

MODULE 3 – SOLUTIONS HANDOUT

How to Look Younger

WEBINAR SUMMARY:

Your skin is a reflection of what's going on inside. Beauty is best reflected from the inside out, and then we can do something strictly about what's seen on the outside.

Let's take a moment to review healthy skin habits:

- Eat a non-inflammatory diet and take supplements for oxidative stress, glycation and inflammation as needed. Please refer to Handouts for Module 1 (Disease Prevention) if you need a refresher as this is critical in keeping you looking young OR making you look YOUNGER.
- If you smoke, stop! WE have help for you here.
- If you get lots of sun, stop! Wear Paraben-free #30 SPF for UVA and UVB when you are outdoors.
- Hydrate until your urine is clear and use a good cleanser and a moisturizer or skin care system of products which contains a paraben-free, non-pore-clogging moisturizer.
- Ask your doctor if you can be weaned from any pharmaceuticals.
- Replace dental bridges with implants.
- Sleep **WELL**. Refer to Webinar and then Solutions Handout 2 on "How to regain the energy of your youth" and if that doesn't do the trick, just skip to Module 7: "Perfect Sleep."
- If needed, consult a good Esthetic Dermatologist for the appropriate non-invasive or mildly invasive procedures which "fit your skin" the best. If you need skin resurfacing, or collagen and elastin boosting, or skin plumping therapy that cannot be obtained by the products listed below, this would be considered an add-on. Use Plastic Surgery as a last resort. Download my best-selling eBook FREE!

PRODUCTS WE RECOMMEND:

Even more "INSIDE OUT" integratives as add-ons to the most important inside-out skincare supplements to eliminate oxidative stress, inflammation and glycation can be found in the e-store in the beauty and skincare section. Just click on the **sitopharma**[®] brand for the following products.

L-Glutamine: 850 mg Caps

Precautions Warnings	Do not take if you have MSG sensitivity.
Benefits	Recall that HGH (Human Growth Hormone) will stimulate both elastin and collagen as well as increase hyaluronic acid (thickness) in the dermis.
Additional Benefits	All of the benefits of HGH: see Module 12 regarding hormones.
Dosage	- Dosage to raise HGH level: 4 caps each evening prior to bedtime.
Additional Remarks	None.

Lipoic Acid Complex: 300 mg Caps

Precautions Warnings	DO NOT exceed recommended dose as it might interfere with thyroid function. This Warning does not apply to you if you are taking thyroid hormone replacement.
Benefits	Reduce collagen cross-linking to great slow down the appearance of facial lines and wrinkles.
Additional Benefits	Recall this also lowers blood sugar and helps protect against macular degeneration
Dosage	- 2 caps twice daily.
Additional Remarks	Lots of uses for this fat and water soluble vitamin!

L-Lysine: 1500 mg Caps

Precautions Warnings	Do not take if you have Diabetes or allergy to eggs, milk or wheat.
Benefits	Stimulates collagen and elastin production.
Additional Benefits	Helps prevent herpes outbreaks.
Dosage	- 2 caps each A.M.
Additional Remarks	After 6 months, add some foods rich in L-arginine to your diet such as organic peanut butter to keep your arginine/lysine ratios in balance.

CoQ Ubiquinol: 100 mg Caps

Precautions Warnings	None.
Benefits	Stimulates collagen and elastin production.
Additional Benefits	Recall this improves mitochondrial energy, protects your heart if you are on a “statin” cholesterol-lowering drug, and reduces inflammation.
Dosage	- 2 capsules each AM
Additional Remarks	Also a great anti-oxidant!

SAMe: 200 mg Tabs

Precautions Warnings	None.
Benefits	Increasing dopamine along with acupuncture and nicotine patches really helps someone quit smoking.
Additional Benefits	Mood elevation, some food cravings control.
Dosage	- Take 2 tabs 2x a day for 3-4 days then increase to 4 tabs 2x a day and this can be continued indefinitely as needed.
Additional Remarks	Please see the article on smoking cessation for more information.

Products added to webinar information for the inside-out **sitopharma**[®] skincare collection, with “Solutions page” blog articles giving you more complete information, and the product pages giving you dosing information include two great products:

Collaplex Powder contains collagen and vitamin C to support improvement in skin tone and elasticity.

Efferves -C™ supplies you with large doses of vitamin C to thoroughly saturate your dermis; thought by many researchers to be superior to using topical vitamin C.

THE VERY BEST ANTI-AGING SKIN CARE PRODUCTS YOU CAN BUY FOR THE "OUTSIDE" !

We have searched high and low. There is absolutely nothing comparable to what we are offering you as our **ONLY** recommended non-parthenogenic stem cell derived growth factor anti-aging skin care product line.

We know this is a "mouthful" so please check out the article link in this Solutions section on **Lifeline® ProPlus** (easy) Science!

Remember, too, that your stem-cell serum isn't your only important skincare product, so **DO** check out what's on the website; the **MoorSpa®** products are also what Dr. Kim personally uses and recommends to her family, friends and patients.

We're just focusing on one product line right here because you deserve not to be "pitched" on the value of all of Dr. Kim's products. This product line has the biggest visual skincare bang for your buck, if you're looking for topical serums for daytime, nighttime, and under the eyes.

Lifeline® ProPlus Products

Precautions Warnings	None!
Benefits	<ul style="list-style-type: none">• You will start to see results in a week. The first thing you'll notice (and this is within 24 hours actually) is reversal of dry skin. Then here's the schedule of "skin events": meaning when you will SEE a difference-and then it just keeps getting better.• Overall look of skin (reversal of dullness, some textural changes): 1 week.• Reversal of redness; even if you have "rosacea": 1-2 weeks.• Noticeable Reversal of fine lines: 1 month.• Improved tone and turgor=plumping: 1 month.• Post-inflammatory pigmentation reversal: 6-8 weeks• Melasma (skin pigmentation common in women post pregnancy) reversal: 6 weeks.• Diminished pore size: 1-2 months.• The company has yet to have a dissatisfied customer. The product even helps clear up acne!
Additional Benefits	You will look fabulous!
Dosage	- Apply 2 pumps of day, night or aqueous (for acne-prone or oily skin) serum and massage into the face and neck. An additional pump can be used for the décolletage area. The Eye serum can be patted on "thick," allowed to dry, and gently massaged off, to get rid of puffiness and fine lines.
Additional Remarks	First launched as a consumer product, Lifeline®; the more potent Lifeline®; ProPlus is available through Physicians.

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So NOW you have it, your third set of Anti-Aging SOLUTIONS!

Remember, we didn't touch on all of the Esthetic Dermatology practices and skincare regimens you can use; you'll find those on the Solutions page as "helpful articles."

Please don't hesitate to contact Dr. Kim with any questions you might have.

Best Wishes for your Life and Health,

Kim Crawford, M.D., and the drkimsagewellsolutions.com team.