

Aging, Anti-Aging and Agelessness

Understanding the Unseen Factors Causing Premature Aging

by Jon Canas

Essential Oils in Anti-Aging

High grade essential oils generally contain strong antioxidants and because antioxidants are so effective at preventing or slowing oxidation, they are excellent agents in combatting aging.

Medical studies have also demonstrated that some essential oils have the ability to stimulate blood and lymph circulation. They help improve oxygenation, deliver nutrients to cells (red blood functions), and stimulate the elimination process within tissues (venous and lymphatic circulation functions). Essential oils can play an important role in any detoxification program so critical to anti-aging regimens.

Essential Oils Plus Drainage for More Youthful Looking Skin

In 2015, the well-known Japanese cosmetics company, Shiseido, in joint research with the Research Institute for Microbial Diseases, Osaka University, found impaired function of dermal lymphatic vessels leading to accumulation of subcutaneous fat to be an integral cause of sagging skin.

Capillary and lymphatic vessels are vital to collecting water and waste products which in turn assists to maintain healthy skin.

In addition to the more commonly held belief that the skin aging phenomena of sagging is a result of loss of collagen and elasticity, Shiseido studies have also found that impaired lymphatic system and blood vessel function are a root cause of skin aging. Shiseido says, "... reduced lymphatic function causes prolonged inflammation, which results in wrinkles."

We know that certain high grade essential oils in specific proportions and formulations can be extremely beneficial in the treatment of congested, aging skin.

We also know that drainage of the fluids, most especially the lymph, is significantly effective in freeing up congested skin and restoring it to a more radiant, toned, youthful appearance.

Spafinder.com says, "Yes, it has a seriously unglamorous name, but lymphatic drainage massage has a long list of benefits. Apart from being blissfully relaxing, manual lymph drainage (usually referred to as MLD) decreases facial puffiness, boosts the immune system, smoothes cellulite and soothes sore muscles.

PHYTO5's award-winning technology, the Biodraineur (biorhythmic drainer machine), mechanically, rhythmically, and precisely reproduces the gentle movement of a lymphatic massage which is focused on moving energy and fluids that are otherwise stagnant.

Drainage with the Biodraineur helps reverse the signs of aging by remarkably reducing the following:

- puffiness
- hyper-pigmentation
- acne breakouts

- fine and deep lines
- sagging skin
- congested skin, circulation, lymph
- irritated skin
- lack of tone
- darkness around the eyes
- dark circles
- heavy legs and cellulite
- excessive heat
- toxins
- body soreness
- fatigue
- downtime and bruising following surgery

The Biodraineur enhances all beauty treatments of the face and body and because of this, the Biodraineur should be incorporated into all face and body treatments, particularly anti-aging and contouring treatments.

How Lifestyle Affects Aging

Among the critical factors influencing the aging process is genetics. Genetics obviously escapes our control, yet twins with an identical genetic imprint can age differently. This points to the presence of other factors: lifestyle and conditions.

Conditions involve elements over which we have no control such as climate, but others related to the manner in which we choose to live our lives. We are unable to make more empowering choices, however, as long as we have not become aware of our current lifestyle's positive or negative effects.

All of the following affect our lifestyle and ultimately how resiliently we age:

- the climate in which we live (dry or humid, hot or cold, temperate or extreme climate)
- socioeconomic conditions (the time and resources we have to take care of ourselves)
- our relationships (family and friends)
- our psychological frame of mind (tendency to worry or engage in fear and anger, or to laugh and be merry)
- our diet
- our exercise practices
- our socializing habits
- various personal disciplines including how we handle stress (at work and in our private lives).

Some factors have little to do with the amount of free time or disposable income we have.

- Do you drive when you could walk instead?
- Do you take the escalator rather than the stairs?
- Do you take every opportunity you have to stretch, exercise and breathe deeply?
- Do you take a few minutes, even a few seconds, throughout the day to meditate and to manage your negative emotions when they arise?
- Do you find reasons to smile and to laugh?
- Can you stay clear of smoking, alcohol (beyond an occasional beer or glass of wine), and recreational drugs?

Since our body must be slightly alkaline to be healthy, overly acidic foods and drinks contribute to ill health and premature aging. Tap water is

usually at the right pH by law, but it often contains other undesirable chemicals.

Aging and Anti-Aging: The Traditional Explanation

Science and medicine have studied the phenomenon of aging for generations but there is no official and fully endorsed theory of why and how aging occurs. There are, however, a number of theories which are periodically modified indicating that we really do not know for sure.

One theory does, in fact, enjoy great support. This theory points to oxidation stress to cells caused by free radicals as a principle cause of aging.

Although the theory does not pretend to explain everything, it is widely accepted as quite an important factor.

Free radicals are molecules whose atoms have an unstable amount of electrons. The outer orbit of their electrons has not reached or maintained the number of electrons that ensures stability. It follows that the atom will attempt to either combine with other atoms or to steal electrons from stable molecules. The molecule that loses an electron, in turn, becomes unstable and behaves as a free radical attacking other molecules.

This phenomenon cascades into a chain reaction and becomes destructive to cell tissues. Since cells are fed and eliminate waste through their cell walls by osmosis, when the wall is damaged, the cell is neither properly nourished nor capable of eliminating properly. This process leads to the creation of unhealthy tissues and unhealthy organs. It is a part of the aging process, and, eventually may lead to an illness causing death.

It should be noted that the formation of free radicals occurs normally as part of your regular metabolism, but under normal conditions in a healthy

body there are enough antioxidants to mitigate the start of a chain reaction of free radicals.

Antioxidants come principally from fruits and vegetables which are rich in vitamins E and C. Supplements might be helpful if they are of good quality, but nothing beats the consumption of wholesome, fresh, organic fruits and vegetables.

Many Ageless La Cure by PHYTO5 skincare products also contain antioxidants.

Five Secrets of Anti-Aging: The Ageless Approach

Aging of the skin is caused by five factors:

- 1 the absence of proper and sustained hydration and moisturization
- 2 a lack of minerals
- 3 reduced free circulation of energy and fluids
- 4 a diminished ability to produce two essential proteins collagen and elastin in the skin
- 5 destructive free radicals in the system

By confronting these factors with high-tech unique ingredients combined with essential oils and other natural ingredients, signs of aging of the skin can be largely arrested and youthful beauty restored and maintained.

Award-winning Ageless La Cure addresses these five root causes and delivers scientifically verified results. This skincare collection has been recognized in the pages of Vogue, numerous beauty industry organizations, and by a flourishing global clientele.

Ageless La Cure Turns Five Negative Factors Into Five Positive Anti-Age Actions

1 Hydrate and Moisturize

Aquaxyl in Ageless La Cure skincare increases hydration and encourages a higher level of moisture retention. This natural compound offers a three-dimensional hydration concept:

- 1 the optimization of water circulation through all layers of the skin
- 2 the establishment of a water-retaining barrier in the skin within 24 hours
- 3 the smoothing away of fine lines for softer, properly desquamated skin in 28 days

High tech **Aquaxyl** is composed of three plant-based natural sugars and is gluten-free. Clinical tests have shown noticeable, sustainable moisture retention results in three weeks or less.

2 Mineralize

Algae is rich in trace minerals, proteins, vitamins and omega-3 fatty acids. In addition to its excellent mineral delivery ability, this seaweed (*Laminaria digitata*) also assists to revitalize and draw moisture to the skin, firm and tone, and prevent wrinkles and fine lines.



3 Lift, Firm, Tone

Easyliance and high-grade flower and plant essential oils lend the lifting, firming, and toning action in Ageless La Cure skincare.



Easyliance is clinically proven to immediately tighten and smooth the skin, decreasing fine lines, especially crow's feet and contour lines around the mouth. Clinical tests show visible results in less than five minutes. Considered very high-tech, **Easyliance** is made from a mixture of a sunflower-based biopolymer and its more active ingredient, acacia gum, an elastic-like extract pressed from the acacia tree.

The ingredients in **Easyliance** work in synergy to **naturally tighten skin on contact and reduce wrinkles from the inside out.**

4 Fill Wrinkles from Within

Commiphora mukul (myrrh) extract and **Easyliance** (mentioned just above) are principle ingredients in the Ageless La Cure collection which assist the skin to immediately begin filling wrinkles from within by synthesizing lipids.

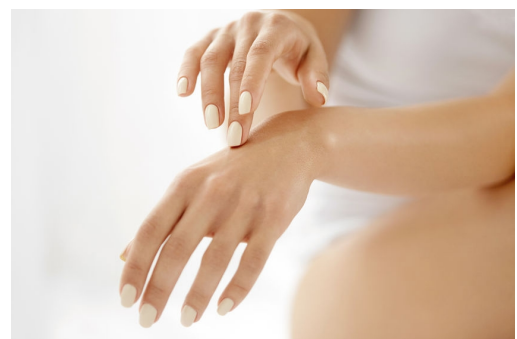


Commiphora mukul, extracted from the roots of the myrrh tree, maintains better skin tone by acting on two enzymes committed to wrinkle filling.

The rejuvenating, non-invasive extract of **Commiphora mukul** has often been referred to as "*natural botox.*"

5 Provide Age-Defying Antioxidants

Beech tree bud extract is clinically proven to increase the skin's oxygen consumption and



cell regeneration. It's derived from naturally fallen beech tree buds which occur at a precise point in the more than 200 year old life of the tree. Beech tree bud extract is legendary and the tree is often referred to as the tree of everlasting youth.

Anti-Aging Solutions: Revitalization and Rejuvenation

This energetic solution to anti-aging based on TCM assists us to live at an optimum level for our individual energetic make-up. Fundamentally, the anti-aging solution is always the same but must be adapted to the energetic tendencies of each individual as defined by their biorhythm.

The ways to solve for skin aging symptoms are diverse from specific energetic skincare products to examining all aspects of our lifestyle. The more completely and holistically integrated we approach this challenge, the more likely we will succeed. Fully trained PHYTO5 therapists are able to offer various effective solutions to anyone intent on remaining active and looking and feeling good as long as possible.

Many who are proponents of natural products and methods and imply that natural products are superior to more synthetically based products and methods often fail to realize that nature does not seem to be interested in preservation. In other words, in life there is an inevitable cycle which goes from birth to death. Our physical decline is as certain as was our growing phase. Aging is inexorably linked to the unstoppable advancement of time. If we can't arrest time, we can't truly reverse aging.

Even if the concept called anti-aging is nothing more than an oxymoron, it remains a market force and a lifestyle driver that will push the envelope on many fronts, medically as well as in the self-improvement arena of life-coaching.

Its first objective will be to avoid any factor that may age us prematurely (physically, emotionally, and mentally). Success accomplishing this will require far more integrated and multi-disciplinary knowledge than is currently available. It will also require a commitment initiated very early in life at a time when a young person can barely conceive of aging and does not recognize that aging is also part of growing up.

Its second objective will be to repair any damage that is hindering our ability to live at a higher level of wellness and closer to our inherent potential. To live at our optimum potential should be our wellness objective, but it is often very challenging to develop a good idea of what our individual potential is both in terms of the length of our natural lifespan and in the level of its vitality.

To start, our approach to anti-aging will require that we successfully avoid everything that prematurely ages us and do all the things that preserve our health and vitality. It will require us to actively engage a whole host of factors not the least of which is knowledge and wisdom from very early on in life.

Modern medicine is very limited in what it can achieve in the arena of anti-aging at this time. Sports medicine has focused physicians on how to amplify the top performance of highly paid athletes rather than simply fix what is broken. Their approach to prevention and achievement of higher performance levels is actually a start in the right direction towards anti-aging treatments. The more they embrace a holistic view of the body, the more they will succeed. In the process, they will contribute much to general medicine's understanding and prevention of premature aging.

Many hold dreams not only of revitalization but of rejuvenation. Revitalization is achievable in degrees the moment we engage in some

internal cleansing and re-balancing of energies and as we include re-alignment of the spiritual-mental-emotional-physical aspects of our beings. Holistic revitalization is clearly achievable now and it can be a unique field offered by superior wellness centers and in doing so, the door is also swung open to explore solutions for holistic rejuvenation.

Can We Prevent Aging?

When it comes to rejuvenation we begin casting an eye towards the concept of manipulating time. The potential, nevertheless, exists for science to modify our DNA and/or reset our biological clocks through modification of our hormonal activity.

The question is, will it be done in an ethical, holistic way or simply as a mechanic replaces a carburetor?

The track record of current hormone therapies is still too limited and their long-term impact too uncertain to embrace such therapies early enough in our adulthood to make a lasting impact.

These solutions and others are likely to remain unnatural and invasive with unforeseen potential and very possibly undesirable long-term effects. Under the best of circumstances such therapies will be very costly and affordable only for the very wealthy.

The real issue remains that fixing the physical body is not enough and does not of itself bring about wellness. There must be a simultaneous effort at balancing vital energies and maintaining a body-mind-spirit alignment for true wellness and reversal of a significant portion of the aging process to occur.

Jon Canas is also the author of the book *Energetic Skincare, Naturally*. He has written over a dozen trade articles, and is a contributing author to the *Milady's Advance Esthetics* textbook.

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