

The Doctors' Prescription for

Healthy Living

THE MOST VALUABLE
**GUIDE TO LAUNDRY
DETERGENTS**
YOU WILL EVER READ

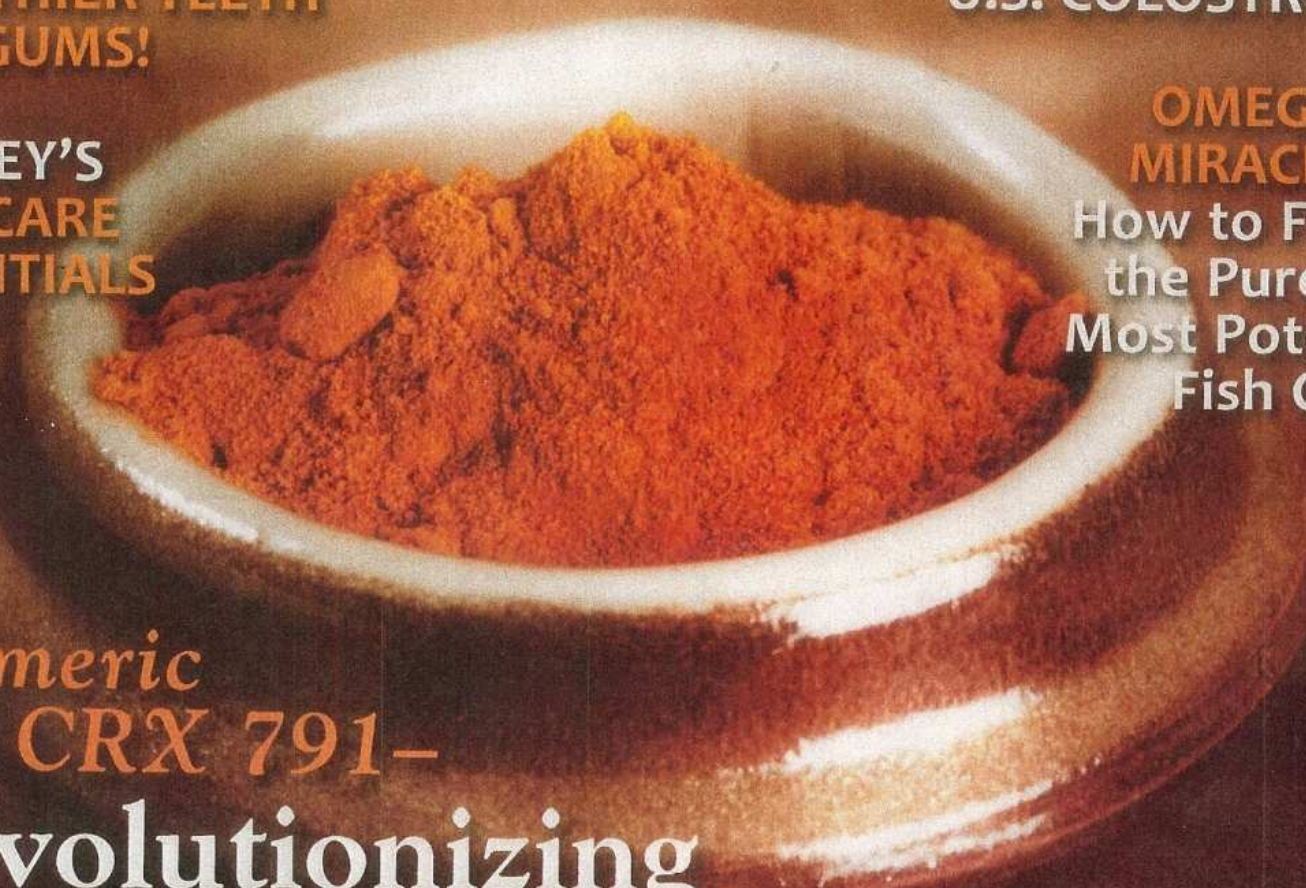
TOSS OUT YOUR
TOOTHPASTE FOR
**HEALTHIER TEETH
AND GUMS!**

AUBREY'S
**SKIN CARE
ESSENTIALS**

THE MANY
HEALTH BENEFITS
OF **XYLITOL** by
*America's favorite
Country Doctor*

NEW ZEALAND vs.
U.S. COLOSTRUM

**OMEGA-3
MIRACLES**
How to Find
the Purest,
Most Potent
Fish Oils



*Turmeric
and CRX 791—*
Revolutionizing
the Most Important
Herb on the Planet

August 2009



\$3.50 US \$4.99 CAN
www.healthylivingmag.com

MAKING THE GRADE

Three Skin Care Essentials



Which skin care formulas contain the hottest anti-aging molecules?



Resources

Aubrey Organics offers the purest, most extensive personal care and cosmetic products in the world. Aubrey's organic skin care formulas are available at health food stores and natural food supermarkets. Call 800-282-7394 (AUBREY-H) or visit www.aubrey-organics.com.

STEP ONE—Moisturize to Protect Your Skin from Pollution

Modern pollution is more prevalent than ever, whether you live in the city or the country, but either way the most protective skin care ingredients come from ancient sources: blue-green algae (*Aphanizomenon flos-aquae*); grape seed (*Vitis vinifera*); aloe vera; evening primrose oil; willowherb; and green tea and milk thistle. Put these proven skin care phytomolecules to work with the purity of the best organic cosmetics.

Blue-green algae, the most nutrient-dense food on the planet, contains glycoproteins, vitamins, minerals, simple carbohydrates, lipids and biologically active enzymes. Blue-green algae contain about three percent nucleic acids, the richest of any commercially available food. Nucleic acids are responsible for growth and repair, and they are especially beneficial for the skin cells to prevent, stop and reverse many aspects of aging.

The anti-aging molecule resveratrol, promoted by Dr. Mehmet Oz, is considered the holy-grail molecule of anti-aging medicine. This antioxidant, found in grape seed, scavenges free radicals that cause premature skin aging and seems to be able to reverse many aspects of cell aging.

These powerful anti-aging phytomolecules are found in Blue Green Algae with Grape Seed Extract Moisturizer, Blue Green Algae Facial Cleansing Lotion and Blue Green Algae Facial Toner from Aubrey Organics (see resources). This three-step system is great for combination skin (oily to normal).

Like green tea, milk thistle has been the subject of a host of dermatological studies looking at its benefits and safety in helping to prevent and repair damage from ultraviolet radiation, which is linked to premature wrinkling, blotching and browning. Milk thistle and green tea have performed admirably. These powerful anti-aging, detoxifying herbs are also found in Aubrey's Blue-Green Algae formulas.

Organic aloe vera's beta-glucans and evening primrose oil's gamma-linolenic acid provide further therapeutic benefits. Beta-glucans stimulate the skin's immune system, and evening primrose oil

has emollient properties that hydrate and soften the skin and help treat acne, eczema, psoriasis and other skin problems. Aloe vera also repairs sun damage.

Meanwhile, Canadian willowherb is one of the most famous anti-inflammatory topicals. Rich in salicylic acid, the aspirin molecule, willowherb soothes the skin, and organic lavender calms and conditions. Chamomile is also soothing.

STEP TWO—Rehydrate with a Bottle of Thalassotherapy

Wrap your skin in brown seaweed from the cold, clean waters of the Pacific Ocean for your all-natural wild-seaweed treatment. Thalassotherapy comes from the Greek word for "sea" and refers to a variety of treatments that use seawater and seaweed, each designed to tone, moisturize and revitalize the body and skin and in many cases to improve circulation. Seaweed is nutrient rich with rejuvenating beta-glucans and polysaccharides and nourishing carotenoids that fight skin maladies, plus every vitamin and trace mineral required for growth and repair.

For your thalassotherapy, use Aubrey's Vegetable Nighttime Hydrator with Green Tea. Organic green tea soothes and protects skin from free-radical damage, while sea herbals such as algae, laminaria and bladderwrack restore natural moisture balance without clogging pores.

STEP THREE—Keep Your Pores Healthy

Ideal for teenagers and adults with blemish-prone skin, Amino Derm Gel Clear Skin Complex works overtime to calm trouble spots, dissolve dirt and oil deposits, and help keep pores clear and healthy. Witch hazel calms and balances and promotes clear, healthy skin. Amino acids balance, while goa herb soothes problem areas.

Herbal treasures for your skin work best when they are delivered in the purest systems. That's where Aubrey Organics comes in. Aubrey Organics are arguably the purest cosmetic skin care products today. They've never used parabens or formaldehyde-releasing preservatives, unlike the high-end preparations found in department stores, and they use the most potent organic and wild-crafted herbs. Aubrey is skin therapy. ■