

Skin Care- Anti-Oxidants To The Rescue Of Aging Skin

This is one of the most widely used terms in context of anti-aging preparations. Why are anti-oxidants so important and how do they help our body?

Let us find out. Our body produces free radicals, which are a by-product of oxygen metabolism. These free radicals go around the body in search of an electron and try to steal the electron from a healthy cell of the body. Free radicals need one electron to balance and then become oxygen molecules.

Or one can say that when oxygen loses one electron, it becomes a free radical.

The production of free radicals is also increased by smoking, tobacco use in other forms, pollutants, stress, excess alcohol and many other factors that damage the body. Anti-oxidants neutralize the free radicals by donating an electron to them, thus protecting the body. We get most of our need of anti-oxidants from food. If needed, the doctor prescribes us supplements. By application of anti-oxidants on the skin, they reach directly where they are needed most. This is not true for all the anti-oxidant molecules but only for some. Please talk to your doctor about your skin and need for anti-oxidants - both oral and topical.

Most of the Vitamins such as Vitamin C, Vitamin E are anti oxidants. You get them from food. Beta-carotene that is a type of Vitamin a is an excellent anti oxidant. You get it from foods such as carrots. You can also take supplements of these Vitamins under a doctor's advice. Some Vitamins are dangerous in higher dose. Selenium is another anti oxidant. Copper peptide is one more. Some of these anti oxidants are formulated in topical applications and can be used to maintain the young look of the skin. Many Vitamin formulations are available in the market to fight aging looks by application.

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About the Author

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