Acne</b>	Poor digestion, constipation, dairy sensitivity, hormone imbalance, stress	Gut cleanse, balance hormones, balance blood sugar levels	Drink enough water daily, fiber, avoid sugar, limit animal fats	Vitamin A (betaCarotene), zinc, chromium
<b>Cellulite</b>	Sluggish detoxification, constipation, lack of exercise	Gut and liver cleanse, exercise, lymphatic drainage massage, skin-brushing	Avoid all chemicals and processed foods, limit alcohol and sugar	Gotu kola
<b>Rough Skin</b>	Lack of Vitamin A, dehydration, lack of essential fatty acids	Gut cleanse, increase nutrients intake	Increase fruits & vegetables, drink lots of water, increase EFA rich food	Vitamin A (betacarotene), all antioxidants, GLA from EPO or borage.
<b>Eczema</b>	Food allergies, leaky gut, essential fat deficiency, contact sensitivity	Identify allergens, support digestion and heal gut	Experiment with eliminating foods	Fish or evening primrose oil, flavonoids, eg, quercetin

### Does Your Skin Need a Low-Carb Diet?

New research shows that sugar deposits may be the major cause of skin aging. Skin science appears to have caught up with the humble sugar molecule. Wrinkles, sagging skin, and pigment deposits may stem less from the sun and more from one-way sugar molecules that we make as part of the aging process but cannot remove. With no small amount of serendipity, scientists call these wrong-way sugars "AGE molecules" (the AGE stands for Advanced Glycation End-products). AGE molecules are all around us, and often taste pretty good: Any time we brown an onion or caramelize sugar, we are making AGE molecules. However, when you make these molecules under your skin, you'll probably find much less to like about them. Unlike most other complex sugars, AGE molecules are not easily removed from the body (Just think back to a time you tried to clean burnt sugar off of a piece of crockery!) And because they stay in place for years, the immune system can react to tissues they deposit in, causing inflammation, damage, and aging.



# JUNE 2022

## Can Facial Acupuncture Really Make You Look Younger?



Facial acupuncture, the reportedly safer alternative to surgery or Botox.

This cosmetic treatment is an extension of traditional acupuncture. It's said to naturally help make the skin look younger, smoother, and all-around healthier. And unlike injection procedures, facial acupuncture addresses not only signs of aging, but also the skin's overall health.

"It works internally to optimize your health while simultaneously enhancing the appearance of your skin,"

### Benefits Of Facial Acupuncture

#### 1. It Improves Blood Circulation

The tiny wounds that facial acupuncture creates boost blood circulation to your skin. Blood carries nutrients and collagen to your skin's surface. This helps to improve your skin's texture and makes it look radiant and glowing.

#### 2. It Reduces Fine Lines And Wrinkles

When the needles are inserted into your facial skin, collagen production is triggered to cover up those wounds. This reduces the appearance of fine lines and wrinkles and makes your skin glow. Acupuncture optimizes your overall health internally, which reflects on your face.

#### 3. It Improves Your Muscle And Skin Tissues

Acupuncture stimulates the skin and muscle tissues. It claims to tone your facial muscles to make them firm and improve the appearance of sagging skin.

#### 4. It Works On Acne

Acupuncture practitioners also claim that this procedure reduces the appearance of acne, blemishes, and age spots.

#### 5. It Improves Skin Elasticity

A study conducted in South Korea examined the effect of facial acupuncture on skin elasticity.

### Post-Facial Acupuncture Care

No, you don't have to lock yourself inside your home, avoid the sun, or stop doing your regular work after getting facial acupuncture. Taking care of your skin after facial acupuncture is very simple.

Make sure that:

- You keep yourself hydrated and drink lots of fluids.
- Follow a healthy lifestyle, exercise regularly, and have a balanced diet.

That's it!

The results of acupuncture may vary depending on your age and lifestyle habits. While some people may notice immediate results, others might take more time and multiple sessions to see any results. You need to be patient.

Source: <https://www.healthline.com/health/beauty-skin-care/facial-acupuncture#verdict-on-results>

<https://www.stylecraze.com/articles/facial-acupuncture/#gref>

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