



MARKETING SOLUTIONS

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Harmony Through Vitamins & Herbs

The many benefits of vitamins

By: Marcia Fosnaugh Avis

You may be overwhelmed by people telling you what to eat, what not to eat, what is good for you and what is not good for you, but one thing is for sure, vitamins and herbs are a must. Vitamins are vital for total bodycare-both internally and externally and affect your overall well-being and even your stress level.

Three vitamins that are extremely important for body care and skin care are vitamins A, C, and E. This synergistic trio, commonly known as the Aces, are antioxidants that work together to: increase healing time, fight diseases, reduce stress and to improve skin conditions.

VITAMINS HEAL

Can't seem to get over that cold? Still fighting a bug or virus that started months ago? Vitamins and herbs can help. Vitamin C and Echinacea are great for boosting the immune system. If taken as soon as cold symptoms begin, Echinacea can shorten the duration of the cold. Sufficient amount of Vitamin C can help prevent and treat the common cold by lessening uncomfortable symptoms such as a runny or stuffed-up nose. Vitamin C is also beneficial to the healing process as it takes the red out of a rash by taking the inflammation out of pigment cells. This well-known vitamin also helps the body heal wounds, fractures, and other injuries and lessens the recovery period after surgery. After surgery it is recommended that you use a topical, high potency vitamin such as Clinitone's Excel C Serum or Clinitone's Vitamin A & E Serum. Vitamin C isn't the only vitamin that can prevent sickness and ease injuries. Vitamin E improves blood circulation and it accelerates the skin's healing processes. Vitamin E also eases menopause, diminish scars and even prevents diaper rash.

Vitamins Fight Stress

Between work, family, friends and finding time for yourself, it's easy to feel like you have a million things to do, but not enough time. Holidays especially can often cause extra stress. During these stressful periods it's important that you not only get your normal amount of vitamins, but you might need more. When you are under a lot of stress your immune system can be negatively effected, so it's important to get more vitamins, especially vitamins A, C, and E to get your immune system back on track.

Vitamins Improve Skin Conditions & Rid Wrinkles

Vitamins are imperative for healthy and vibrant skin. Receiving proper amount of vitamins is just as important as washing your face every night. Vitamins A, C and E help the immune system to fight against environmental influences such as sun, wind and air pollutants that often damage skin. For those with acne problems, make sure you are getting enough Vitamin A. Vitamin A is instrumental for preventing pores from clogging which in turn prevents acne. Vitamins not only help with acne, but they are also successful in reducing wrinkles. Vitamin A slows the aging process as it is needed for the maintenance and repair of the epidermal tissue and the formation of elastin. Like Vitamin A, Vitamin E helps to build elastin and Vitamin E also improves circulation and is necessary for tissue repair. Vitamin C is great for skin as these treatments utilize antioxidants to eliminate free radicals as well as to rebuild the collagen in your skin. Use products such as Clinitone's powerful Vitamin C Crystals after all glycolic peels to dramatically increase collagen production and cellular renewal and Clinitone's Vitamin A & E Serum, which diminishes wrinkles and fine lines.

Vitamins that are taken internally do not get to skin level. Fortunately, there are topical vitamins that can be applied onto the skin's surface, and certain substances such as fruit acids and glycolics that drastically improve vitamin absorption. Layering your skin with glycolics and vitamins allows the two ingredients to work together to produce healthy and younger looking skin. To drastically improve skin condition wash your face with products such a Clinitone's Deep Cleansing Foaming Gel followed by an application of Vitamin A and Vitamin C. The glycolics in the Deep Cleansing Foaming Gel prep your skin for total vitamin absorption. By using a skin care regimen that includes glycolic acids and vitamin therapy on a daily basis, you are guaranteed healthy and younger looking skin.

Vitamins and herbs are essential for your overall well-being. It's important to get these proper nutrients thorough fruits and vegetables just as it is important to use topical vitamins for great skin. Consult an esthetician or skin care professional for a skin care regimen that is perfect for you!

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EDITORIAL NOTE: Marcia Fosnaugh Avis is the co-founder, president and international spokesperson of Clinitone Proven Derm Clinic System, which produces advanced dermatology based skin rejuvenation products. She is also founder and president of the Clinitone Center for Rejuvenation, which provides glycolic and vitamin therapies to treat skin. Avis directs the Fosnaugh Center for Cosmetic Surgery and Liposuction, located in Southfield, Michigan which offers full service plastic surgery and dermatology services. To find a professional salon, spa or medical office near you that features Clinitone Professional Skin Care, call toll-free at 888-254-6486 or visit their website at www.clinitone.com.

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