

Inflammation and the Connection to Aging

Learn to look younger while living longer and healthier



WRINKLES? NOOOO!

- What's really aging our skin?
- Is it possible there's one root cause responsible behind skin aging, diseases and other challenges?



Yes! - research points to inflammation as the common denominator.

INFLAMMATION? REALLY??

- Inflammation is a signal to the body to begin the healing process.
- It's a necessary part of skin rejuvenation
- BUT chronic inflammation becomes destructive.
- Understand the difference between **acute and chronic** inflammation, and how it impacts the aging and rejuvenation process.



OCCASIONAL INFLAMMATION IS GOOD

- Occasional injuries are part of being human and healing is the body's self repair process.
- Healing begins with inflammation.
- Inflammation is beneficial, when the body summons the immune system to heal now and then as part of the self repair process.
- **However, now Inflammation is affecting us on a chronic daily basis due to our lifestyles.**



2 Types of Inflammation

Acute and Chronic

The Good - Acute Inflammation

- Acute inflammation generally lasts for up to several days and is essential to the healing process.
- This is the body's way of sending internal support to the wound site by increasing the flow of plasma and leukocytes to eliminate pathogens
- So acute inflammation is completely healthy and natural!



The Bad - Chronic Inflammation

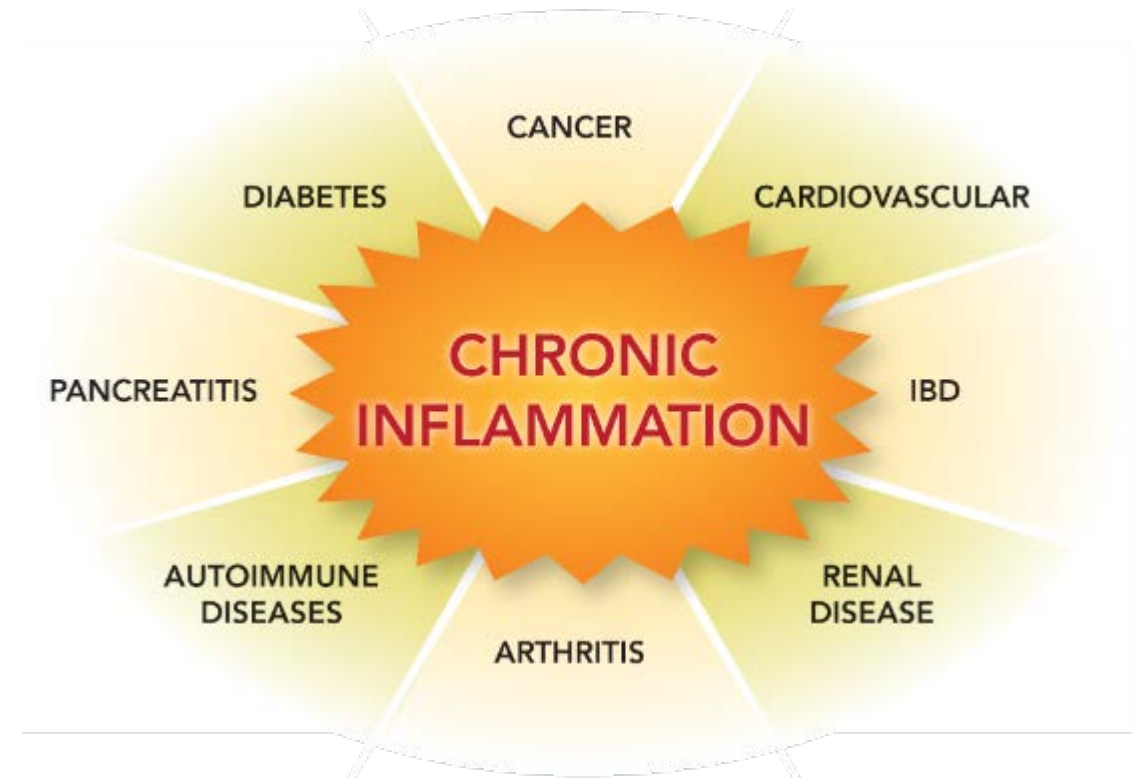
- When inflammation persists or serves no purpose, it damages the body and the skin.
- according to an article published in the Journal of Cosmetic Dermatology:

“chronic inflammation appears strongly linked to many preventable and treatable skin diseases and conditions, such as visible skin aging.”



DAILY INFLAMMATION-MUST AVOID!

- Inflammation only becomes problematic when it is chronic
- When it is a constant part of your physiology, serious issues may occur, such as cancer, rheumatoid arthritis, autoimmune disease, chronic acne and pre-mature aging of the skin.



Chronic Inflammation

- Everyone experiences inflammation at one time or another and we actually need it to survive.
- Chronic inflammation is a sign that something has gone seriously wrong with your health.
- Instead of protecting and healing like it should do, chronic inflammation breaks down your body and makes you older, more frail and causes disease and illness.



Inflammation-Aging Connection

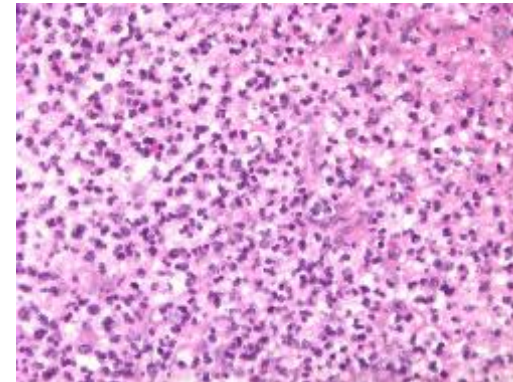
- Inflammation at the cellular level is the single most powerful cause of the signs of aging.
- Inflammation is also the leading cause of chronic diseases such as arthritis, diabetes, Alzheimer's, cancer and strokes.



Inflammation Linked to Aging

Inflammation-Aging Connection

- Inflammation can be highly visible such as a red rash or swelling.
- It is the invisible inflammation that we are referring to as sub clinical inflammation or micro-inflammation .
- This is micro-inflammation that can not be seen or felt.
- This micro-inflammation happens on a cellular level and can only be seen with a microscope.
- The skin is inflamed on the inside and continuous inflammation alter the DNA and hence pre mature aging starts.



Causes of Chronic Inflammation:

- Stress
- Diet
- Lack of Sleep
- Polluted air
- Sun Exposure
- Toxic and inflammatory chemicals in skincare ingredients
- Medication
- Drugs
- Alcohol
- Cigarettes smoke



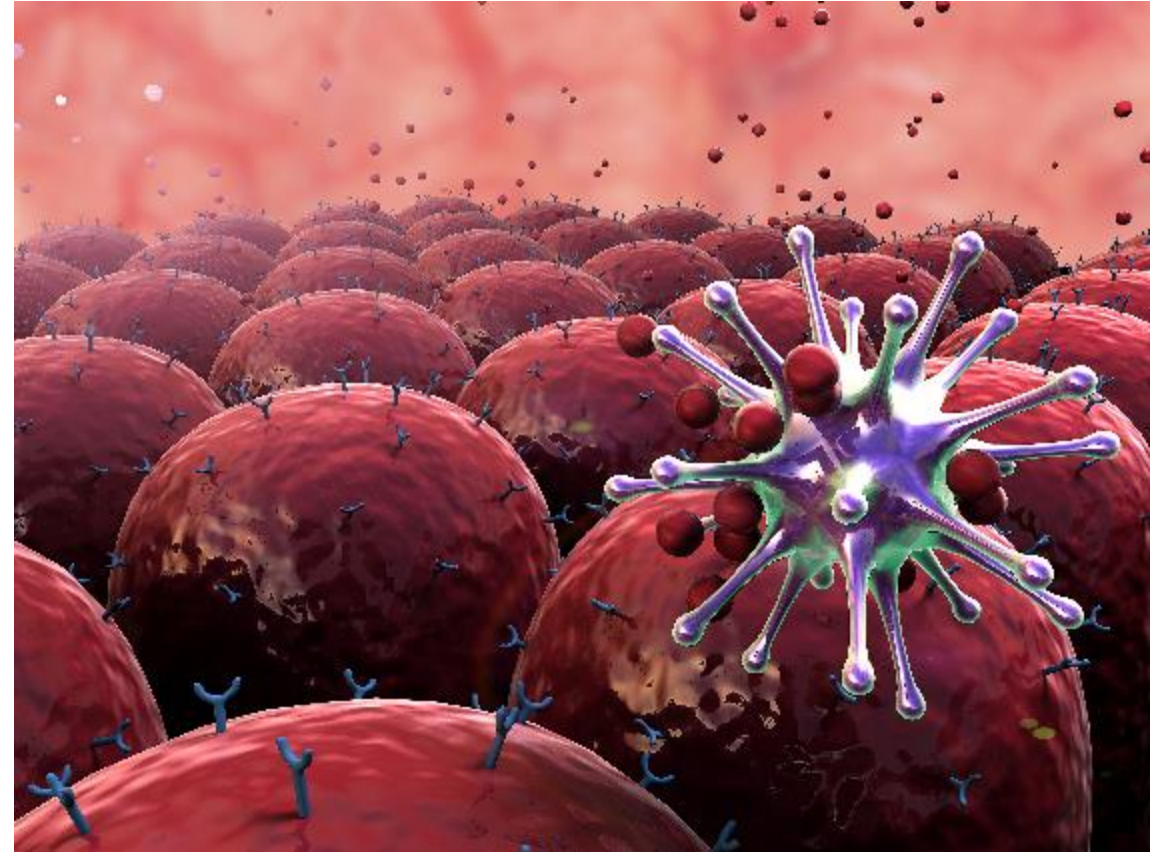
THE DISCOVERY THAT CAN CHANGE EVERYTHING!

- 1988, Hylunia's research with 200 years of combined experience discovered that 99% of skin care products on the market contained ingredients that cause irritation and inflammation.
- During the process of fighting against free radicals, your immune system produces histamine, leucotriens and prostaglandins, all natural chemicals that lead to inflammation of the skin and other tissues.



BE AWARE!

- Daily exposure to aggressive skin care and other potentially irritating substances keeps your immune system busy with no time to repair or heal.
- When your body is overly taxed and your immune system is too busy trying to manage daily stressors, your organ's DNA changes and you are much more likely to develop illness including pre-cancerous cells. This is also the beginning of premature aging.



Stress and Aging

- Stress triggers the production of cortisol.
- Cortisol is needed to activate the body when under stress.
- It is an emergency hormone used in desperate situations.
- When high levels of cortisol is in the body for long periods of time (high-stress) it becomes toxic and damages the immune system and can alter the DNA, resulting in pre mature, diseases and even potential cancer.

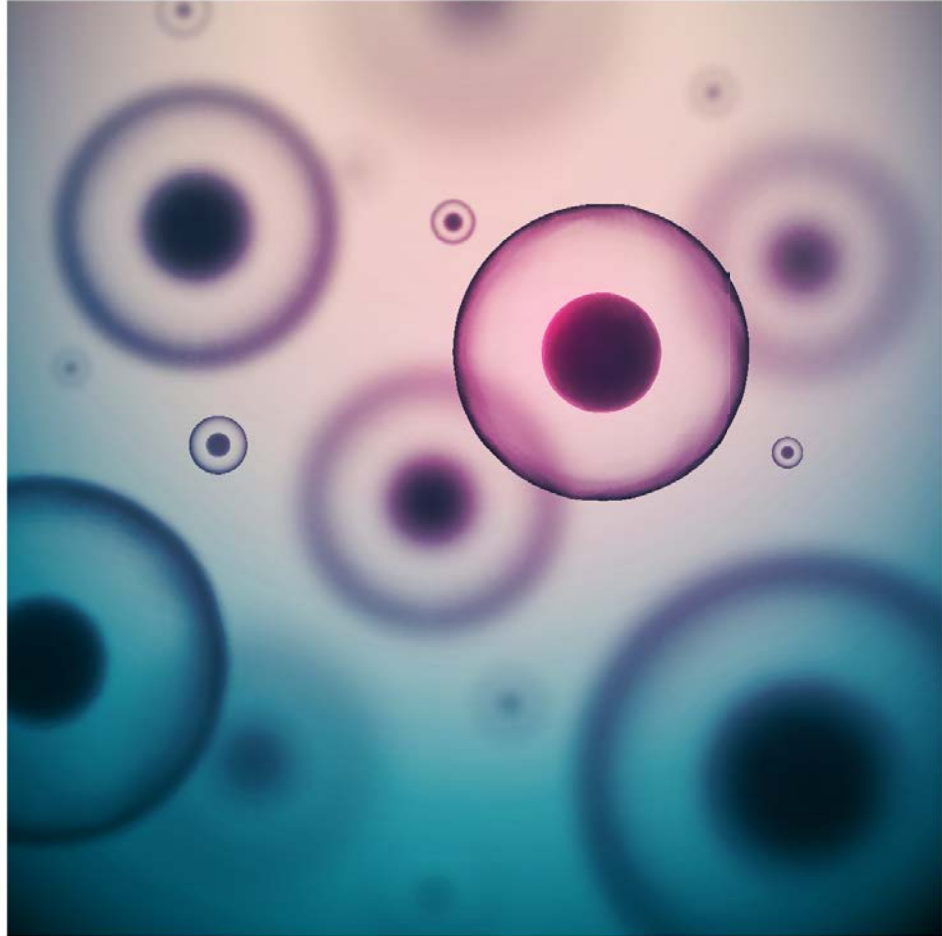
Cortisol and Aging

- The more stress you are under, more good hormones like estrogens are converted to cortisol .
- These send signals directly to the skin and produce an inflammatory response.
- The inflammatory damage can lead to DNA damage which is irreversible.

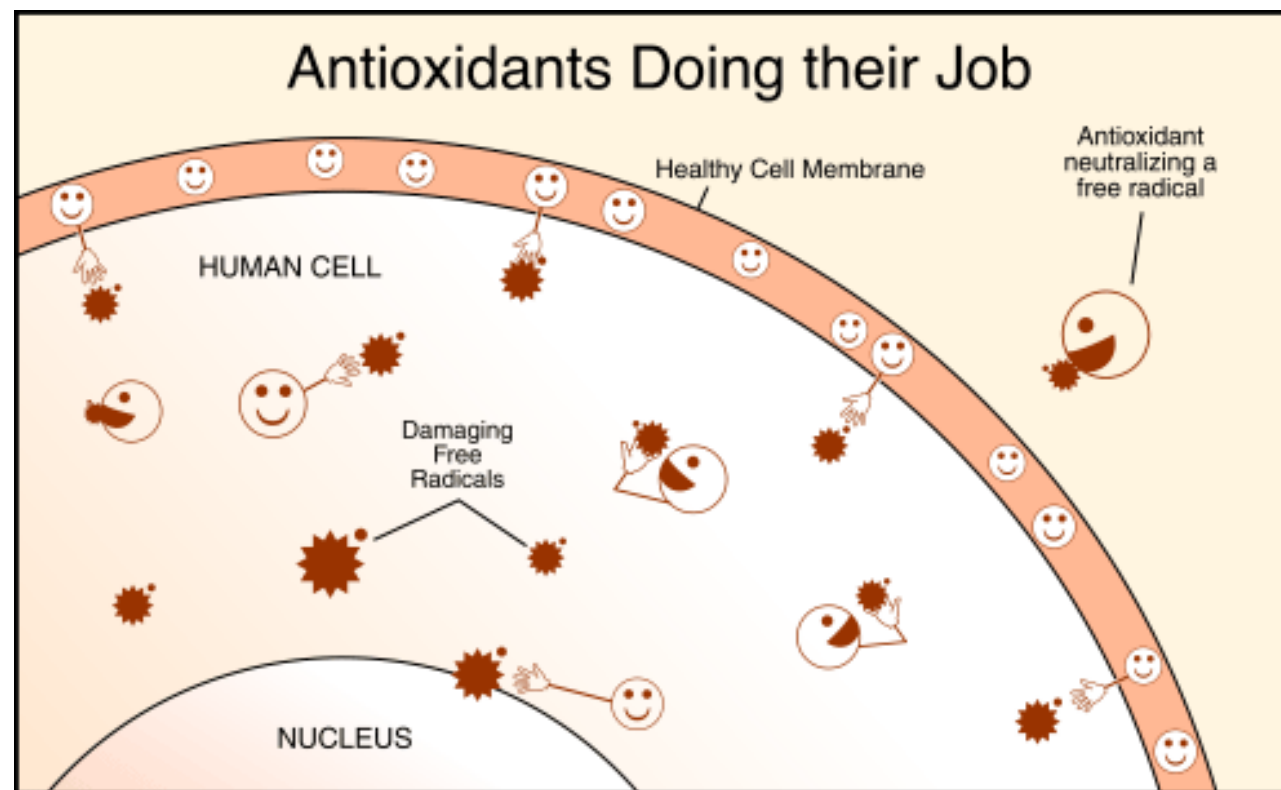


Healthy Aging Starts with your Cells

- Slowing down the aging process begins at the cellular level
- To help protect our cells we must guard against daily inflammation
- Utilize antioxidants power to neutralize the free radicals that cause inflammation



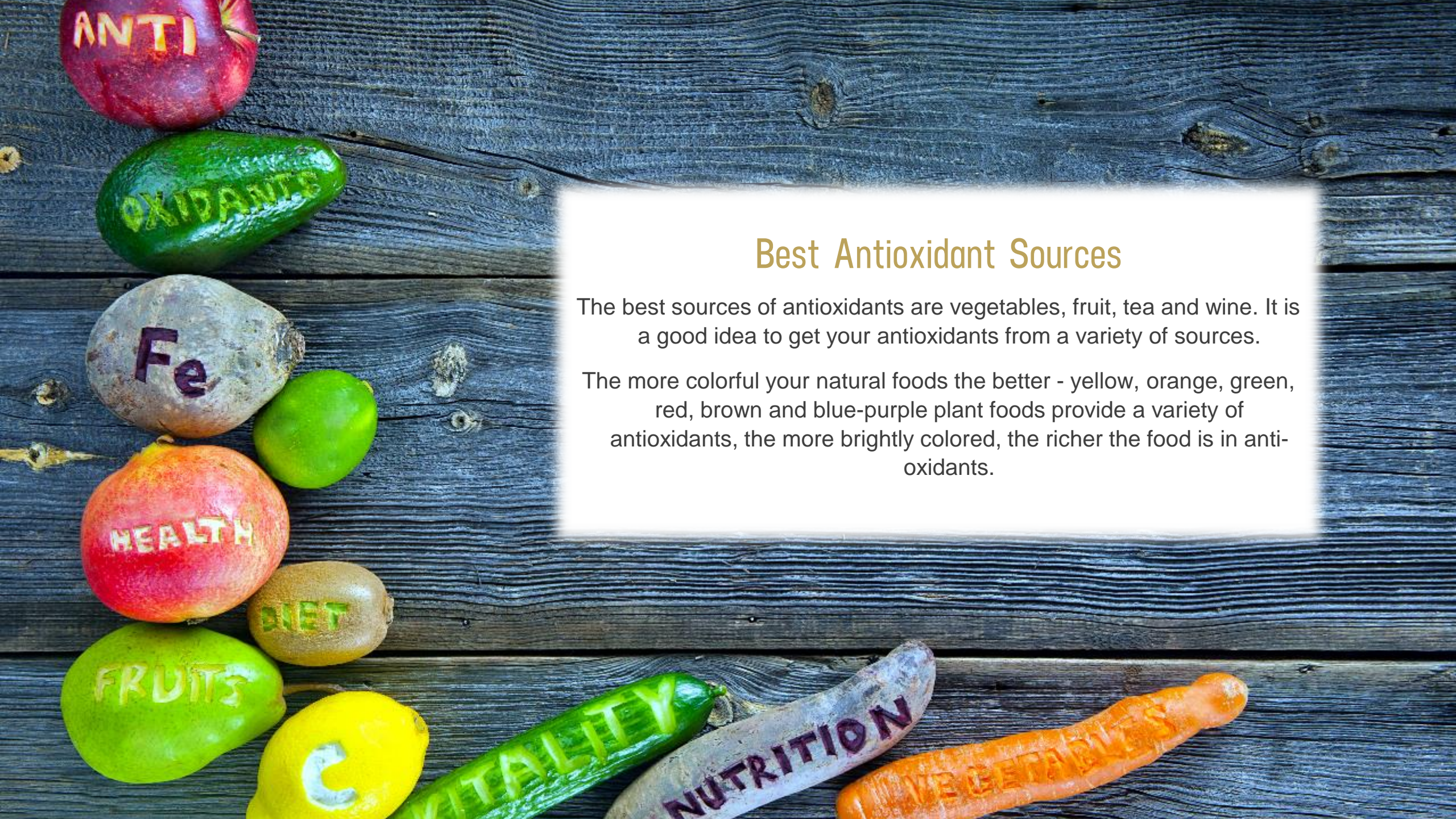
Antioxidant Power



Antioxidants for Inflammation

- "Free radical" is an activated molecule caused by sun , stress, and inflammatory ingredients, processed food etc. They are "free" because they are missing a critical molecule, which sends them on a rampage to pair with another molecule.
- Free radicals are unstable molecules in our body that cause damage to our tissue and organs because of their erratic behavior.
- Antioxidants “donate” an electron to stabilize the unstable free radical.
- The antioxidant nutrients themselves don’t become free radicals by donating an electron because they are stable in either form
- Antioxidants act as scavengers, helping to prevent cell and tissue damage that could lead to cellular damage and disease.





Best Antioxidant Sources

The best sources of antioxidants are vegetables, fruit, tea and wine. It is a good idea to get your antioxidants from a variety of sources.

The more colorful your natural foods the better - yellow, orange, green, red, brown and blue-purple plant foods provide a variety of antioxidants, the more brightly colored, the richer the food is in antioxidants.

Anti-Inflammatory Ingredients

- In addition to antioxidants, it is crucial to use skincare products that contain anti-inflammatory ingredients to increase your protection against chronic inflammation.
- The use of antioxidants and anti-inflammatory ingredients are key in the fight against aging.



- With inflammation at the root of many of skin's greatest challenges you must know how to prevent it.
- Know your ingredients!
- This is where anti-inflammatory and antioxidant-rich ingredients become your greatest allies.



ANTIOXIDANT POWER!


- Antioxidants and anti-inflammatory ingredients should not only be a part of a healthy diet, but also a part of a healthy skin regimen.



Hylunia's Top Anti-Inflammatory Ingredients

- Vitamin C (L-ascorbic acid)
- Plant Peptides.
- Plant Stem Cells (apple, carrot and grape)
- Tocopherol (vitamin E)
- Green Tea
- Beta Glucan
- Turmeric





A healthy, low-inflammatory diet rich in antioxidants will also support overall skin health. Advise clients to look for these antioxidants, both in food and skin care formulas:

- **Vitamin A** - carrots, kale, spinach, pumpkin, liver and cantaloupe;
- **Vitamin C** - camu camu, broccoli, brussels sprouts, guava and citrus;
- **Vitamin E** - olive oil, walnut oil, wheat germ oil, oats, tomatoes and carrots;
- **Bioflavonoids** - citrus, berries, onions, tea, red wine, dark chocolate, sea buckthorn; and
- **Polyphenols** - berries, tea, dark chocolate, walnuts, peanuts and pomegranates.

A close-up photograph of several large, vibrant green leaves, likely from a tropical plant, showing their smooth texture and prominent veins. The leaves are layered, creating a sense of depth and natural beauty.

SAFE.
NATURAL.
EFFECTIVE.

Hylunia's Commitment to you

- Hylunia is Formulated using the latest scientific breakthroughs in advanced skincare.
- Medical Grade Ingredients and the all of the top antioxidants and anti-inflammatories.
- Our products enhance the skin's ability to defy aging, treat and help prevent acne and rosacea, protect from sun damage and premature aging while making skin softer, healthier and younger-looking.



Avoid Toxic Ingredients

- Avoid these common skincare ingredients that are directly linked to inflammation

Propylene
Glycol

Fragrance

Sodium
Lauryl
Sulfate &
Sodium
Laureth
Sulfate

PEG

Parabens



Mineral Oil

Isopropyl
Alcohol

DMDM
Hydantoin
& Urea

FD&C
Color

MEA / DEA
/TEA

Prevent Premature Aging

Control Inflammation by Having the right daily routine

- Using non-toxic skincare
- Taking proper nutritional supplements
- Eating an anti-inflammatory diet
- Balancing stress in your life



In Conclusion

- Taking this broad 4-tiered approach is the way to live a longer healthier life and to stop the signs of premature aging.
- By controlling inflammation we minimize disease and maintain skin's health and youthfulness.
- Include Hylunia in your quest for health, wellness and younger looking vibrant skin.

