



Anti-Aging Skin Care Tips

Lifestyle

Regular use of sunscreen 30 spf or higher with UVA/UVB block, and protective clothing. Exercise regularly, don't smoke, and keep stress levels minimized to avoid adrenal stress and elevation of cortisol levels. Avoid intense outdoor exercise on high ozone, or "red" days. Consider mindful activities such as yoga, meditation, fly-fishing or other activities that are relaxing to you. Acupuncture can help to relieve stress and enhance overall balance too.

Diet

Eat a diet rich in anti-oxidants and Omega-3 nutrients. Try to include daily colorful veggies, salmon, other cold water fish, and/or flax. Avoid unhealthy saturated fats from fatty meats and fried foods which increase oxidative stress. Pomegranate, blueberries, acai, mangosteen are all excellent sources of natural anti-oxidants, and can be found in juices or blended into a tasty smoothy. Polyphenols are great too, and can be found in green tea, and red wine.

Natural Supplements

Antioxidant therapy including Vitamin C 1000 mg/day, Vitamin E 400 IU/day, Coenzyme Q-10 50 to 100mg day, Alpha Lipoic acid (ALA) 200mg/day and a high quality multivitamin or broad spectrum antioxidant.

Anti-inflammatory supplements: Omega-3: 4 grams day, Vitamin D 1000 IU day minimum. We carry high grade supplements by Thorne, Pure, Life Extension and others.

Topical therapies by Ling

Anti-aging skin care should include cleansing, toning with a high quality toner like Ling's Facial Refining Tonic, hydration to help heal and protect, evening eye hydrator and UV protection during day.

We also recommend:

Topical antioxidants to protect the skin from free radical damage and aid in cellular absorbency. Vitamin C Serum 10%.

Topicals to heal and rejuvenate such as Ling's Oxygen Plasma Potion designed to repair, regenerate, nourish and protect. Cell Repair is another great topical that will hydrate, heal and protect, and is often used in combination with Oxygen Plasma.

Hydrators like Pure Hyaluronic Acid that holds 500x its weight in water making it the ultimate "must-have" for all skin types, including oily and sensitive.

Exfoliators like Honey Almond Scrub to hydrate and purify; and/or Spotlight Papaya Resurfacing Peel which is especially beneficial for people with acne, hyperpigmentation, blemishes, uneven skin tone, premature aging and enlarged pores.



Skin Lighteners for uneven or conditions causing hyperpigmentation

We recommend Ling Clearlight, a non-irritating lightening serum used to correct uneven skin tone by mimicking the behavior of Hydroquinone without the risks of rebounding hyperpigmentation.

Advanced Skin Treatments using microdermabrasion, ultrasonic infusion, IPL.

We recommend our Anti-Aging Infusion facial to repair stressed summer skin. This oxygen and nutrient-rich skin therapy is customized based upon your individual skin needs. Ultrasonic microdermabrasion exfoliates dead skin and regenerates healthy skin cells while ultrasound properties infuse nutrients in the lower layers of skin where traditional products cannot reach. This facial is also a wonderful addition to repairing and renewing skin while undergoing more intensive treatments such as Intense Pulse Light(IPL) photofacials or laser therapies. Please see our full skin care menu for a variety of treatments which can be customized to your needs.

Skin Consultations

Please call to set up a free consultation with our aesthetician, Eileen Anderson. We can customize a regiment that will work best for you. Dr. Grover is also available for skin care consultation, nutrition and wellness counseling, metabolic testing. He can also perform skin biopsies, excisions of skin lesions and moles, cryotherapy, sclerotherapy, and injectables. We differ from medspas and other skin care clinics by approaching skin care from inside and outside, and look for ways to compliment western medicine with eastern medicine. This gives our patients improved outcomes allowing them to not only look better, but to feel better! Learn more at our website revolutionarymd.com.

Thank you for your interest in our services.

Sincerely,

Fred Grover Jr. M.D. and Eileen Anderson