

[IMAGE]

Vitamin C for the Skin

We've all heard about the benefits of vitamin C, and just about everyone knows where to find good sources of this important nutrient - look no further than the produce section at your local market. Oranges, grapefruit (and other citrus fruits), broccoli, asparagus, tomatoes and sweet peppers are a few of the many fruits and vegetables that contain high amounts of vitamin C.

What you may not know is that vitamin C is also necessary in tissue growth and repair, suggesting its potential role in retarding skin damage and skin aging. Researchers evaluated this premise in a recent study published in the *European Journal of Dermatology*. Twenty female volunteers (aged 55-60 and suffering from photoaged skin on the neck) received a six-month application of topical vitamin C or placebo. Results showed a significant decrease in the wrinkles and deep furrows on the side of the neck treated with the vitamin C cream. This improvement was confirmed by patient self-assessment and by a dermatologist's clinical examination.

Your doctor can provide you with more information on minimizing skin damage, and on the many benefits of a well-balanced diet rich in the proper nutrients. For more information on vitamin C and other vitamins and minerals, visit <http://www.chiroweb.com/tyh/nutrients.html>.

Reference:

Humpert P. Topical vitamin C in the treatment of photoaged skin. *European Journal of Dermatology* 2001: Vol. 11, pp172-173.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=253&no_paginate=true&no_b=true