

Natural Help 4...

Skin Wrinkles



What are Skin Wrinkles?

Wrinkles are one of the most **natural and obvious progressions of aging**. While most of us would like to deter the changes occurring in our skin, unfortunately we cannot simply wish away the rate of aging. Wrinkles and creases that appear around the eye area or on the cheek bones or forehead prematurely are often due to **environmental influences**. Ironing out these wrinkles can be avoided at an earlier age with the correct skin regimen, a healthy diet, eliminating smoking and excessive exposure to the sun.

What Causes Skin Wrinkles?

Wrinkles develop as a result of the **gradual wearing away of the epidermis** (the outermost layer of skin) which is made up of dead tissue. When the cells in the deepest most part of the epidermis known as the dermis dies and becomes smaller, the skin loses its elasticity and resilience. As the tissue in the dermis shrinks, wrinkles are caused in the epidermis.

Other factors that may contribute to the development of wrinkles

Other factors may also contribute to the development of wrinkles and these include:

- Excessive sun exposure
- Poor diet
- Smoking
- A lack of vitamins and minerals
- Excessive intake of alcohol
- Scrubbing the skin with harsh substances
- Sleeping on your side or stomach
- Frowning and squinting

Diagnosing Skin Wrinkles

If you notice any abnormal changes to your skin that accompanies your wrinkles, it would be best to consult a health practitioner or a dermatologist. For instance, if your skin is excessively wrinkled at an early age, **any spots or pigmentation occurs**, skin lesions appear or a spot becomes painful or bleeds, certain tests may need to be performed. These tests include a detailed examination and skin biopsy.

Help for Skin Wrinkles



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Although [wrinkles](#) are a natural part of the aging process, there are various treatment options to **reduce the appearance of [skin wrinkles](#)**. Several anti-wrinkle creams and lotions containing alpha-hydroxy acids are available over-the-counter to smooth lines or [wrinkles](#) and increase the volume of tissue cells – these creams are not a miracle cure and cannot remove [wrinkles](#)!

Chemical peels and laser resurfacing are techniques used to remove dead cells from the surface layer of the skin thereby stimulating the regenerative process. Botulinum toxin (Botox) injections may also **help to reduce the appearance of [wrinkles](#)** temporarily. More recently, people are choosing plastic surgery to [eliminate wrinkles](#).


Natural remedies

Herbs have been used for centuries to support and maintain skin health by retaining moisture and elasticity as well as alleviating [wrinkles](#). Two well known herbs such as Galium aperiene (Cleavers) and Trifolium pratense (red clover) have a wide range of therapeutic benefits that act as a **cleansing tonic, blood purifier and lymphatic cleanser**. Homeopathic ingredients such as Natrium muriaticum, Kalium muriaticum and Kalium sulphate help to maintain skin health and support the regenerative processes of the skin.

Tips to prevent skin wrinkles


There are several preventative measures that can be taken to reduce [wrinkles](#) and ensure a healthy looking skin. Follow these useful tips:

- Eat a healthy, well balanced diet filled with fresh fruit, vegetables and whole grains to improve the appearance of skin
- Exercise regularly to keep the blood flowing and oxygen to the skin
- Drink plenty of water to keep your body hydrated and to help cleanse the body's system
- Get plenty of sleep to improve the appearance of skin
- Learn to relax your face muscles, as jaw clenching, frowning and grimacing all adds to [facial wrinkles](#)
- Establish a good skin care routine by always cleansing and moisturizing the face in the morning and at night
- Always wear sunscreen even if you are only going outside for short periods
- Have frequent facial massages to help retain moisture and elasticity and increase blood flow in the facial area
- Maintain a healthy weight because becoming overweight can cause sagging, wrinkled skin
- Wear wide brim hats and sunglasses to protect the face and eye areas from the harsh sunlight
- Avoid sun beds and tanning salons, as they provide a high of concentration UV rays
- Reduce your intake of alcohol, which increases capillary leakage and causes sagging and puffiness
- Stop smoking, as it increases wrinkles and skin damage
- Reduce stress and anxiety by practicing relaxation techniques such as deep breathing exercises, yoga or meditation
- Train yourself to lie on your back when sleeping – sleeping on your side or stomach creates wrinkles



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

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If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Skin Dr.: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in



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Bio-Oxidate Defense: Natural skin wash with herbal ingredients for skin health and nourishment

Bio-Oxidate Defense is a 100% safe, non-addictive natural herbal remedy formulated by a team of experts in the field of natural medicine. Bio-Oxidate Defense can be used consistently to **safely support cell integrity.**

Bio-Oxidate Defense contains a selection of herbs high in anti-oxidant properties that are well-known for their supportive function in **maintaining healthy cellular processes.**

Bio-Oxidate Defense supports the body's ability to **fight harmful free radicals**, thereby helping to maintain routine performance of bodily systems and encourage a slower hand of time.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Bio-Oxidate Defense](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)



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