

## **Serums a valuable anti-aging tool, but the right serum is critical**

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What's the one thing every woman over 35 should be using on her face?

An anti-oxidant serum.

According to Dr. Stefanie Christian, owner of Timeless Laser and Skin Care in North Olmsted, Ohio, a good anti-oxidant serum is one of the best weapons in the anti-aging fight.

“Serums do two things---they fight inflammation and destroy free radicals,” said Dr. Christian.

Free radicals are highly charged oxygen molecules that are harmful to the skin and body in general, but can be stabilized by anti-oxidants. When the body is overwhelmed by free radicals, they overcome the available anti-oxidants and in the skin can lead to inflammation, collagen break-down, and damage to the DNA. In the skin this can result in dull-appearing, wrinkled leathery skin with an increased likelihood of developing cancerous skin growths. Sun exposure, smoking, and pollution are examples of environmental agents that cause the body to produce free radicals.

Dr. Christian explains that anti-oxidants consist of vitamins (such as C and E); minerals (such as zinc and selenium); and flavonoids which come from plants (such as green and red tea, pomegranates, coffee berry, acai berry, garlic, turmeric, and ginger).

“An anti-oxidant serum should become part of your daily routine by age 35 at the very latest,” said Dr. Christian.

With dozens of serums on the market, how do you know what to look for?

“There are two important points to consider when choosing an anti-oxidant serum,” said Dr. Christian.

“First, over-the-counter anti-oxidant products frequently do not have high enough concentrations of the anti-oxidants ingredients to be effective. You need to have at least 10% vitamin C. Second, vitamin C is a very unstable compound, and once it is oxidized (air gets to it) it is inactive. Stable, active vitamin C is colorless and odorless.”

By providing effective concentrations of active ingredients in a stable product, medical-grade anti-oxidant serum are far more effective than over-the-counter serums. They regularly brighten the skin and can actually help build collagen, something most drugstore brands can't do.

As wonderful as serums are, though, “they are not miracle cures, but just one part of a comprehensive plan which includes lifestyle, diet, sun protection, and professional-grade skin care,” said Dr. Christian.

Dr. Christian advises all her patients on nutrition and believes in enriching both diet and skin care regimen with anti-oxidants.

“An anti-oxidant diet is a healthy life-long dietary plan,” she added.

For additional information, see [www.timelesslaserskin.com](http://www.timelesslaserskin.com) or call 440-779-1000.

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