

# 10 STEP GUIDE TO DEEP CELL RENEWAL LYN ROSS, L.M.E.



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# 10 Step Guide to Deep Cell Renewal

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**Renewal: Filling again by supplying what has been used up.**



No one knows exactly how many cells are replaced every day, but experts agree that it ranges from 300 billion to as many as half a trillion. Clearly, this astounding potential for regeneration can be enhanced or maximized, thus improving overall health and wellness.

In fact, it can be said that we are constantly building new bodies and one only needs to consider the effects of nutrition to see how our habits influence cell structure and function. We now know natural products and treatments enable us to improve cell function and experience benefits that can be seen, felt, and measured.

What is the lifespan of a cell? We tend to think of lifespan as the period from birth-to-death. But cells reproduce by mitosis or cell division. Each time a cell divides, it makes a copy of itself and then divides in half.

This means that any cell that is alive today came from another cell that went through mitosis. And that other cell came from another cell which came from another cell – ad infinitum. So it is useful to discuss cell renewal in terms of the factors that contribute to the damage and repair of tissues.

To clarify this for the health-conscious individual, we have identified three critical activities that contribute to optimal cell renewal:

**NOURISH:** You can't make 300 billion vibrantly healthy cells out of thin air (or the standard American diet).

**RESTORE:** exercise that stimulates blood flow to support cell and tissue function.

**VITALIZE:** All repair and regeneration is energy-intensive. Bio-energetic treatments and products and nutrition can enhance mitochondrial efficiency to optimize energy production.

**Let's look at TEN ways you can protect and renew your cells to look and feel younger right now!**



## 1. THE DARK SIDE OF THE SUN

Damage caused by excessive sun exposure is the leading cause of premature aging of the skin. The sun's harmful rays not only cause the skin to wrinkle prematurely, but also destroy the collagen in the skin and lead to skin discolorations. So avoid excessive exposure to the sun, especially during the hot summer months even if you wear a sunscreen. Wear a hat when on the beach and choose makeup products that offer sun protection (SPF 15 or higher).



## 2. CLEAR THE AIR AND PUT TIME ON YOUR SIDE

Smoking is bad not only for your health but also for your beauty. Smoking decreases the flow of blood to the skin, leaving your complexion dull, it promotes wrinkles and fine lines and deprives your skin of oxygen and essential vitamins. Smoking ages skin faster than anything else apart from sun damage. Smoking contracts your blood vessels and therefore doesn't allow enough oxygen to reach the skin's surface, resulting in dull-looking skin. What more reasons do you need to stop smoking?



## 3. LIMIT ALCOHOL TO ONE A DAY

When you drink alcohol your skin capillaries dilate, leaving your skin blotchy. Drinking alcohol also dehydrates your skin and body and slows cell renewal, leading to a dull complexion and potential long-term damage. The professionals advise to take vitamin C every day, to drink plenty of mineral water and to eat fresh fruits rich in vitamin A and vitamin A all essential to help the body recover from alcohol. That said savoring a glass of wine or a beer at the end of a hard day may be just the tonic to relieve stress, help you think more clearly, fend off heart disease and promote longevity.

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## 4. THE BEAUTY OF MOISTURIZERS

Keeping your skin hydrated is essential for every skin type and for every age. Dehydration often leads to thinning of the skin and promotes development of fine lines, wrinkles, crow's feet. Being dehydrated can change the appearance of your skin it may appear flushed, dry and older-looking. The best way to prevent dehydration is to make sure you drinking plenty of water and other fluids every day and to use hydrating face creams or moisturizers daily.

## 5. PACE YOURSELF AND REDUCE STRESS

Fatigue is the price we pay for pushing ourselves beyond the point where our minds and bodies say "no more". So think of where you might be pushing yourself beyond your natural limits. Cut back on some of your activities. Don't work or exercise as hard, as fast or as long as you have been. Take frequent breaks. Make sure you get a good night's sleep – meaning you sleep well enough and long enough to wake up refreshed.

## 6. GET LOOSE FEEL GOOD

A general warm-up followed by regular stretching raises the temperature in our muscles and enables us to move smoothly and with full range of motion – like we did when we were younger. In addition to relieving stress and tension, stretching improves flexibility, enhances performance and helps prevent injuries.

## 7. CELLULITE – WHAT TO DO ABOUT IT?

The best way to reduce cellulite is with aerobic activity that burns calories throughout the entire body. Spot reducing doesn't work you must get your heart rate up and keep it up for 20 continuous minutes at least three times a week. Try limiting your total fat intake to around 25 percent of your calories staying away from high fat fare such as cakes, cheese, fried foods and processed luncheon meats.

## 8. ANTI-OXIDANTS TO THE RESCUE

Oxygen the glorious stuff that fills our lungs and keeps us alive is involved in a process that can seriously hurt us. The body's cells use oxygen to burn fuels such as glucose (blood sugar) and, in the process, some oxygen molecules may lose an electron. This renegade electron is called a free radical, which must be balanced so goes in search of another molecule to attach itself in attempt to become balanced once again. Your body isn't entirely helpless when free radicals go on the warpath. In fact, it actually starts producing enzymes to combat the invading free radicals. The problem is the older we get our bodies don't produce enough enzymes to totally stop these scavenger electrons. Research shows that adding foods rich in or supplementing with vitamins C, E and beta-carotene protect your cells from free radical scavengers.

## 9. EXFOLIATE: IT'S EASY AS PIE AND WORTH THE EFFORT

Exfoliating is skin treatment where the upper layers of dead skin cells are sloughed off by a loofah sponge, sea salt, brush, a facial or body scrub product. Exfoliation helps to speed up the process of cellular shedding, by taking off the uppermost, dead layer of cells to expose the finer, more translucent tissue underneath. The average human generates a new layer of skin every two to four weeks. At the end of the cycle, the old, dead cells on the surface are shed. You can improve your complexion tremendously by exfoliating and sloughing off the old, dead skin cells. If the old, dead skin cells are not removed, they can clog the sebaceous pores, leading to superficial spots or blackheads.

## 10. QUIET YOUR MIND

Meditation involves silencing our mind. It is not an intellectual activity, but an attempt to expand our consciousness and be aware of our 'real sense of being.' Meditation can be a practical tool for relaxation, concentration and better health; it can also be an invaluable tool to self discovery. Through meditation we develop the capacity to be content with ourselves as we are. It is a happiness not dependent on external wealth and success. If practiced correctly, meditation can be a powerful antidote to depressive thoughts.

For more information about how Institut' DERMed products and services can help you achieve deep cell renewal go to <http://www.idermed.com/Page4596.aspx>