Inflammation and Connection to Aging

Learn to look younger while living longer and healthier
Inflammation-Aging Connection

- Inflammation at the cellular level is the single most powerful cause of the signs of aging.

- Inflammation is also the leading cause of chronic diseases such as arthritis, diabetes, Alzheimer’s, cancer and strokes.
Inflammation

- Occasional injuries are part of being human and healing is the body’s self repair process.
- Healing begins with inflammation.
- So inflammation is beneficial, when the body summons the immune system to heal now and then as part of the self repair process.
- It is chronic inflammation that is the culprit.
- Inflammation affecting us on a chronic daily basis.
Chronic Inflammation

- Everyone experiences inflammation at one time or another and we actually need it to survive.

- Chronic inflammation is a sign that something has gone seriously wrong with your health.

- Instead of protecting and healing like it should do, chronic inflammation breaks down your body and makes you older, more frail and causes disease and illness.
Inflammation-Aging Connection

- Inflammation can be highly visible such as a red rash.
- It is the invisible inflammation that we are referring to.
- This is micro-inflammation that can not be seen or felt.
- This micro-inflammation happens on a cellular level and can only be seen with a microscope.
Result of Chronic Inflammation

Causes of Inflammation:

• Stress
• Diet
• Lack of Sleep
• Pollution
• Sun Exposure
• Toxic chemicals in skincare
• Medication
• Drugs
• Alcohol
• Cigarettes
Hylunia’s Findings

• Their research, in 1988, revealed that 99% of skin care products on the market contained ingredients that cause irritation and inflammation.

• During the process of fighting against free radicals, your immune system produces histamine, leucotriens and prostaglandins, all natural chemicals that lead to inflammation of the skin and other tissues.
Daily exposure to aggressive skin care and other potentially irritating substances keeps your immune system busy with no time to repair or heal. When your body is overly taxed and your immune system is too busy trying to manage daily stressors, you are much more likely to develop illness, including pre-cancerous cells. This is also the beginning of premature aging.
Stress and Aging

- Stress triggers the production of cortisol.
- Cortisol is needed to activate the body when under stress.
- It is an emergency hormone used in desperate situations.
- When high levels of cortisol is in the body for long periods of time (high-stress) it becomes toxic and damages the immune system and can effectively shut it down.
Cortisol and Aging

- More stress you are under, greater amount of cortisol produced.
- They send signals directly to the skin and produce and inflammatory response.
- The damage can lead to DNA damage which is irreversible.
- The toxic stress related neuropeptides and hormones send wrong signals such as too much melanin or not enough elastin for example.
Healthy Aging Starts with your Cells

- Slowing down the aging process begins at the cellular level.

- To help protect our cells, not only must we guard against inflammation, but we need to understand which antioxidants and enzymes can most powerfully neutralize the impact of free radicals, as cellular inflammation seems to be increasingly part of modern life.
Antioxidant Power
Antioxidants for Inflammation

- Free radicals have unpaired electrons
- They travel around the body trying to steal electrons from other molecules
- In doing so, they damage those cells in a process known as oxidation.
- Antioxidants are the remedy to this problem
- They neutralize free radicals
- In addition to scavenging free radicals, there are antioxidants that actually block inflammation
Antioxidants and Enzymes

The body manufactures its own antioxidants. Some of them are in the form of enzymes, such as glutathione peroxidase, superoxide dismutase, and catalase – all of which require selenium and zinc to do their job. Lipoic acid, N-acetylcysteine, and glutathione are enzymes which rely on sulfur. Supplemental lipoic acid, in conjunction with L-Carnitine, works in the mitochondria to reduce the harmful effects of free radicals and diminish the actions of inflammatory signals.
Best Antioxidant Sources

The best sources of antioxidants are vegetables, fruits, tea and wine. It is a good idea to get your antioxidants from a variety of sources. The more colorful your natural foods the better - yellow, orange, green, red, brown and blue-purple plant foods provide a variety of antioxidants, and the more brightly colored, the richer the food is in anti-oxidants.
Anti-Inflammatory Ingredients

- In addition to antioxidants, it is crucial to use skincare products that contain anti-inflammatory ingredients to increase your protection against chronic inflammation.

- The use of antioxidants and anti-inflammatory ingredients are key in the fight against aging.
Hylunia and Beta Glucan

**Beta Glucan:**
- anti-inflammatory
- collagen production
- reduce fine lines and wrinkles
- scar care
- wound healing support
Hylunia and Green Tea

Green Tea and EGCG:
  antioxidant
  anti-inflammatory
  sun damage protection
  sun damage repair
Hylunia and Grape Seed Extract

Grape Seed Proanthocyanidins:
- antioxidant
- anti-allergenic
- anti-inflammatory
- capillary health
- increase skin elasticity
- sun damage protection
- sun damage repair
- wound healing support
Hylunia and Pumpkin Seed Peptide

Pumpkin Seed Peptide:
• Minimizes inflammatory process
• Reduces irritation in stressed cells
• Prevents and minimizes conversion of histidine to histamine
Hylunia and Tumeric

Tumeric:
• Anti-aging
• Anti-inflammatory
• Anti-bacterial
• Bio-protectant
• Neutralizes free radicals and ultraviolet radiation (UV damage)
Hylunia and Pomegranate

Pomegranate extract:
- antioxidant
- collagen production
- sun damage protection
- sun damage reduction
- wound healing support
Hylunia’s Passion

- Hylunia is Formulated using the latest scientific breakthroughs in advanced skincare.
- Medical Grade Ingredients and the all of the top antioxidants and anti-inflammatories.
- Our products enhance the skin's ability to defy aging, treat and help prevent acne and rosacea, protect from sun damage and premature aging while making skin softer, healthier and younger-looking.
Avoid Toxic Ingredients

- Avoid these common skincare ingredients that are linked to inflammation:
  - Propylene Glycol & Butylene Glycol
  - Fragrance
  - DEA, MEA, & TEA
  - Sodium Lauryl Sulfate & Sodium Laureth Sulfate
  - DMDM & Urea
  - PEG
  - Parabens
  - FD & C Color
  - Mineral Oil
  - Isopropyl Alcohol
Prevent Premature Aging

To control inflammation which includes eating an anti-inflammatory diet, taking targeted nutritional supplements and applying skincare that contains high amounts of antioxidants and anti-inflammatory ingredients.

This combination is your best defense.
In Conclusion

• Taking this broad 3-tiered approach is the way to live a longer healthier life and to stop the signs of premature aging.

• By controlling inflammation we minimize disease and maintain skin's health and youthfulness.

• Include Hylunia in your quest for health, wellness and younger looking vibrant skin.