

## AGE WITH GRACE. 9.01.2012

Have you ever looked in the mirror and thought “Wow, its time I did something about the way I look!” Well a few years ago I felt the same way and so I developed a ‘potion’ called Lynne’s Stay Young Formula. This formula was made up of a beautiful blend of herbs to nourish the body and help support collagen synthesis. Collagen is a source of protein and elastin, this is a unique type of collagen, in that it provides elasticity, this is vital to keep your skin toned. When the skin is damaged and loses its elasticity it begins to sag and we start to we develop wrinkles. How we age is influenced by our genetic makeup, the way we live, we love, we feel about ourselves, our diet, our lifestyle and environmental factors, which play an important role in the changes within our bodies and our skin.

In this column I’m going to talk about four lovely herbs which can be of great benefit, along with some tips about what you can do at home to help the ageing process. To start with, you could increase your yellow, orange and red fruit and vegetables; these contain carotenoids which give your skin a lovely healthy glow. Blueberries can help support capillaries, micro-circulation and support endothelium, the tissue which lines the inner walls of blood vessels to keep our tissues and skin healthy.

Bilberry is a fabulous herb which contains blue pigments, as well as being a powerful antioxidant. This beautiful herb may help protect collagen and elastin from destruction. Bilberries also contain many essential nutrients such as; selenium, magnesium, phosphorus, iron, manganese, potassium, zinc, quercetin and vitamin C etc. Antioxidants reduce the free radicals in the body which cause havoc in our cells, these free radicals can damage cell membranes and DNA, as well as producing very harmful products which have a major impact on facial ageing. Most fruits contain high levels of antioxidants, I have listed some of the beautiful fruits you could add into your daily diet to support the aging process. Perhaps you could add them in a smoothie or have a bowl with natural yoghurt for breakfast. Blackberries, Blueberries, Cherries, Cranberries, Pink Grapefruit, Grapes, Kiwi Fruit, Oranges, Plums, Pomegranate, Prunes, Raspberries, Raisins, and Strawberries.

If you enjoy a cup of Green tea it is also a great antioxidant. For those of you who find it bitter, if you put some cold water over the leaves before you add hot water it tends to be less bitter.

Dandelion has a cleansing action on the body, aiding elimination of wastes and may also support the liver, kidneys and the digestive system. It is rich in vitamins including, A, C, & E, which are in themselves all very powerful antioxidants.

Gotu kola, has remarkable healing properties especially in regard to anything to do with connective tissue, it supports the integrity of cell membranes and due to its healing properties is used in a variety of skin disorders, it has even been used to help repair skin lesions in leprosy.

Damaged cell membranes or DNA may also cause the release of inflammatory chemicals which can contribute to the destruction of healthy collagen, along with a multitude of physical disorders. Sarsaparilla is a depurative, (it has a cleansing action) therefore protecting the body against some of the toxic effects of our environment. It is also one of many terrific anti-inflammatory herbs.

Rosehip is a really good source of vitamin C; it also contains Beta-Carotene which supports the skin, and Lycopene, which is an antioxidant. I use it in the form of a herbal extract in my clinic for many ailments, but you can also buy it in an oil form and use it externally. It's beneficial for scarring of any sort, so if you have an injury applying rosehip oil will help the damaged area repair rapidly. I know this first hand, because years ago my son was in a motor accident and had a nasty scar on his face, I put rosehip on it several times a day and the results were truly remarkable. My mother, daughter and I have all used rosehip oil as a night cream and we all love it.

I want to finish off my column by answering a question which I'm sure many of you wonder. "How long do I need to take my supplements?"

When some-one comes in to see a practitioner with a problem or a disease state, it has usually manifested over a period of time (unless they have just had a sudden injury), by the time a symptom occurs the problem is already in full swing. If you thought about a beautiful garden that has been damaged by a

storm or insects and you wanted to recreate that beautiful garden you know it would take time and effort. You would have to prepare the soil, replant, feed and water regularly for maybe six months for that garden to bloom again. If you only watered it once or twice and then stopped “Do you think your garden would bloom?” This is also the case in relation to natural medicine too, you need to keep putting in the herbs and supplements, get regular rest, sunshine, positive mental input and so forth for a reasonable period of time so that your body’s tissues, cells and nerves have time to repair, so that your body can bloom once more just like a beautiful garden.

Lynne Singlewood has taught Iridology and herbal medicine at Endeavour College, she also lectures Emotional Iridology and Face and body signs at WEA. She has a passion to help the community with their health and well being. Her deep love of iridology and herbal medicine is infectious. Ph: 0421618792 or email [lynne@irishealth.com.au](mailto:lynne@irishealth.com.au). Web site: [www.irishealth.com.au](http://www.irishealth.com.au)