

# WHAT DO THE SKIN & EYES HAVE IN COMMON?

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Skin is the body's largest organ and is exposed to the environment. Although the eyes are but a small part of the anatomy, they are also exposed to the elements. Both are sensitive to the sun, which is why we wear sunscreen and sunglasses.



## SKIN CANCER AT AN ALL-TIME HIGH GLOBALLY

Skin cancer diagnoses in the worldwide population are at an all-time high. Protecting your skin is not just a beauty issue but also a health issue. The ozone layer is a natural layer of three oxygen molecules above the earth's atmosphere that helped to divert UV rays from bombarding the earth at such high intensity. With the advent of using chlorofluorocarbons (CFCs) and other industrial chemicals, this protective layer has thinned and we are exposed to harsher UV rays than before.

Over the last few years, several studies have shown in animals that consumption of omega-3 fatty acids (EPA) provides a protective effect against severe ultraviolet radiation as caused by sun damage. Severe sun damage leads to mutated skin cells and lesions on the skin. Although it is not known exactly which mechanisms may be responsible for helping to protect the skin from ultraviolet radiation-induced DNA damage in humans or animals, several mechanisms have been proposed:

- Could it be a breakdown in the immune cells that repair damaged skin?
- Do UV rays damage the DNA of the skin cells, causing them to mutate?
- Is it a combination of several factors including oxidant damage?

***The group supplementing with omega-3s showed an 800 percent increase in circulating omega-3s in the blood.***

## STUDY SHOWS OMEGA-3s PROTECT SKIN FROM UV RADIATION DAMAGE

A recent double blind randomized study of 42 healthy subjects were instructed to take four grams daily of purified omega-3 polyunsaturated fatty acids (EPA) or another fatty acid called monounsaturated oleic acid for three months. The group supplementing with omega-3s showed an 800 percent increase in circulating omega-3s in the blood. Sunburn sensitivity was reduced by taking the omega-3 oil but not the oleic oil.<sup>1</sup>

When the subjects' skin was exposed to ultraviolet radiation, several measurements of severe skin damage were assessed. Skin damage markers were significantly reduced in the group that took the EPA omega-3 supplements vs. the group that received the oleic oil. Omega-3 EPA helped to reduce some of the damage to the skin normally caused by strong ultraviolet radiation exposure. The authors concluded that there was less damage to the DNA structures within the skin cells. They concluded that dietary EPA consumption may protect against acute ultraviolet radiation-induced damage to the genes responsible for severe skin damage leading to mutations and skin lesions.<sup>1</sup>



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## STRONG EVIDENCE OMEGA-3s MAY REDUCE RISK OF AGE-RELATED MACULAR DEGENERATION (AMD)

Age-related macular degeneration (AMD) is a condition in which the macula, the part of the eye that is responsible for your sharpest and most detailed vision, begins to thin and break down, causing vision loss.<sup>2</sup> If not treated, it can lead to blindness. It is thought that exposure to sunlight over the years may promote age-related macular degeneration. This is called photo-oxidation. To protect your eyes, reduce your exposure to oxidant damage caused by too much sun exposure.

Several large studies have been conducted throughout various parts of the world to find out if particular nutrients in the diet may have an effect on reducing the risk of age-related macular degeneration (AMD).<sup>2</sup> A previous case-control study conducted as part of the Eye Disease Case Control Study (United States) demonstrated an association between higher intake of n-3 fatty acids and lower risk of advanced age related macular degeneration among individuals on a diet low in linoleic acid. The Blue Mountains Eye Study (Australia) demonstrated a protective effect of n-3 fatty acids in late AMD among those consuming the highest intake of omega-3 fatty acids.<sup>2</sup>

One of the largest studies conducted by the Federal Government's National Eye Institute of 3,600 participants and was called the Age-Related Eye Disease Study (AREDS), has found that taking high levels of antioxidants and zinc can reduce the risk of developing advanced age-related macular degeneration by about 25 percent.<sup>2</sup> It was found that consuming vitamin C, vitamin E, zinc and diets high in antioxidant pigments may play a key role in helping people at high risk for developing advanced AMD to keep their remaining vision. The other surprising discovery was that participants in the study reporting the highest consumption of omega-3 fatty acids were also significantly less likely to have neovascular age-related macular degeneration.<sup>2</sup> There is no surefire way to prevent AMD. However, there are things you can do to delay its onset or reduce its severity.



## HOW TO IMPROVE THE HEALTH OF YOUR SKIN AND EYES

1. Wear protective clothing and reduce or limit your exposure to direct sun. Protect your eyes from the sun by wearing good sunglasses and broad-brimmed hats.
2. Eat a diet rich in fresh fruits and dark-green leafy vegetables, such as spinach, collard greens, and kale. The latter are especially rich in lutein and zeaxanthin, which are key for eye health.
3. Supplement your diet with IMMUNE<sup>+++</sup>. The Life-C blend in the Immune<sup>+++</sup> formula is 200 percent more bioavailable and remains in the blood stream twice as long as traditional forms of vitamin C. IMMUNE<sup>+++</sup> has other "plusses," such as important bioflavonoids and antioxidants from berries, camu camu and pomegranate fruit, which promote and enhance the antioxidant activity of vitamin C. Beta-glucan from a potent blend of mushrooms are being studied for numerous restorative functions.
4. Take OMEGA<sup>+++</sup> daily as it has been indicated that it may help reduce the risk of eye problems relating to age-related macular degeneration. Supplementing with OMEGA<sup>+++</sup> will assure you are nutritionally supporting your eye and skin health. Studies indicate that consuming the equivalency of 1.5-3.0 grams of EPA and DHA as in 3-4 capsules of OMEGA<sup>+++</sup> raises the omega-3 levels in the circulating blood. One has to obtain enough omega-3s for it to go to work performing the numerous functions that it can optimize for health. LifePharm OMEGA<sup>+++</sup> also contains vitamin K for natural blood clotting factors and for an additional support to heart health. OMEGA<sup>+++</sup> also contains the exclusive LifePharm fertilized avian egg extract and CoQ 10 Extended Release, a highly bioavailable form. Mitochondria, the powerhouse of each cell of the body, depends on CoQ 10 for its optimal functioning energy.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## REFERENCES

1. Marie-Jose S.T. et al. Effect of eicosapentaenoic acid, an omega-3 polyunsaturated fatty acid, on UVR-related cancer risk in humans. An assessment of early genotoxic markers. Carcinogenesis (2003) 24 (5):919-925. doi: 10.1093/carcin/bgg038
2. Aya Aoki, Maiko Inoue, et al. Dietary n-3 Fatty Acid,  $\alpha$ -Tocopherol, Zinc, vitamin D, vitamin C, and  $\beta$ -carotene are Associated with Age-Related Macular Degeneration in Japan. Nature, Scientific Reports, 2016, vol.6, article number 20723.



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