

**SKIN
LIGHTENING
CREAM**

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Introduction

It has often been asked if there is a natural cream for lightening the skin, reducing wrinkles, skin blemishes, and age spots, etc.

The answer is yes there is - a simple combination of common antioxidant supplements and aqueous cream, which can produce significant skin results.

Mixing the Cream

The component parts should be ground down, removed from capsules, etc., and thoroughly mixed in a glass bowl using non-metal utensils.

The Common supplements in an Aqueous cream base include:

Aqueous Cream - 250 - 500 ml

Aqueous cream is used as a suitable base for the other component parts.

Alpha Lipoic Acid - 100 mg

Alpha Lipoic Acid is often described as the universal, ideal, and metabolic antioxidant, which neutralizes free radicals in the watery and fatty regions of the cell. Alpha Lipoic Acid compliments the therapeutic effects of Vitamin C and Vitamin E.

L-glutathione - 250 - 500 mg

L-glutathione is normally produced by, and is found, in the body, and acts as a "Master Anti-oxidant" that counters the effects of pollution in the everyday environment - the harmful substances that degenerate and damage our cells and our internal systems. These harmful elements are found in the air we breathe, the water we drink, and the different chemicals found in our diet in fact.

L-glutathione (the reduced version of glutathione) is a potent compound which enables cellular repair and helps the body recover from everyday pollutants. Unfortunately glutathione levels in the body decreases as an individual ages. Moreover, glutathione in its reduced form is found to be more effective in prevention and regeneration of ultraviolet radiation-induced skin damage. In increased dosages, L-glutathione whitens and lightens the skin. Without the protection of glutathione, cells die faster, resulting in premature aging and increasing the risk of toxin induced diseases.

Vitamin C - 1,000 mg

Vitamin C maximizes the anti-oxidant effects of L-glutathione. Moreover, vitamin C it inhibits melanin production, thus helping to prevent the development of dark skin pigmentations.

Vitamin E - 100 iu

Vitamin E plays an important role in skin healing and reduction of scars from injuries and burns. In combination with L-glutathione, Vitamin E is an adjunct to lightening the skin.

Grapeseed extract - 50 mg

Grapeseed extract, a preferred cosmetic ingredient, possesses regenerative and restructuring qualities for damaged and stressed tissues, and allows better control in moisturizing skin. Grapeseed extract is known to reduce stretch marks and also in repairing the skin around the eyes.

Rosehip seed oil - 8 drops

Cold pressed Rosehip seed oil contains retinol (Vitamin A) and is rich in the essential fatty acids linoleic acid or omega-3, and linolenic acid or omega-6. Because of its properties, Rosehip seed oil is often used in cosmetic products for different skin conditions such as acne and sun burnt skin.

Contraindications

None - except for use during some forms of allopathic chemotherapy and radiation treatment where antioxidants should not be used because of their inhibition of the free radical formation, which may be part of the chemotherapy process.

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