



# TEEN & ADULT SKIN FACTORS™

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## SKIN

The skin is one of the largest organs of the body. It is composed of a tough, yet supple membrane that covers the entire body. The skin is made up of five (5) layers of different cells. Each layer is different and has a unique function.

The deepest layer anchors the others to the underlying tissues. It also replaces the outermost cells with new ones. Because cells move outward from each layer as they mature, the outer ones are lost to abrasion.

## SKIN FUNCTIONS

The skin helps keep the body cool. When temperatures rise, the skin radiates heat flow and provides a surface for the evaporation of sweat. Sweat is better known as perspiration.

Perspiration releases a fluid through the pores of the skin. The fluid is made up of water with salt (sodium chloride), phosphate, urea, ammonia, and other waste products. Perspiration removes body wastes.

The wastes that are removed from the interior of the body can become food for millions of microbes living on the surface of

the skin. The microbes can flourish when the wastes are laden with impurities from the diet. This allows the pores to clog.

It is easy to understand the need for healthy blood. It provides the body's building materials like oxygen, nutrients, hormones and enzymes<sup>1</sup>, necessary for healthy skin. Blood that is made up of healthy red and white blood cells, granulocytes, agranulocytes, platelets and plasma can assist the body more completely.

Skin must effectively eliminate wastes from the body. The pores of the skin must be kept clean and open, in order to allow the proper functions of the body to take place. This also means that the body must have an adequate supply of nutrients, in order to continue to manufacture new, healthy cells for the skin.<sup>2</sup>

## NUTRITIONAL SUPPORT

Vitamins A,D,E,K and some of the B complex group are necessary in diets to maintain skin and hair.<sup>3</sup>

## EDITOR'S NOTE

nearly constant and sustained balance known to modern science as "homeostasis".

Understanding the human body is critical to understanding yourself. We must each have some knowledge about the complex structures and interrelated functions of this profound biological organism in order for us to achieve states of unconditional happiness and optimal health.

*Self Care News*® is designed to help provide its readers with crucial information about how the body, its structures, and various physiological functions depend so critically on nutrition. When you understand more about how nutrition and human functions are so closely interrelated, you will be better equipped to nurture your body into and maintain an excellent state of health.

Every issue of *Self Care News*® will feature vital information about the body's structures, organs, systems and their unique and interdependent functions, in conjunction with details about one or

The following information is provided to help you better understand the role that certain nutrients play in the overall health of the skin and the body. Those nutrients are:

**BETA CAROTENE** is the preferred source for vitamin A for a number of very important reasons. Beta carotene is non-toxic because the body converts beta carotene into vitamin A only as it's needed. Beta carotene is one of the antioxidant nutrients much like vitamin C, vitamin E and Selenium.

**VITAMIN A** is a fat-soluble nutrient which plays an important role in the immune system and the healthy formation of bones, teeth and skin.

**ZINC** aids in the digestion and metabolism of phosphorus and protein. It is necessary for the healing processes involved with burns and wounds.<sup>4</sup>

**NIACIN** is a B-complex nutrient which participates in maintaining the health of the skin and the digestive system. It is another nutrient which aids in the healthy metabolism of fats, carbohydrates and proteins.

more of **MICHAEL'S**® formulas. These publications will not describe how to treat, prevent or cure any illness or disease. Instead, they will focus on those things that are essential for proper, efficient, healthy functioning of the human body.

**MICHAEL'S**® formulas are the result of more than two decades of counseling and research into the importance of nutrition in maintaining proper health. Some formulations were created to help family members and cherished friends seeking additional dietary support.

Requirements for nutrition are different in every person, due to health status, dietary habits and the environment. Each one of my unique, synergistic combinations is unconditionally guaranteed to elevate your nutritional status, or your money back. I welcome your thoughts, and most of all, your personal experiences with my One Tablet Solutions.

Be Well,

**Michael Schwartz**

## HOW TO OBTAIN NUTRITIONAL SUPPORT

**MICHAEL'S® SKIN FACTORS™** is the ideal synergistically complete nutritional supplement for providing some essential nutrients necessary for good, healthy skin. **MICHAEL'S® SKIN FACTORS™** contains vitamin E and Niacinamide, complemented with the herbs red clover and burdock root, known for their healthful attributes.

Like every **MICHAEL'S®** nutritional supplement, **SKIN FACTORS™** is manufactured with all natural fillers, binders and coating. In addition, all of **MICHAEL'S®** products are free of yeast, sugar, and starch. Some products are dairy, soy, and wheat-free too.

## DIETARY CONSIDERATIONS

With the diet, you want to first be able to digest everything that you eat. So, eat as many living foods as possible. This simply means that you need to eat lots of fresh fruits and vegetables, such as celery, garlic, carrots and spinach. Eat fresh sprouted seeds and whole grain products like millet and brown rice.

Water is an important nutrient, so drink plenty of it. Try to drink distilled or spring water, and add some fresh squeezed lemon juice.

Eliminate from the diet all fried, fatty and greasy foods and caffeine.

Standing on your head, or using inversion devices will bring more blood to the head area.

## COMPLEMENTARY COMBINATIONS

**MICHAEL'S® SKIN FACTORS™** goes well with all our daily multiple programs, especially the formulas **FOR TEEN BOYS** and **FOR TEEN GIRLS**. Also, try **DERMA-LOTION**, a great herbal moisturizer, containing the herbs lemonpeel, golden seal root, black walnut, echinacea and queen of the meadow, all known for their healthful attributes.

## DID YOU KNOW?

Every minute, 300 million of the body's cells die. If they were not replaced, all would be dead in about 230 days. Shortest lived cells in the body are located in the intestinal tract, lasting only a day or two.<sup>5</sup>

## ABOUT MICHAEL'S® PRODUCTS

Seasoned health food shoppers already know that a combination of nutrients is always more effective than taking single nutrients one at a time. Add in the cost savings of taking combinations, with herbs included, and the math proves to be more efficient, too. Combinations increase assimilation and reduce the amount of binders and fillers. That's why **MICHAEL'S®** created the **FACTORS OF LIFE®** programs. Your life is busy enough as it is. Why worry when synergistically complete nutrition is conveniently at hand?

**MICHAEL'S®** products include an expiration date to ensure freshness. He personally guarantees purity and specified content. Each product is hypo-allergenic with no artificial colors or flavors. The formulas contain cold-pressed or organically grown (when available) herbs to ensure the highest quality. Additionally there is no sugar, wheat, corn, gluten, sodium, or anything artificial in any of our supplements. These high-potency, all-natural products

are even manufactured with food-grade fillers, binders and enteric coatings. Most are suitable for vegetarians and tell you so right on the front label. Every product is double safety sealed with an outer shrink wrap and inner bottle freshness seal. As is normal in all-natural products, some color and texture variations may occur, but do not affect product purity, potency or assimilation.

Above all else, all **MICHAEL'S® NATUROPATHIC PROGRAMS** are designed to produce physical results you can feel, due to the innovative nutritional supplementation with specific, targeted **FACTORS OF LIFE®** programs. As always, the newest developments, the finest ingredients and the most effective formulations for your total healthcare from **MICHAEL'S® NATUROPATHIC PROGRAMS**.

### Sources Cited:

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<b>Michael's®</b> NATUROPATHIC PROGRAMS	
<b>Teen &amp; Adult Skin Factors™</b>	
<b>Supplement Facts</b>	
Serving Size: Two (2) Tablets	
Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene and 3% Alpha Carotene)(from <b>Betotene®</b> 7.5%**)	3,000 IU ..... 60%
Vitamin C (as <b>ESTER-C®</b> )	100mg ..... 166%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 IU ..... 333%
Niacinamide (as Nicotinamide)	100 mg ..... 500%
Zinc (as <b>ZINC</b> ****)	20 mg ..... 133%
Selenium (as L-Selenomethionine)	50 mcg ..... 72%
Essential Fatty Acids (from Flax Seed) (7% gamma Linolenic Acid, 64% Linoleic Acid)	300 mg ..... *
Red Clover Flower (Trifolium pratense)	200 mg ..... *
Dandelion Root (Taraxacum officinale)	150 mg ..... *
Milk Thistle Seed (Silybum marianum)	100 mg ..... *
Burdock Root (Arectium lappa)	80 mg ..... *
Natural Mixed Carotenoids (from <b>Betotene®</b> 7.5%**):	
Cryptoxanthin	183 mcg ..... *
Zeaxanthin	150 mcg ..... *
Lutein	117 mcg ..... *

\*Daily Value not established.

\*\*A Trademark of **Betotene®**, Ltd. A Division of Henkel Corp.

\*\*\*A Trademark of Inter-Cal Corp.

\*\*\*\*A Trademark of InterHealth Co.

OTHER INGREDIENTS: Dicalcium Phosphate, Terra Alba (Calcium Sulfate), Maltodextrin, Stearic Acid.