

Beautiful Skin Begins Within

The skin is the body's largest organ. It wards off hordes of bacteria, protects the body's sensitive tissues and regulates body temperature.

Also, your skin is made of protein. If you nourish it with a [low fat protein supplement](#), your own your way to building healthier skin.

YOUR SKIN HAS THREE LAYERS:

1) The epidermis is the outermost and thinnest layer - about the thickness of seven pages of a book. The epithelial cells of the epidermis are continuously growing, multiplying and dying. As they die, they are pushed up to the outermost layer of the epidermis and finally sloughed off. This is a process critical for cell renewal which usually takes place about every 27 days. Because the rate of cell division at the bottom of the epidermis depends greatly on the body's energy supply, the process usually occurs during sleep, when other body processes have slacked off. So the term "beauty sleep" is very appropriate.

2) The dermis lies below the epidermis and is thick, supple and sturdy. It shields and repairs injured tissues. It also houses nerves and blood vessels as well as sebaceous and sweat glands. The dermal layer consists primarily of collagen. Collagen is a substance, largely manufactured from protein and vitamin C that literally holds us together. It accounts for one-third of our body's protein. It gives the skin durability and resilience. Collagen also builds scar tissue to heal skin damaged by cuts and abrasions. Elastin is another protein found in the dermis which, along with collagen, permits the skin to stretch easily yet quickly regain its shape.

3) The subdermis (or subcutaneous) layer is the deepest and stores body fat. It cushions muscles, bones and internal organs against shocks. It also acts as an insulator and stores energy for times when you need it most.

FOR MORE INFORMATION ON HEALTHY SKIN CARE, VISIT [HEALTH & WELLNESS HAVEN](#)

About the Author

Information obtained From the Field, Oct '98

Source: <http://www.vitaminaid.net>