

# Anti Aging Supplement News

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## Best Moisturizer



best moisturizer

Your skin makes a person perfect. This means that a healthier skin, fewer problems to think about. When the skin prone to acne, you must be the best choice of moisturizer. Moisturizer can be the solution of other liquid water, which can cause the skin slightly wet or damp. Selecting the best moisturizer for acne prone skin is well represented, because each individual has different skin type.

### What are the best moisturizers with a suitable type of fat in the skin?

The *best moisturizer* acne prone oily skin type is the use of lotions or gels. Lotions are usually an aqueous solution is prepared in the medication that contains one or more insoluble substances. In other respects, the lotion has a cosmetic preparation usually containing alcohol and clean, smooth, or the binding agent is applied to oily skin. While gels are often colloid in a more solid form.

### And for dry skin type?

The best moisturizer for dry skin tend to have creams acne. Creams are usually emulsified, pharmaceutical or cosmetic preparation.

Dermatologists, skin specialists, recommended also that the type of skin prone to acne is to take into account the best moisturizer that is not comedogenic. This means that the product is oil-free and must not clog pores. In some cases, the skin (scars from acne or pimple) is the best moisturizer, too. Using light moisturizers are recommended to the best moisturizers. However, it is better if it contains glycerin, lactic acid, and aquaculture. Glycerin (glycerol), which is used for moistening agent, hyaluronic acid as a cementing material of the skin, and lactic help to go. The content of the three materials, helps to revitalize your skin blemishes.

In addition, moisturizers best acne prone skin are those that have benzoyl peroxide and salicylic acid. Salicylic acid is used as an antiseptic and disinfectant, while benzoyl peroxide is used as an antibacterial agent that helps to unclog pores, allowing the penetration of oxygen.

There are certain moisturizers for acne prone skin and are also clinically proven. They are “Clinique Moisturizing Acne Solutions” and “Neutrogena Healthy Skin Anti-Wrinkle Anti-Spot Cream.” Even if the price is quite expensive, guaranteed to have a positive effect result. Clinique acne solutions moisturizer helps fight the causes of acne and helps to moisturize the skin. This product contains 2.5% benzoyl peroxide. On the other hand, Neutrogena Healthy Skin Anti-Wrinkle Cream-Spot helps moisturize dry skin and the type is used as anti-wrinkle resistance and stain.

Acne is a skin problem in itself, which does not select the type of skin that they wanted to appear and disappear. No matter what your condition, to find the best moisturizer, but make sure it is based with the skin type. Do not use a moisturizer that is suitable for you and if you are not satisfied. And the best way to find the best moisturizer good for you, seek help and advice from experts.

If you are interested in curing your acne, you can check Mike Walden Acne No More book through our website today.

Check out the programs of acne treatment is right for you through our acne products here. Click the link above to find programs that can help you with your acne condition today.

Choosing the best facial moisturizer is a matter of personal preference, but to get the right product is part of a healthy skin care routine. The most suitable product can also be a great anti aging product, because it can save your skin from the ravages of age, like wrinkles and crow's feet around the eyes. There are many types of moisturizers are available on the market at different prices, and do not need to get more expensive to find a moisturizer that suits your needs.

The first factor to find the best facial moisturizer is to get the product that suits your skin type, whether regular, dry, oily, or combination of these factors. Find products that contain ingredients suitable for your skin type. The dry skin is itching and flaking of suffering, when the skin is oily lead to greasy stains on the face, especially in the forehead, nose and chin. Leather features a combination of both types of skin.

The dry skin, look for moisturizers, antioxidants, like vitamin E taxes and aloe vera. Oily skin, moisturizers always made with glycolic acid, salicylic acid and retinoids for their design. If you have combination skin, you can only get moisturizers that are oil free and gentle on the skin, instead of using two separate products, but with moisturizing ingredients to avoid acne treatment like benzyl peroxide or salicylic acid. At the same time, older women should use products that help increase the skin's natural collagen and contain AHAs exfoliate and BHAS as lactic acid and glycolic acid and antioxidants.

Another consideration to get the best facial moisturizer is to buy a product that fits a certain type of application. Night creams, for example, is intended to be used before bed as it is, when their active ingredients are absorbed through the skin. Sunscreen or sunblock should be used during the day to protect your skin against exposure to harmful UV rays. And you can use tinted moisturizer or scatter light for skin care on a daily basis instead of foundation, because they can help balance your complexion. Facial moisturizer should have an SPF of at least fifteen years. In addition, the moisturizer also be non-comedogenic, which means they do not have ingredients that can clog pores with dirt and bacteria, clogged pores because trapping can lead to manifestations of acne.

To get the best facial moisturizer for your needs, you should read labels carefully to see what ingredients they contain and whether they are appropriate for your face. Remember that you can mix and match moisturizer to get the best effect. Do not expect miracles from this product are text-based advertising, as they always exaggerate the true effects. Learn as much as you can so you can be an informed buyer when buying moisturizing products. And add moisturizer to keep your face clean with mild soap twice a day and gently wipe your face with a damp cloth between washing to remove oil.

## Is "Age Reversal" Now Possible?



A special report on longevity and the  
age-busting secret hidden deep in the ocean...

Why marine species live for hundreds of years and  
how you can steal their secret!



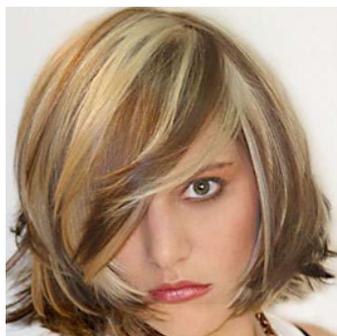
### About Sandra

I'm 56 and in the best shape of my life. I owe it all to diet, exercise, and proper supplementation. I've taken it upon myself to spread the word about longevity.

## Loreal Hair Color

*While the following article doesn't have much to do with anti-aging or longevity, we have noticed that the majority of our readers are women and in recent polls, we've been requested to include more information about skin care and beauty.*

*Here's the first of these articles...*



## loreal hair color

L'Oreal hair color is a market leader in hair dye for years for the high quality of their products. Their excellent reputation has been built with excellent color, reasonable price, and the continuous innovation that will bring better results for the different needs, from time to time.

To choose a color dye L'Oreal hair color chart is very easy. You'll never end up with a strange color follow these simple rules. A hair with "1" on the box is black and "10" is blond white. Subject numbers indicate the amount of ash or red, it is a product. For example, "7" is dark blonde, but "7 1" is dark ash blonde. It is important to know when to die with all brands, if you go from dark blonde always make sure the color you use a bit of red in it, otherwise your hair may end up with a greenish tint.

If you are looking for a product to cover your gray hair is more than 50 percent gray, then Excellence Crème is the product for you. This amazing product is the secret behind the youthful appearance for many women for years. Excellence Crème delivers a solid and long-term continuous 100 percent coverage of gray hair. The series is available in natural dyes and leaves hair shiny and lustrous. Feria is another popular permanent dye in the region. This dye is available in bright colors and trendy and gives hair a color multi-faceted and shimmering.

If you like to highlight your hair, but found that it has become a very costly exercise to color experts will be your best friend. This innovative product contains a hair color and one in a labeling kit. It is extremely easy to use and gives a quality of living fantasy.

For those who suffer from irritation when using the natural hair color brightly colored party Crème is the perfect product for you. This ammonia-free permanent color includes green tea and aloe vera to leave hair shiny, silky and healthy, with bright colors. This range is available in several beautiful natural colors.

L'Oreal hair color, are the best products available on the market for salon quality results at home. They are inexpensive, the results are durable and easy to choose the color chart to choose the perfect tone with ease.

Introduction: Loreal is a big name in fashion, let's take a look behind the company. Young entrepreneur, who made his school in the French school of chemical engineering, has developed a hair dye and the product began in 1909. He climbed the ladder of success and set the slider's largest cosmetics company in the world called Loreal.

The company began to expand its activities in the 20 th century and now offers products for hair care, hair color, skin care, makeup and fragrances in 130 countries.

Here we will discuss Loreal hair color brands and colors that are available in the market.

The history of hair dying: dying your hair is not a new practice, people used to dye his hair since ancient times. The only difference is the method that has gathered to dye their hair. When people did not know the latest technology, are used in natural products, as they used henna, sage, indigo plants. Held in various shades of a symbol of grace in the various communities, some people with dark hair colors were pleasing, while others own light.

*Loreal hair color*, from the goodwill of the company in the market. It attracts a large number of consumers due to the wide range of colors, reasonable prices, and innovations that meet customer needs a long time.

For the ease with which clients are available Loreal diagram through which one can choose a color of choice / herself and can add a certain grace to their personality.

Loreal Preference Permanent color copy: Another great shades are available in the market, with an additional 22 colors, you can choose the color of his / her choice, and who can give them the best look. It not only offers a new color, but the air conditioning as well.

Maintains healthy hair with moisture in it, and maintain the level of the hair shiny. You can see the difference for yourself when you use the product that will give you a balanced and refined look.

You can buy these products at a reasonable price of 4.95 and if you buy the case of the three will have to pay 4.85.

Hair Color Chart: provocative hair color chart to help customers when choosing the color of the hair. There are four basic colors of blonde, brown, red and black colors, and these can be further processed to produce new colors, as if the color is mixed with

cool blonde shade, it can not produce ash or champagne blonde. Hair Color diagram shows the different shades of black, blonde and a variety of shades that are available.

Regular and professionals from around the world use [Loreal hair color](#). People who have tried this brand are very pleased with the fact that the right colors can be obtained either by the combination of colors together or simply using the original color tubes. Even professional hairdressers, suggested in the color or highlight their hair.

Loreal hair color comes in different trade names. The company is particularly interested in the proposal, of course, depends on your hair goals. If the priority is a number of natural-looking shades of stress, then the company offers Couleur Expert Express. It is not only easy to use, but emphasizes a permanent base color and fit well together. It consists of illuminating a developer of multi-shades of cream color developer base, illuminating powder and conditioner, Loreal, this kit has the tools necessary to apply chemicals, gloves, brush, mixing plate, rod, and the color guide to help.

Excellence Crème is another brand that uses Loreal. Preference for the “average age” of women who prefer a more natural color to hide the gray that is entering this particular brand has shades of gold which, according to the designers have a woman younger, fresh appearance. Who would not want that?

However, another brand of Loreal hair color is fair. Just the thing to expose a larger tonal gradation and not do any damage to your hair while. The color is left, and shines almost everything, leaving hair silky, simply because the conditioning process is well planned.

Cream Loreal natural match hair color is not based on ammonia, and is the only one who, as one leaves the hair very shiny and polished, with a touch of natural beauty. Be sure to choose a color that is more than one or two shades away from what they are now lighter or darker, as the choice of colors should be as natural as possible.

Finally, Loreal hair color is preferably greater than last year on the list. With the ability of the shadow of your hair for up to eight weeks, will have a golden hue in your hair to be beautiful. For those who want the color of the hair quality, look at the products Loreal hair color is beautiful and the hair stays healthy, even after use.

The Original Post is Located Here: [Loreal Hair Color](#)

## Food and Supplements that Protect Against DNA Damage

*Plant flavinoids found to protect DNA from radiation damage include:*

*Ginger, garlic, ginkgo biloba, curcumin (turmeric extract), quercetin (found in found in fruits, vegetables, leaves and grains) and punicalagins, extracted from pomegranates.*

*Alpha lipoic acid was found to actually reverse some effects of radiation damage in Chernobyl, returning the levels of oxidized protein compounds in the body caused by radiation exposure back to normal levels and in some cases, better than normal.*

*Resveratrol, a compound most commonly associated with red wine is also a very potent radio-protectant and hesperidin was found to be especially protective of bone marrow, which is the body's blood-forming organ.*

*The above-mentioned plant flavinoids were found to be much more protective against radiation damage than Vitamins C & E.*

*Here's the video edited to this vital interview with Dr. Russell Blaylock by Michelle Hill and Rense Radio.*

Source: <http://www.forbiddenknowledgetv.com/videos/healing/food-and-supplements-that-protectagainst-dna-damage-dr-russell-blaylock.html>

Don't forget about Seanol-P (found in Marine D3). This is perhaps the most potent flavinoid of all (and not mentioned in the article).

The Original Post is Located Here: [Food and Supplements that Protect Against DNA Damage](#)

## FM Cosmetics - What is this?



### FM Cosmetics

I'm always watching the news when it comes to anti-aging, health, beauty, and skin care.

One of the topics that keeps coming up is FM Cosmetics.

I don't know about you, but I have no idea what *FM Cosmetics* even is, so I decided to do some digging and report back to you my findings.

### Here's what I found out about FM Cosmetics...

*FM Cosmetics is a family business that markets fragrance products through the direct selling channel. Our fragrance essences are created for us by DROM, one of the top 10 fragrance houses in the world. We now offer more than 200 fragrances.*

*The business was launched in 2004 in Poland, and has subsequently spread to more than 50 countries.*

*We opened our US operation in 2008, with headquarters in Chicago.*

Source: [https://www.cosmetics.fm/go.index.php?show=about\\_us](https://www.cosmetics.fm/go.index.php?show=about_us)

Ok, so now we know that FM Cosmetics is a company.

That's more than I knew before writing this post!

But let's keep this going and see what else I can find out about FM Cosmetics.

Here's the next site that I came across...

*You Really CAN Get Paid To Smell Great with FM Perfumes !*

*Welcome, my name is Jacqueline Crawford, let me show you how you can get earn an extra income with the FM Group. Let me help you enjoy the same success I have had with FM Group.*

*In just over 2 years, I now earn a very healthy income, working part -time from home(usually from my bed, as I have a back problem) and I have qualified for a beautiful Mercedes car! So if you are fed up being skint, fed up with the rat race and fed up looking online for opportunies only to be let down, look no further!*

Source: <http://www.getpaidtosmellgreat.com/>

I must admit, this isn't what I was expecting.

### While the site above is from a person selling the opportunity, come to find out that FM Cosmetics is a MLM company.

Now that I know that, let me search and see if I can find an honest review of FM Cosmetics.

I found that the BBB rated them A- and that they have 0 complaints on record.

That's good... but makes me wonder why with 0 complaints, they don't have an A+ rating?

I found a decent review online, but to many anyway, it looks like this FM Cosmetics review is a 'sales pitch' to join the MLM.

I'm posting it here for your review though...

*The FM Group perfume multi level marketing and advertising opportunity has been in all around given that 2004, so it is just 7 decades old (as at time of writing). Even however it is a single of the latest multi degree marketing and advertising firms, it is developing very quickly in recognition. It provides individuals the chance to make cash by promoting each the FM Perfume variety to close friends and household (and also a array of other high quality goods*

like Spa, Make Up, shower gels and shampoos, body lotions and products for residence), as properly as expanding an FM Network Advertising business.

FM Group stands for Frederico Mahora Group, and is a direct-marketing company which sells a variety of luxury perfumes and physique goods. The company was founded in Poland in 2004 by Arfur Trawinski, but has spread across the world to each continent and is accessible in far more than fifty countries which includes the US and the UK. The FM items are not offered in the shops but are marketed solely by way of a network of Distributors.

Back in 2004 the FM Group released its unique assortment of FM Frederico Mahora perfumes and complementary merchandise. This FM perfumes firm has behind it a prosperity of knowledge in perfume development, advertising and direct product sales and has in a brief volume of time previously expanded into much more than 68 countries throughout the globe. This is said to be far faster worldwide growth than even Echoes L'arome reached (a prior Perfumes Multi level marketing company).

The FM Group offer higher good quality perfumes and fragrances that contains twenty% perfume oil compared to the weaker Eau de Toilette ranges on the industry, which contain six-8% which individuals frequently purchase on the Higher Street. The FM Group do not have Celebrity endorsement, expensive packaging, Tv or glossy journal promoting or retail overheads. All of the FM Group merchandise are offered, by way of Independent Distributors. This is the reason that they preserve the rates low!

How to make funds with the goods of FM Group.

The FM money is produced by way of the retail revenue of it really is perfume and cosmetic assortment. The revenue can occur from catalogue drops, house events, reveals and so forth. Together with their low expense and high good quality, this is what helps make FM Group goods excellent for marketing by get together plan – they're an interactive item, with clients attempting out the samples and discussing which ones they like and which ones they don't like – all of which tends to make for a lively celebration

The subsequent is a bit of data on the money that can be earnt from the FM Multilevel marketing compensation plan:

Personal Immediate Sales – 42%-62% (dependent on product) – For example:

30ml Ladies' Parfum retail price ?10.fifty  
distributor price tag just ?7.00

earning you the variation of ?3.fifty revenue

VOLUME COMMISSION – three% to 21% – An added quantity for accomplishing amounts of personalized month-to-month product sales

Team COMMISSIONS – three% to 21% – Commission on your team's income volume

ORCHID BONUSES – 1.5% to nine% – As you achieve the higher phases of the FM Group program you have the chance to qualify to share component of globally monthly bonus. Males and girls about the world at this stage in FM Group are at present averaging among 1,500 and 30,000 euro monthly based on the dimensions and framework of their FM enterprise, in addition you have the opportunity to qualify for use of a FM Group Mercedes!

FM Perfumes How to get commenced..

For just 50 euros you will get your FM sample kit. A trendy leather glimpse zip up folder which is compact enough to retain with you wherever you go. Your kit will include a hundred or 160 higher high quality FM Frederico Mahora fragrance samples for equally men and females – some thing for everyone! Along with your starter kit you will also acquire a FM catalogue to get you started out straight absent.

The FM Group, is even now in the first phases of expansion, with tons of agents reporting the commission program being very favourable and income being earnt realitively rapidly. Agents appear to be at current moving over from other MLM's and reporting encouraging final results. Of course this is all sibjective and could just be buzz from the agents in issue to get new recruits onboard.

FM Perfumes are top rated quality and smell just like the designer brand names that they are based on. If like me, you like Fahrenheit by Christian Dior you will adore No 56 in the FM array or lovers of Crave by Calvin Klein will like No 137.

FM Cosmetics Great full strength designer label smells at a fraction of the standard price These are not inexpensive eau de toilettes possibly, they are the suitable Eau de Parfum and on average the 50ml bottle will only cost you 16 euros, put jointly by perfume homes Drom and Perfand using authentic components, not examined on animals.

I hope you located this tiny critique interesting!

Source: <http://www.christianmagazine.info/christian-magazine/christian-magazine-an-honest-review-about-fm-group-the-latest-perfume-mlm-which-took-the-world-by-storm/>

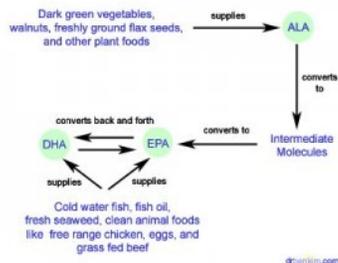
I for one certainly know more about FM Cosmetics now than I did before writing this post.

I hope you've been able to learn something new too.

If you've been a part of FM Cosmetics now or in the past, feel free to post your HONEST review of FM Cosmetics in the comments section below.

The Original Post is Located Here: [FM Cosmetics - What is this?](#)

## Omega Fatty Acids



Omega Fatty Acids

**Let's start this article off by defining exactly what Omega Fatty Acids are and the we'll wander into areas that most people have no clue about when it comes to Omega Fatty Acids.**

*N-3 fatty acids (popularly referred to as  $\omega$ -3 fatty acids or omega-3 fatty acids) are essential unsaturated fatty acids with a double bond (C=C) starting after the third carbon atom from the end of the carbon chain.*

*Essential fatty acids are molecules that cannot be created by the human body but are vital for normal metabolism. One of the two families of these essential fatty acids is the omega-3 fatty acids.*

*The carbon chain has two ends—the acid (COOH) end and the methyl (CH<sub>3</sub>) end. The location of the first double bond is counted from the methyl end, which is also known as the omega ( $\omega$ ) end or the n end.*

*Nutritionally important n-3 fatty acids include  $\alpha$ -linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), all of which are polyunsaturated.*

*Common sources of n-3 fatty acids include fish oils and some plant oils such as flaxseed oil and algal oil. Mammalian brains are also an extremely rich source of not only n-3 fatty acids in general, but DHA in particular. However, eating animal brains, which continue to be considered a delicacy in other parts of the world, has become virtually culturally obsolete in the modern West, to the point that most widely available sources do not even bother to list brains as a potential source. There are potential adverse consequences to eating brains of animals who may be carriers of particular kinds of disease.*

*Mammals cannot synthesize n-3 fatty acids, but have a limited ability to form the “long-chain” n-3 fatty acids EPA (20-carbon atoms) and DHA (22-carbon atoms) from the “short-chain” eighteen-carbon n-3 fatty acid ALA.*

Source: [http://en.wikipedia.org/wiki/Omega-3\\_fatty\\_acid](http://en.wikipedia.org/wiki/Omega-3_fatty_acid)

I love Wikipedia!

You can find out just about anything (in detail) on just about everything.

**Just so you know, what they wrote about Omega Fatty Acids is backed up by other sources such as...**

*Omega-3 fatty acids are considered essential fatty acids: They are necessary for human health but the body can't make them — you have to get them through food. Omega-3 fatty acids can be found in fish, such as salmon, tuna, and halibut, other seafood including algae and krill, some plants, and nut oils. Also known as polyunsaturated fatty acids (PUFAs), omega-3 fatty acids play a crucial role in brain function, as well as normal growth and development. They have also become popular because they may reduce the risk of heart disease. The American Heart Association recommends eating fish (particularly fatty fish such as mackerel, lake trout, herring, sardines, albacore tuna, and salmon) at least 2 times a week.*

*Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function. In fact, infants who do not get*

*enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems. Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.*

*It is important to have the proper ratio of omega-3 and omega-6 (another essential fatty acid) in the diet. Omega-3 fatty acids help reduce inflammation, and most omega-6 fatty acids tend to promote inflammation. The typical American diet tends to contain 14 – 25 times more omega-6 fatty acids than omega-3 fatty acids, which many nutritionally oriented physicians consider to be way too high on the omega-6 side.*

*The Mediterranean diet, on the other hand, has a healthier balance between omega-3 and omega-6 fatty acids. Many studies have shown that people who follow this diet are less likely to develop heart disease. The Mediterranean diet emphasizes foods rich in omega-3 fatty acids, including whole grains, fresh fruits and vegetables, fish, olive oil, garlic, as well as moderate wine consumption.*

Source: <http://www.umm.edu/altmed/articles/omega-3-000316.htm>

Now that we know what Omega Fatty Acids are, let's talk about how to use them and implement them in our diets.

### *1. Switch from Butter and Cream to Unsaturated Oils*

*Saturated fats, which come mostly from animal sources, raise LDL, the form of cholesterol that clogs arteries. Unsaturated fats from vegetable oils, nuts, and fish can help lower cholesterol levels.*

*“Replacing saturated fats with unsaturated fats is still one of the healthiest changes most Americans can make,” says Jeannie Gazzaniga-Moloo, PhD, RD, a spokeswoman for the American Dietetic Association.”*

*Examples of simple ways to make the switch include:*

*Sautéing in canola or other vegetable oil instead of butter*

*Drizzling olive oil or another flavorful oil over vegetables*

*Dipping bread in olive oil instead of spreading it with butter*

*Using non-hydrogenated margarine in place of butter*

*Making cream sauces with low-fat yogurt*

*Favoring oil-based salad dressings over creamy dressings*

### *2. Add Nuts to the Menu*

*Nuts abound in omega-3s and omega-6s, which may explain why they have been shown to help protect against heart disease. In a 2010 analysis of four studies, researchers found that a weekly serving of nuts lowered the risk of dying of coronary heart disease by an impressive 8.3%.*

*Nuts make a satisfying and convenient snack, of course, but they're also a great addition to meals.*

*Stir-fries with cashews or almonds*

*Salads topped with walnuts*

*Pesto sauce made with ground walnuts*

*Baked chicken or trout with toasted almonds*

### *3. Go Fish for Health*

*Fish is rich in two forms of omega-3 fatty acids, called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Growing evidence shows that these two forms are particularly important for lowering inflammation and protecting against heart disease. Indeed, some researchers now think that omega-3 levels, measured in the blood, may be a useful predictor of heart disease risk.*

*The American Heart Association recommends that people without documented coronary heart disease eat at least two servings per week of a variety of fish (one serving is 3.5 ounces of cooked fish). People with coronary heart disease should eat more, about one gram of EPA and DHA a day, preferably from fatty fish, according to the AHA.*

### *4. Tap Other Sources of Omega-3s*

*Don't eat fish? You can turn to other sources of omega-3s. Flaxseed oil, for example, contains about 55% omega-3 fats. Canola oil has about 10%. Soybean oil is about 7% omega-3 fats. Walnuts and leafy green vegetables are also good sources of omega-3s.*

*All of these foods are healthy choices, experts say. But there's still some debate about whether they have all the benefits of fish oil. The reason: the omega-3s in flax, canola, walnuts, and other vegetable sources are in the form of alpha linoleic acid, or ALA. Although the body can convert some ALA to EPA and DHA, the two forms of omega-3 fats with proven heart protection benefits, it's not clear how much is converted.*

*If you don't eat fish at all, you may want to talk to your health care provider about taking a supplement that contains EPA and DHA.*

Source: <http://www.webmd.com/diet/healthy-kitchen-11/omega-fatty-acids>

While fish oils are considered the defacto *Omega Fatty Acids* to use, don't forget about Seonol and Seonol-P which are VERY new to the market, but also have a LONGER acting form of Omega Fatty Acids in them.

If you want more info on that, just subscribe below.

If you want to further this discussion on Omega Fatty Acids, then feel free to comment below.

The Original Post is Located Here: [Omega Fatty Acids](#)

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## Your Questions About Anti Aging Serum



Chris asks...

### What is the name of the model in the L'Oreal Anti-Aging Serum lipstick commercial?

I'm doing a project and my friend and I were thinking of putting the model in our slideshow, but we can't find the name of the model anywhere.

It's this model:

[http://www.twolia.com/blogs/daily-beauty-break/files/2009/10/normal\\_loreal\\_color-riche\\_lipstip\\_vanity\\_fair\\_usa\\_aug\\_2009.jpg](http://www.twolia.com/blogs/daily-beauty-break/files/2009/10/normal_loreal_color-riche_lipstip_vanity_fair_usa_aug_2009.jpg)

Does anyone know her name?

### Sandra answers:

It's Linda Evangelista.



Daniel asks...

### Boots No 7 protect and perfect anti-aging serum?

Have you tried it and if so does it work?

### Sandra answers:

I was awaiting this question. No I have not tried it and I'm not planning on queuing, I think its ridiculous! Plus I don't have wrinkles xx



Mandy asks...

### Wexler anti acne kit – Anti aging Serum?

Am i supposed to wash it off or not? It says give time to dry, but it doesn't say weather or not to rinse off.

### Sandra answers:

Before you use it you should definitely read these two disturbing reports from users on this site.

[www.realself.com/blog/patricia\\_wexler\\_anti\\_aging\\_skin\\_care\\_kit.html](http://www.realself.com/blog/patricia_wexler_anti_aging_skin_care_kit.html)

“I purchased Patricia Wexler, M.D.’s MMPI Rejuvenating Facial Serum from Bath and Body Works. I put it on a clean face like the directions say. I did not put it around my eyes. I woke up the next morning with my right eye half swollen shut and a large, red bag underneath my eye. It took several hours of laying with my head back with a bag of frozen peas to get the swelling down. The day after, the redness still exists and I have red blotches all over my face. As the product says “discontinue if irritation occurs” – I certainly did and threw it in the trash.

“Submitted by frankie\_DJ on Jan 13, 2008 5:01 pm

Same thing happened to me. I showered in the morning, cleanse my face with nivea facial foaming cleanser and put the patricia wexler under eye lotion. 15 minutes later, I looked at myself in the rearview mirror and freaked out (almost had a collision). Went back home, thoroughly rinsed stuff out. Swelling dissappeared 2 hours later, but under eye area is still red, 8 hours later.”



Michael asks...

## I'm 14, should I start using an Anti Aging/wrinkle cream or serum?

I don't know if I should or not. I only use moisturizer and night cream. I don't wear make up or anything. I heard that the early you use it the better the out come is or something like that? But I think I'm too young? Help Please =]

### Sandra answers:

I went to sephora and they all told me not to use anti-aging and Im 18. It can disrupt your skin and disrupt the production of natural oils which keep you from aging anyways. So it will actually be worse for you. And believe me....I've tried asking at many different sephoras and they all told me the same thing. Sad ☹️((( I really wanted Perricone. I even tried going to La Prairie, which is a high-end brand used by the Ritz Carlton spa in NYC and they said they would feel guilty for letting me buy their products. They said it would do worse for my skin since anti-aging products are for older people whose skin has already stopped producing those natural oils. And I was about to get my parents to pay \$650 for their Platinum product. The most you should do which will prevent aging is proper skincare. Cleanse, tone, moisturize, and protect.

My very expensive skincare regimen LOL:

a good cleanser

I use my Clarisonic brush with my Ole Henriksen Aloe Vera cleanser)

Ole Henriksen Aloe Vera Cleanser

<http://www.sephora.com/browse/product.jhtml?id=P42316&shouldPaginate=true&categoryId=5674>

Clarisonic Brush <--- LOVE!!!!!! I worship it.

[Http://www.sephora.com/browse/product.jhtml?id=P230615&shouldPaginate=true&categoryId=5830](http://www.sephora.com/browse/product.jhtml?id=P230615&shouldPaginate=true&categoryId=5830)

a toner

I use Ole Henriksen Grease Relief Tonic

<http://www.sephora.com/browse/product.jhtml?id=P42327&shouldPaginate=true&categoryId=5674>

a moisturizer (oil-free if you have acne prone, oily, or combination skin)

I use Ole Henriksen Sheer Transformation <- OMG.....as you can tell...I love this lne.

<Http://www.sephora.com/browse/product.jhtml?id=P42342&categoryId=S15115&shouldPaginate=true>

and sunscreen (preferably oil-free)

I use Peter Thomas Roth Oily Problem Skin Instant Mineral Powder SPF 30.

<Http://www.sephora.com/browse/product.jhtml?id=P235909&categoryId=S15211&shouldPaginate=true>

and a bonus for my regimen which wasn't necessary was using a serum.

I use Caudalie Vinoperfect Radiance Serum:

<http://www.sephora.com/browse/product.jhtml?id=P94421&categoryId=S15140&shouldPaginate=true>

I had my skin analyzed in a skin analyzer machine at Bloomingdales and I had better skin than 95% of the population. ☺

Whats weird was that I had so little sun damage that the lady asked me if I ever went under the sun since it was so unusual. I've been using sunscreen for years lol. Thats why.

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The Original Post is Located Here: [Your Questions About Anti Aging Serum](#)

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## Best Fish Oil Supplements

Before we deliberate upon what are the best fish oil supplements, let us throw some light on the fish oil itself. The fish oil is extracted from the fatty tissues of some fishes such as salmon, sardines and mackerel. Fish oil is considered to be important from health point of view because it has got omega-3 fatty acids which are an important nutrient for our body. A number of studies were conducted in recent years have suggested the importance of omega-3 in promoting good health.



best fish oil supplements

Omega-3 fatty acids are known as essential fatty acids. Important point is that the human body can't make them and therefore you need to get them through food. Omega-3 fatty acids also known as polyunsaturated fatty acids (PUFAs) play a vital role in brain functioning, as well as normal growth and development of human body. They are also known to have reduced the risk of heart disease. The American Heart Association recommends eating fish (mainly fatty fish such as mackerel, lake trout, herring, sardines, albacore tuna, and salmon) at least twice a week. Research studies conducted on omega-3 fatty acids suggests that omega-3 reduces inflammation and may facilitate lowering risk of chronic ailments such as heart disease, cancer, arthritis, cognitive (brain memory and performance) and behavioral function; and its deficiency may cause fatigue, poor memory, dry skin, heart problems, mood swings or depression, poor circulation etc.

In view of the importance of omega-3 as narrated above, it is vital that we must have them in our diet. The easiest way to consume omega-3 is by eating fish. Though this is an effective way for having omega-3 yet with contamination of water with all kinds of toxins like PCBs, dioxins, arsenic and heavy metals due to water pollution subsequent to post-industrialization, consuming fish from the said waters has become a risky proposition. It is a well known fact that contaminants contribute to a wide range of diseases such as cancer, blindness, birth defects and even death. This is the reason for which mostly people now a days turning to fish oil supplements for a solution. Fact remains that the fish oil supplements also suffer from the same problems despite the tall claims made by fish oil manufacturers as regards purity of their product. In a recent study it is revealed that the UK's Food Standards Agency had directed the withdrawal of several fish oil brands on account of existence of contaminants in excessive levels!

Though some risks are inherent in fish oil supplements, yet there exist some guidelines that would enable us to evaluate fish oil supplement for potency and purity. If you want to know whether your fish oil product is safe, you need to ensure that the same is regularly tested by the International Fish Oil Standards program, or IFOS. This is a voluntary third-party testing organization that evaluates fish oil supplements under 5 different parameters viz. it has passed all CRN/WHO Testing Categories; it contains more than 60% Omega-3 Concentration; oxidation Levels are less than 75% of CRN standard; levels of PCB is less than 50% of CRN standard and dioxin levels is less than 50% of WHO standard.

Why IFOS standards were chosen? This is because of the fact that the standards employed by the CRN (Council for Responsible Nutrition) and WHO (World Health Organization) were not very strict and they were allowing large doses of fish oil. However, to get the benefits of the *best fish oil supplements*, you must frequently consume 1 gram of fish oil a day which is just healthy and good for you. It is not advisable to take more than 1 gram because of contamination risk. However, if you are taking fish oil manufactured by one of the best fish oil supplements brand that has got an IFOS-certification, then you are safe.

If you want to maintain a healthy lifestyle free from diseases and ailments associated with omega-3 fatty acids, then take 1 gram of IFOS certified fish oil supplements daily. However, before you take the same do consult your physician, especially if you are pregnant, have existing medical conditions or are allergic to fish. Your search for a best fish oil supplements will end only then when you genuinely derive healthy health benefits from it.

The Original Post is Located Here: [Best Fish Oil Supplements](#)

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## Why Do I Need The Best Omega 3 Fish Oil Supplement?



best omega 3 fish oil supplement

Even though the subject of fish oil and its interaction with your body involves very complex chemical reactions, finding the best Omega 3 fish oil supplement does not require you to understand any of it. All you should know is that there are certain so-called fatty acids that your body must have to be healthy. That's why they're called Essential Fatty Acids, or EFA's.

EFA's are molecules that are required for normal metabolism, but the problem is that the body can not manufacture them, so they must be gotten from your food. There are 2 groups of EFA's and one of the groups is known as the Omega-3 fatty acids.

Warning – big words are coming next, but after that, only abbreviations will be used. In your search for the *best omega 3 fish oil supplement*, you need to be aware of these three abbreviations because you will undoubtedly see them over and over.

Here goes: The primary omega-3 fatty acid is called alpha-linolenic acid, or ALA. Two more fatty acids that are the most beneficial are docosahexaenoic acid, or DHA, and eicosapentaenoate, or EPA. There, that wasn't so bad. Was it?

Since you have to get your EFA's from the food you eat, the obvious question now is, "What foods contain these omega-3 fatty acids?"

Some of the sources for the omega-3 fatty acids are...

- cold-water fish – salmon, sardines, herring, bluefish, lake trout, mackerel, white fish, blue fin tuna, and anchovies
- shellfish
- flax seed
- soya oil
- canola oil
- chia seeds
- sunflower seeds
- pumpkin seeds
- leafy vegetables
- walnuts.

The best sources are the fish because the EFA's are manufactured by micro algae. Fish eat the algae, and the oils accumulate in the tissues of the fish. That's why many health practitioners today recommend eating fish 2 or 3 times a week. So that you will be sure to get enough EFA's to maintain your good health, and possibly ward off certain diseases.

Currently there are many studies being carried out to determine the functions of these oils in the body and to discover the benefits of maintaining proper levels of them in your body.

Maintaining good levels of EFA's have been linked to helping or preventing many different diseases such as:

- Osteoporosis
- Arthritis
- Cardiovascular Disease
- Depression
- Memory Loss
- High Blood Pressure
- Macular Degeneration

Just like any other healthy habit – eating more fruit and vegetables, exercising, drinking more water, and cutting back on ”junk” foods – you should also be sure that you are getting enough omega-3 fatty acids in your diet.

If you happen to be a vegetarian, or you just can’t work fish into your diet for one reason or another, then the only way for you to get enough of the essential oils may be to take a supplement. Another reason to supplement is that fish are getting more and more expensive, plus there is evidence that some fish are contaminated with mercury, dioxane and PCBs.

Plant sources do not contain DHA or EPA. They only provide small amounts of ALA, which means that your body has to convert the ALA to EPA, and then to DHA. This conversion process requires more metabolic work, and is why the absorption of EFA’s is a lot greater from animal sources than from plant sources.

For that reason, the best omega 3 supplements provide fish oil rich in EFA’s. As you can imagine, there are hundreds of supplements to choose from, and your next question becomes, “How do I pick the [best omega 3 fish oil supplement](#)?”

In your search for the best omega 3 fish oil supplement, a few things you need to consider are the source and quality of the oil, the amount of omega-3 fatty acid supplied, the cleanliness of the manufacturing process, and the price.

Finally, since it’s been shown that omega-3 fatty acids can protect you from many painful health conditions, and quite possibly from diseases that can take your life prematurely, it seems like a no-brainer to invest a little time and effort to find the best omega 3 fish oil supplement available and treat yourself and your family to a much healthier lifestyle.

The Original Post is Located Here: [Why Do I Need The Best Omega 3 Fish Oil Supplement?](#)

## Your Questions About Anti Aging Serum Ingredients



Sandy asks...

### At what age should one start using anti-aging products?

So i am only 15, and obviously i know i am not going to start using like heavy duty anti-aging stuff. But should i start using products like moisturizers and cremes that have anti-aging, and anti premature aging ingredients in them? Can you recommend any night cremes or serums?

XOXO JAZZY

### Sandra answers:

As for the first comment, is there a way to get these racists off of Answers? If anyone’s reviewing these at Yahoo, can’t we give that person the boot? Says a lot that they couldn’t even spell the racial slur they were using. Sorry you had to read that JAZZY, very unfair.

I have had skin problems and use moisturizers and lotions from the company Kiehl’s. You can order it online. It’s very good, but it’s REALLY expensive unfortunately. When it comes to these products though, I do feel like you get what you pay for. Also, very little Kiehl’s goes a long way as opposed to the cheaper products which require so much to get any result.



Linda asks...

### What is a great anti-aging skincare ingredient that doesn’t whiten or exfoliate?

So I’m 18, love to be outside and active, like my skin color, but am very interested in anti-aging skincare. I have done so much research on the subject of anti-aging skincare ingredients but the results always point me towards Alpha hydroxy acids, vitamin C serums, retin A, and all of these very good anti-aging ingredients, but I don’t want to use THESE ones because they all exfoliate your skin, making you more susceptible to sun damage, and some of them whiten your skin, which I don’t want at all. I just want something that is very high in anti-oxidants, promotes collagen, non-comedogenic, and just basically a “miracle” anti-aging ingredient without whitening or exfoliating properties. Thanks guys!

### Sandra answers:

Mario Badesco



George asks...

## How to make a homemade face serum?

I am 20 years old, and yes this may sound rather young to start thinking about anti-aging, but I figure...why not? I already have a few faint lines in my forehead that are randomly red, as I think they may be sleep wrinkles (UGH?!)

And with the economy, I'd rather hold on to my money and try to create something or buy like the main ingredients in most great serums instead of buying them for the retail/name-brand price.

What has great results? I was thinking something like AHA/Glycolic Acid or ... just keep going to sephora and getting samples every week haha!?

What do you think? I have tried the following as masks but as far as actual serum serums I don't know how to make them serums or if I should use stuff like vitamin C extract?

Honey

Egg whites

olive oil

milk

tee tree oil

what do you think? thanks 😊

## Sandra answers:

### Melon Facial

Mash one-half cup of fresh melon (cantaloupe, honeydew, etc) in a bowl and apply to clean, dry skin. Let sit for 10 minutes. Rinse with cool water and finish with your favorite moisturizer. Melon is full of natural alpha hydroxy acids and vitamins, which leave skin glowing and radiant! For best results, use the "melon treatment" once weekly.

### Carrot & Oil Facial

Carrots are chock full of beta-carotene and provide the skin with much needed vitamin A. Instead of spending a fortune on treatments from a dermatologist, consider this nourishing mask:

1. Blend two or three carrots to a fine pulp or use a small bottle of Gerber carrots and mix with a teaspoon of almond or olive oil.
2. Apply mixture to clean, dry skin. Massage carrots in to skin gently, using circular motions.
3. Let sit for five or ten minutes. Rinse with cold water.

Be sure to include carrots in your diet as well. This way you'll be sure to get their benefits from the inside out. After all, what is on the inside is perhaps more important.

### Yeast Mask

Brewers yeast mixed with some water forms a paste makes a good mask for oily/normal skin.

### Milk & Honey Mask

1 Tbls milk

2 Tbls honey

Mix till blended. It may take awhile. Spread over the whole face. Wait 15 min and wash off. This is especially good for removing those little flakes of skin we all sometimes get.

### Yogurt Mask

A great beauty mask is plain non-fat yogurt (no fruit) put on your face for 15 min rinse off. Gives a nice glow to your skin.

### Avocado/Yogurt Mask

Mashed ½ of an avocado with equal parts non-fat plain yogurt and a tsp of lemon juice can actually do wonders to the skin as avocados are rich in vitamin E and they actually lighten skin color.

### Oatmeal/Avocado Mask

If you take avocado and mash it up, than take milk (just a little bit) and oatmeal mix them all together. Put it on your face. Leave it on for at least 30 min. If you want even smoother skin leave on longer. Take off with luke warm water. Your skin will be as smooth as a baby.

### Wheatgerm Scrub

Simply put about a teaspoon of wheatgerm in your hand, add enough water to make a paste, and rub over your face and neck....rinse well...tends to get caught in the hair line and can look like strange dandruff! Natural wheat germ needs a cool dry storage.

### Rosemary Toner

Simmer fresh rosemary (great face steaming time!!) till water turns green and let it steep for a few hours – pour into a container and put into frig – use as a toner – very gentle on skin and helps fight the oilies.

### Pine Fresh Witch Hazel

A nice refreshing toner can be made by boiling 2 Tbsp pine needles in a small amount of water, and adding it to 1 cup of witch hazel.

### Cider Vinegar Toner

1 tsp Cider vinegar and 3 Tbls water. Must be Cider Vinegar NOT White Vinegar. The acid in the cider vinegar helps to balance your skin after cleansing. Helps prevent dryness, great for acne prone skin.

### Blackhead Remover

To get rid of black heads...boil 1/4 cup water and take out 2 teaspoons “Epsom” salt and 3 drops of iodine .. Now mix well and let cool...then saturate with two cotton balls and rub onto skin. You will notice it takes out blackheads very quickly! Enjoy (hint: you can also double or triple ingredients so you can place it into a bottle and use anytime needed!)

### The Great Toothpaste Controversy

I think everyone has already heard that using toothpaste on a pimple will make it go away overnight. There are two opinions on this subject. I'll cover both.

#### Pro-toothpaste

A quick way to get rid of pimples overnight is to use toothpaste on them. It must be white toothpaste, not the gel types. Just dab a little right onto the pimple after cleaning your skin. The best time to do this is at night, works while you sleep. It's the Peppermint Oil in the toothpaste that dries the pimple out you can buy this oil instead of using toothpaste.

#### Con-toothpaste

You shouldn't apply toothpaste to any part of the face to dry out pimples or oily skin. It dries it out so much that the oil glands in the skin work overtime and cause an influx of facial oil. This in turn will cause more pimples.

Just stick with the moisturizing cleanser and moisturizer twice a day. (Only apply to a clean face with clean hands. You don't want to contaminate your skin with daily germs.)

### Tea Tree Oil Wash

I use a small travel container and mix approximately 1/3 Hydrogen peroxide and 2/3 Witch Hazel (I usually go to Health Store and buy a witch hazel aloe vera liquid). Additionally I add a few drops of tea tree oil. Always shake slightly to allow the mixture to remix prior to each use, apply to cotton ball and wash over face with special attention to any current outbreaks of acne.

Hydrogen Peroxide is water and oxygen and simply helps oxygenate the skin and has a disinfecting benefit against bacteria.

Tea Tree oil has a strong anti fungal property, a few drop is plenty. Tea Tree also helps with scar healing, It has a medici

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## The best fish oil capsules available in the market

The best fish oil capsule supplements provide a consistent, strong dose of the constituent, omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), with very few impurities. Fish oil is one of the most popular supplements, sold in the US, according to the National Institutes of Health. But, these fish oil supplements are linked to numerous unpleasant side effects, and they also vary tremendously in their purity and potency. It is always advisable to consult a physician before taking a fish oil supplement to make sure it is the right one.

Here are the guidelines for choosing the best fish oil capsules:

1. It must be the best fish oil anti inflammatory available.
2. It should contain only natural triglycerides.
3. The dominant product should be DHA fatty acid.
4. It should possess supporting evidence for purity.
5. The peroxide values listed on the label should be low.
6. Must possess data proving the overall, contamination values and low rancidity.

The *best fish oil capsules* available in the market include:

### **Lovaza**

Lovaza claims to be the best fish oil capsule available in the market. Generally fish oil capsules are sold as nutritional supplements, which do not undergo the same degree of quality testing as any pharmaceutical drugs. But, the only fish oil soft gelatin that is reviewed and approved by the FDA is Lovaza. It goes through a 5 step purification process that is approved by the FDA, thereby reducing mercury and other environmental toxins present in fish oil. Lovaza is very similar to other high-quality fish oil supplements in its chemical nature, but many health care providers and consumers prefer Lovaza because of its government-guaranteed purity and potency. Due to Lovaza's status as a drug, rather than a supplement, it is sold only as a prescription medicine. It can usually be obtained under a physician's guidance.

### **Nordic Naturals Ultimate Omega**

This best fish oil capsule delivers a potent dose of both EPA and DHA in each individual soft gelatin capsule. This double-strength formula contains roughly double the amount of EPA and DHA in unrefined salmon oil. Ultimate Omega comes in a smaller-than-average capsule. They are available in natural strawberry flavor, which helps to mask or prevent the fishy aftertaste of other omega-3 supplements. Nordic Naturals also contains vitamin D-3 added to it which is an essential micronutrient involved in bone synthesis, immune support and mood balance.

### **GNC Triple Strength Fish Oil**



best fish oil capsules

GNC or General Nutrition Center, offers triple-strength fish oil with a dose of EPA and DHA very similar to that found in prescription drug Lovaza. GNC's Triple Strength fish oil capsule is enteric-coated, which means that it has an acid-resistant coating on every capsule that prevents it from breaking apart in the stomach acid. This helps the product to enter in to the intestinal tract intact and also prevents the reflux and aftertaste caused by any ordinary fish oil supplements.

### **Nature Made Fish Oil**

The Nature Made fish oil, which is relatively inexpensive compared to other fish oils available in the market, is advertised as "molecularly distilled." The company states that their product is so extensively refined that no other compounds besides the omega-3 fatty acids remain. Nature Made fish oil is very potent and is also available in enteric-coated capsules. Because of its high purity levels, it is less likely to create any unpleasant fishy reflux or aftertaste. It also is verified to be free of contaminants such as polycarbonated biphenyls and mercury or PCBs by a third party. Consulting a health care provider before using Nature Made or any other brand fish oil supplement is advisable.

Research suggests that every individual should have an adequate supply of the Omega 3 fatty acids DHA (Docosahexaenoic acid) and EPA (Eicosapentaenoic acid) in their diet for optimum health. They addresses various health conditions of the individual like brain disorders, arthritis, inflammatory bowel disorder, Crohn's disease, cancer, improves heart health and skin condition etc. Pregnant and nursing women should take the best fish oil capsules, which is high in DHA and EPA, so that they can promote their child's brain development. The above list of best fish oil capsules can be taken by individuals to get the full health benefits associated with them.

The Original Post is Located Here: [The best fish oil capsules available in the market](#)