

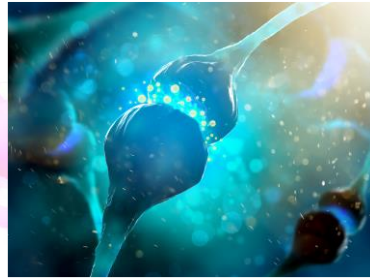
Younger By Tonight
Better than Botox

Module 2 Part 2
Self Care Program

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Brain and Skin Nutrition

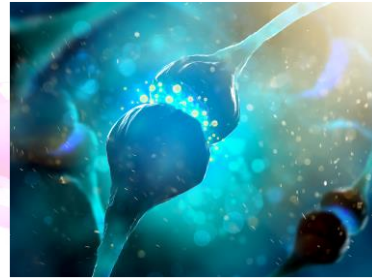
- GCP - Alpha-GPC (L-Alpha glycerylphosphorylcholine) increases a chemical in the brain called acetylcholine. Acetylcholine determines your brain age and is important for memory and learning functions.
- Brain health and repair supplement Alpha-GPC increases endurance, performance, and growth hormone secretion



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Brain and Skin Nutrition

- Acetylcholine (ACh) can affect vasodilation by several mechanisms, including activation of endothelial nitric oxide (NO) synthase and prostaglandin (PG) production.
- In human skin, exogenous ACh increases both skin blood flow (SkBF) and bioavailable NO levels, but the relative increase is much greater in SkBF than NO.



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Let's Start De-Aging: Nutrition for the Skin

- Nourish the skin from the inside out.
- Omega 3 fish oils - No you don't eat enough – ½ of a teaspoon daily takes 12 weeks to increase hydration by 40 percent. I recommend 2 times daily.
- Omegas are a crucial part of your skin's lipid content and help bolster its barrier function acts as a seal to keep moisture in and irritants out.
- Anti-inflammatory properties
- Foods that help – chia seeds, spinach, kidney beans and other inflammation fighting foods



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Let's Start De-Aging Now - Magnesium

- Nutrition for the skin and the fascia
- Magic of Magnesium - It help digest good, eases migraines, and promotes a healthy heart, research shows that 80 percent of the population is deficient in magnesium
- Magnesium's benefits for your skin are as extensive as the benefits for your health -improve your skin's overall appearance, reducing acne and other skin disorders by lowering cortisol levels, stabilizing hormonal imbalances, and improving cellular processes



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De-Aging– Fascia and the Skin

- Collagen - fascia has amazing self-healing properties
- The tightness and pains are often a result of damaged fascia, are also highly reversible
- Dynamic Fascia
 - Collagen types: I, XII, XIV
 - Actin-myosin filaments
 - Pacinian corpuscles, Free nerve endings
- Passive Fascia
 - Maintains continuity
 - Collagen types: I, III, XII, XIV
 - Elastin
 - Golgi tendon organs, Pacinian & Ruffini’s corpuscles



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De-Aging Now Protocol – Why the Movements Work

- Fascicular
 - Myofascial force and transmission
 - Collagen types: I, III, IV, V, XII, XIV
 - Golgi tendon organs
- Compression Collagen type I
 - Elastin
 - Ruffini's corpuscles
- Separating Fascia
 - Holds space
 - Collagen types: III, V, VII
 - Extracellular matrix:



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