

# Oxygen for Health and Skin



The role of oxygen on our skin and overall wellbeing from Sheldon Saul Hendler, M.D.,Ph.D

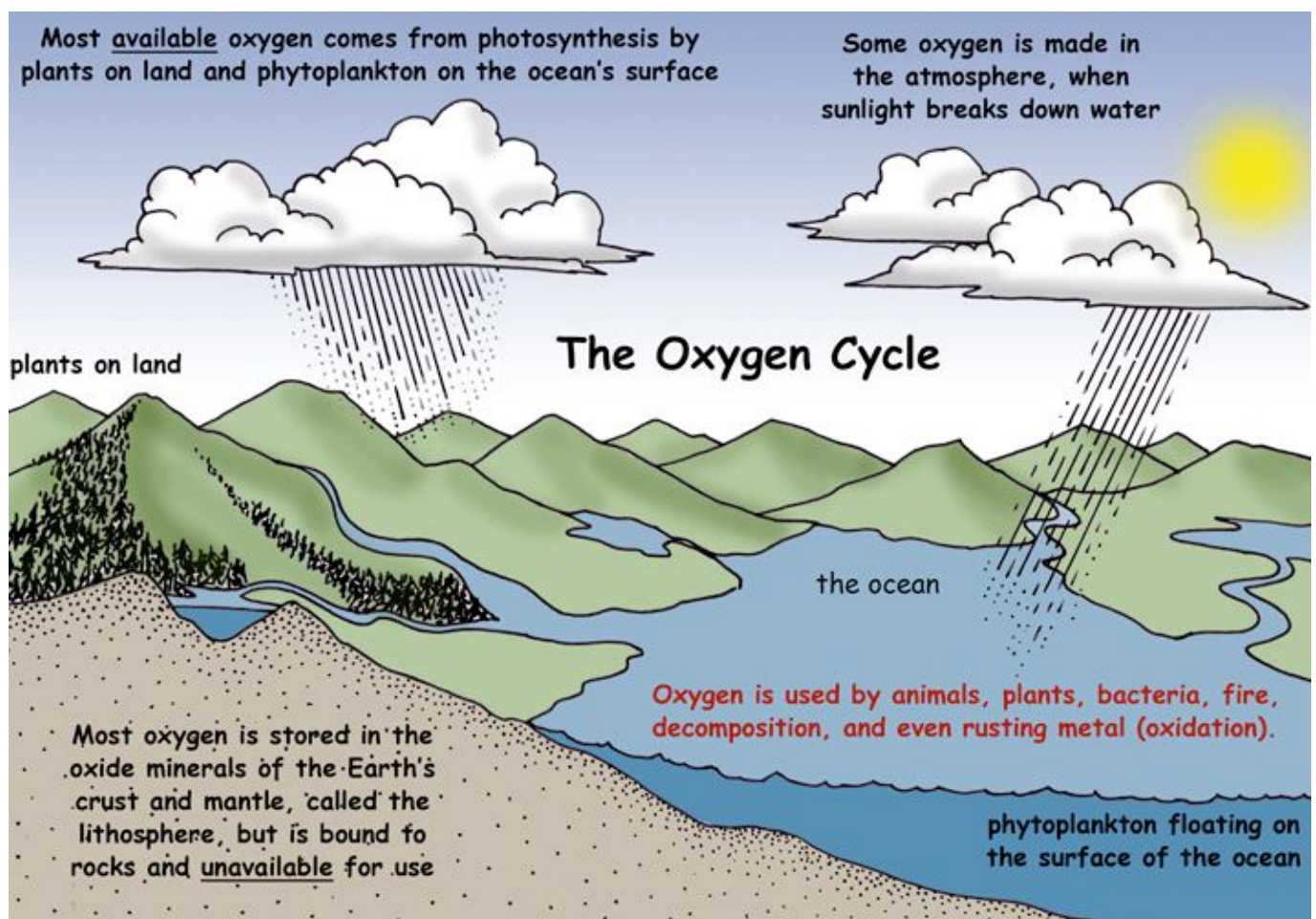
What's happening here is that there are two different physiological actions – oxygenation and oxidation – that are easy to confuse because they sound so similar.

## Oxygenation = Tissue Revival

Oxygen on and in the skin, as for other tissues in the body, oxygen is essential to the health and maintenance of the cells.

“At peak vitality, a cell breathes, communicates, grows, and reproduces. The common denominator in these vital functions is the process of oxygen consumption, a sign of a good metabolic activity.” It not only aids in cell repair, but keeps foreign substances out the body that could potentially be very harmful. This is due to the fact that, “all hostile microorganisms prefer lower oxygen levels than the body’s cells require to remain healthy.” Raising the oxygen levels in the blood not only further purifies the cells, but destroys dangerous pathogens

<http://www.oxytherapy.com/oxyfiles/oxy00009.html>.



“Of all the essential nutrients needed by the human body, oxygen is the one we must have on a moment to moment basis. We can't live without it even for a few minutes, yet, this is the one nutrient most people don't associate with deficiency issues. Nothing could be further from the truth. Most people have developed poor breathing habits, thus further restricting oxygen intake. When we think, stress and go go and live in an anxiety ridden life we FORGET to breath, I learn this in meditation many years ago and I am more conscious every day, I pay attention to my breathing, the reason being is that I found my self with several issues related to this behavior, for one my diaphragm was compromised and my digestive system was well involved by this, not to mention my PH balance !!!!!, yes you got that right WOW what a realization since I became conscious of it. My whole system not only relaxed, my digestion improved from 20% to 100%, my stress management is online, and I promised my self that I would share with people that wish to improve their overall wellbeing so they can benefit and share it with others. Without proper oxygenation our systems deteriorate rapidly, and oxidation sets in, consequently not only our Skin but the over all wellbeing is compromised.

Oxygen concentrations in and around major cities have been measured as much as 30% below normal. That means that each breath brings in less oxygen.

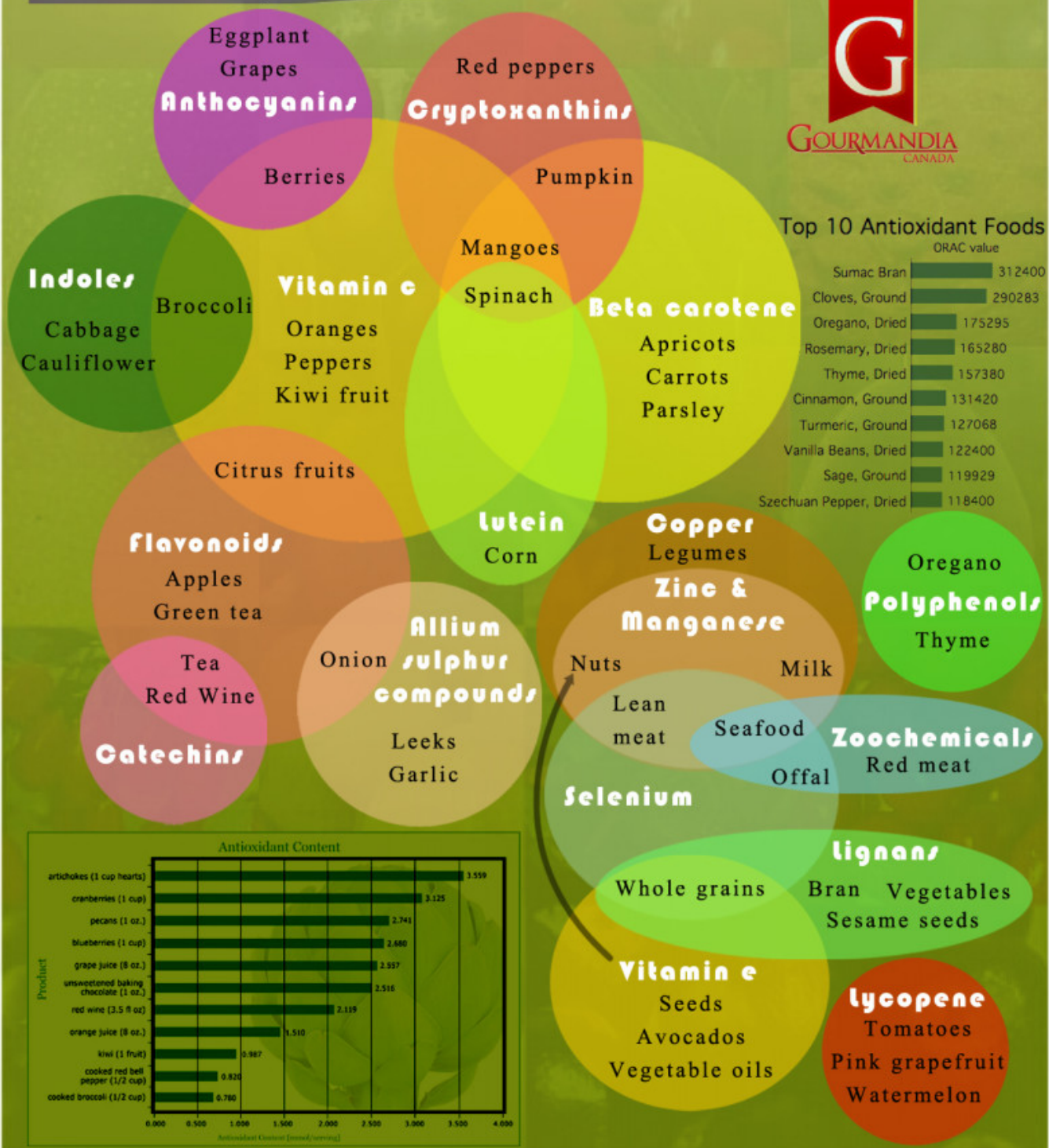
From: <http://www.breathing.com/articles/oxygen-benefits.htm>

Mike shares

So why is it that something that is so simple to do, that requires no other tool other than our own bodies is so neglected. My theory is that we have been programmed to believe that nothing as simple and easy as breathing could possibly make that much of a difference.

# Antioxidant-Rich fare

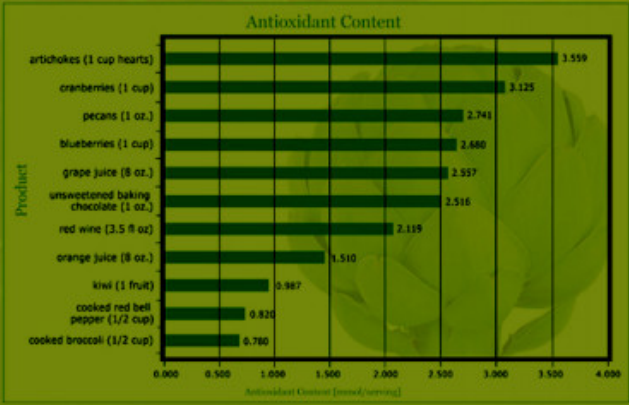
The following is a list of different kinds of antioxidants and foods that are high in each.



## Top 10 Antioxidant Foods

ORAC value

Sumac Bran	312400
Cloves, Ground	290283
Oregano, Dried	175295
Rosemary, Dried	165280
Thyme, Dried	157380
Cinnamon, Ground	131420
Turmeric, Ground	127068
Vanilla Beans, Dried	122400
Sage, Ground	119929
Szechuan Pepper, Dried	118400





# ANTIOXIDANTS

These free-radical fighting antioxidants help you look & feel younger by slowing down the aging process, help prevent cancer, heart disease & other degenerative diseases. Not only that, they speed up recovery from exercise... that means more muscle & less fat on your body in the long run! [www.tortoisehare.net](http://www.tortoisehare.net)



One cup of **blackberries** contains the most antioxidants of all the berries tested, beating out blueberries, strawberries, cranberries & raspberries. Plus, 1 cupful provides 1/2 your daily recommended intake of vitamin C.



Just an ounce of **walnuts**, or 15 - 20 halves, is loaded with antioxidants. They're cholesterol-free & low in sodium and sugar. Nuts are laden with calories, though, so be mindful of your intake.



Bursting with fiber & vitamin C (149% of your daily recommended intake!), a cup of sliced **strawberries** is a cup full of healthy benefits.



One **artichoke** contains approximately 1/4th of an average sized adult's fiber needs. It's rich in vitamin C, potassium, folic acid & magnesium and is naturally fat free & very low in calories.



Now only does **coffee** help keep us alert, it reduces the risk of diabetes & Parkinson's disease and also stimulates enzymes that protect against colon cancer.



One cup of whole **cranberries** is full of disease-fighting and health-boosting antioxidants.



Another super-healthy berry to add to your diet. One cup of **rasberries** is loaded with vitamin C (54 percent of your daily recommended intake) and antioxidants.



One ounce, or 20 jumbo kernels, of **pecans** is rich in antioxidants. They increase metabolic rates, enhance satiety & play a role in protecting the nervous system.



Just a teaspoon of **ground cloves** can do wonders for your body. Spice up your meals and boost your health at the same time.



This superfood is good for your health and can help protect your skin from premature aging. **Blueberries** reduce the risk of urinary tract infection, and improve eye vision.



**Peaches** are rich in beta caroten, vitamins A & C, fiber and minerals like iron, thiamine, riboflavin, niacin, calcium, potassium & phosphorus.



**Broccoli** contains indole-3-carbinol that reduces the risk of breast cancer & other estrogen sensitive cancers, like cancer of the ovaries & cervix. It contains other protective constituents like beta-carotene, which can help prevent heart disease.

Vitamin A & Carotenoids: Carrots, squash, sweet potatoes, tomatoes, cantaloupe & apricots  
 Vitamin C: Citrus fruits like oranges & lime etc, green peppers, green leafy vegetables & tomatoes  
 Vitamin E: Nuts & seeds, whole grains, green leafy vegetables, vegetable oil & liver oil  
 Selenium: Fish & shellfish, red meat, grains, eggs, chicken & garlic  
 Flavonoids / polyphenols: soy, red wine, purple grapes or Concord grapes, pomegranate, tea  
 Lignan: flax seed, oatmeal, barley, rye

# Oxidation = Tissue Decay

Oxidation, however, is the decaying process that occurs when cells metabolize oxygen. An apple turning brown, steel turning rusty and skin showing sun damage and pigmentation are all signs of oxidation. While oxidation is natural and vital to cell turnover, 1% to 2% of cells get damaged in the process and turn into free radicals. Free radicals are unstable molecular particles and can trigger a cascade of molecular instability. In front of your mirror, this translates into progressively worsening lines, wrinkles, age spots and tissue laxity.

That is why antioxidants neutralize and mop up these harmful, aging free radicals. Antioxidants can be delivered to skin in two ways; topically in products such as serums or moisturizers, or internally as food or supplements. I always start from the inside out. Fresh produce such as berries and leafy greens are particularly antioxidant-rich. A general rule is that the brighter the color of the plant, the higher its antioxidant concentration. As for supplements, I particularly like those containing the antioxidant pycnogenol (but remember, you have to take it religiously each and every day for continuous rejuvenation.)

The following recommendations are shared from <http://www.everydayhealth.com/skin-and-beauty/best-antioxidants-for-your-skin.aspx> by Jennifer Linder, MD, an assistant clinical professor of dermatology at the University of California at San Francisco."

## Green Tea

What it is: Green tea extracts are derived from the *Camelliasinensis* plant; you may also want to drink tea brewed from the plant for internal benefits. Green tea contains a number of powerful polyphenols, one of which – epigallocatechingallate (EGCG) – it contains in large quantities.

How it works: Research has shown that when EGCG is applied before or immediately after UV exposure, it helps correct cellular changes caused by damaging UV rays. It can also quench hydrogen peroxide radicals and cause dangerous skin cells to degrade, says Dr. Linder





## Idebenone

### **A new minimally invasive mesotherapy technique for facial rejuvenation.**

What it is: Idebenone (pronounced E-d-buh-known) is a more stable relative of the antioxidant coenzyme Q10.

How it works: Idebenone penetrates better than coenzyme Q10 and offers protection from the oxidation caused by free radicals. It also protects skin cells from the damaging effects of UV rays.

Idebenone does not self-oxidise like CoQ10 in situations of hypoxia (lack of oxygen) – it continues to prevent free radical damage and helps maintain normal production of adenosine triphosphate (ATP); Idebenone is a significantly more powerful antioxidant than CoQ10; This product I try personally after much research, is of a great integrity and the company offers great support, impeccable attitude and first class products I highly recommend checking their website.



**A POWERFUL ANTIOXIDANT**

- Enhances Circulatory System
- Supports Cardio Function
- Mitochondrial Rejuvenation
- Organ Protection
- Free Radical Quenching
- Cognition Enhancement

This Supplements can be purchased  
at: hbc Protocols

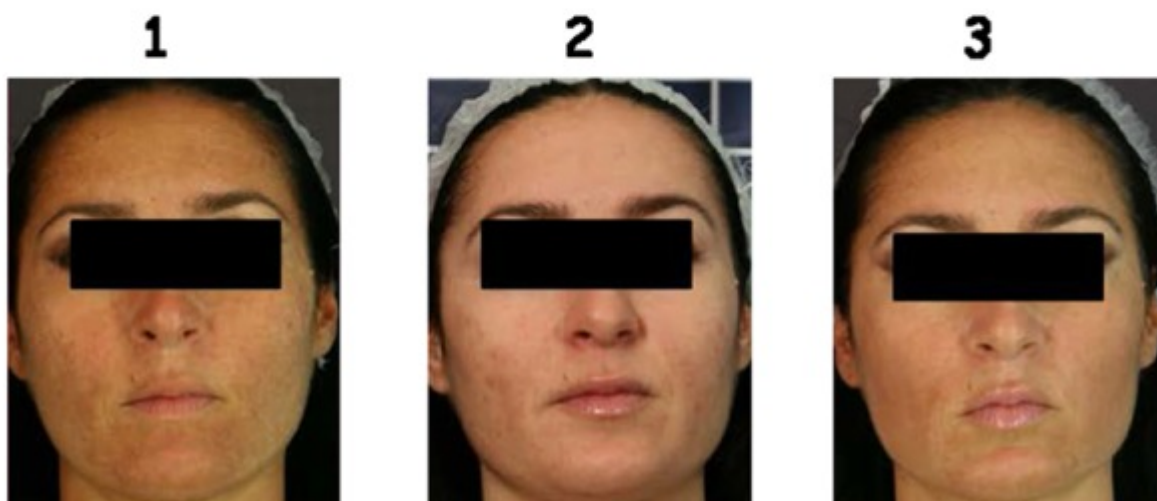
1-800-497-3742

<http://hbcprotocols.com>

**A**



**B**



before and after

Links to studies:

**A new minimally invasive mesotherapy technique for facial rejuvenation**

<http://www.ncbi.nlm.nih.gov/pubmed/25545795>

**Idebenone: a new antioxidant – Part I. Relative assessment of oxidative stress protection capacity compared to commonly known antioxidants.**

<http://www.ncbi.nlm.nih.gov/pubmed/23888258>

[J Cosmet Dermatol](#)

## Resveratrol

What is it; This oldie but goodie antioxidant is a polyphenolic compound found in grapes, berries, cocoa, and many other products.

How it works: Studies show that resveratrol confers great benefits when applied topically. When you apply resveratrol before sun exposure, it reduces the production of damaging free radicals and other sun related skin damage, says Dr Linder.

# VITAMIN C

## Foods Sources

V	Valencia Orange	Cabbage, Red	Orange
I	Issai Kiwi Fruit	Cantaloupe	Papaya
T	Turnip Greens	Carambola	Pineapple
A	Apricots	Cauliflower	Potato
M	Mango	Cauliflower, Green	Prickly Pears
I	Ivy Gourd	Collard Greens	Pummelo
N	Nori	Chili Pepper, Hot	Radishes
C	Cantaloupe	Gooseberries	Raspberries
	Apricots	Grapefruit	Rutabagas
	Beans, Yellow Snap	Guavas	Spinach
	Bell Pepper	Kiwifruit	Squash, Summer
	Blackberries	Lemon	Strawberries
	Broccoli	Lime	Sweet Potato
	Brussels Sprouts	Nori	Tangerines
	Cabbage, Green	Mango	Tomato
	Cabbage, Pe-Tsai	Melon, Honeydew	Watermelon
		Okra	
		Onion	

Dietitians-Online©



On April 4, 1932 Vitamin C was first isolated by CC King at the University of Pittsburgh.

## Vitamin C

What is it: This familiar powerhouse vitamin is an essential antioxidant for the body inside and out, is critical but is not produced by the human body. For this reason, it is beneficial to add vitamin C to your daily regimen, Dr Linder says. It comes in a number of forms, but the purest version – the version worth your hard earned money is ascorbic acid.

How it works: Of all the antioxidants, vitamin C is the most researched, demonstrating its benefits for skin and general health. This powerful antioxidant has proven anti-inflammatory, collagen building, and sun protection benefits, Dr Linder says.

## Shopping Tip:

As mentioned before, look for ascorbic acid. It is best to

look for a product packaged in a dark small mouthed container that block the air entry as much as possible, because vitamin C is sensitive to light and air.

My self I prefer to purchase the ascorbic acid in powder and I mixe it with good quality water and I apply it to my skin so no much chance for spoiling it.

## Yoga Meditation Exercises : Alternate Nostril Breathing for Meditation

## Deepak Chopra – Breathing Exercises For Sleep Meditation