

Beautiful Skin Can Be Yours with Sun Chlorella Cream

Our skin, perhaps more than any other part of our body, shows the world what's going on inside of ourselves. Truly radiant skin is not easy to maintain. If you're wise, you try to minimize your time in the sun; you use sun protection when you go outdoors; you drink plenty of filtered water and eat a diet rich in fruits, vegetables, and whole grains; and you use natural skin care products.

Skin Statistics

The skin is the largest organ on the human body. The skin of an adult covers a surface area of about 18 to 21 square feet. Weighing in at about six pounds, the skin is about one-eighth of an inch thick, varying at different areas of the body. It's well supplied with a variety of glands, blood vessels, and nerves, and consists of three distinct layers: the epidermis (which is composed of four sub-layers), the dermis, and the subcutaneous fat. The dermis layer relies on the protein, collagen, to keep it in mint condition by acting as a supporter, and as a major building block of the skin. Elastin, another protein, gives the skin its supple, elastic quality.

In an average square inch of skin there are approximately 200 blood and lymph vessels, 100 oil glands, 650 sweat glands, 28 motor nerves, 13 sense receptors for cold, 78 for heat, 1,300 tactile receptors, and 65 hairs, plus millions of independent cell forms.

The skin continually grows from within, creating new cells that push their way outward. The skin on the palm of your hand regenerates every 24 hours; the skin on your face every seven days; and the skin on the rest of your body every 30 days.

Renew Your Skin with Sun Chlorella Cream

One of the most important steps towards maintaining beautiful skin is to choose a facial cream that will renew your skin, and help protect you from the harmful effects of stress. Sun Chlorella Cream's luscious formula revitalizes your skin like *no other!* Sun Chlorella Cream contains chlorella, a freshwater single-celled green algae that offers a wide range of potent antioxidants, a wealth of vitamins and minerals, amino acids, protein, nucleic acids, and more chlorophyll than any plant on earth. Sun Chlorella Cream hydrates your skin, making it look and feel soft and supple.

Enhance Your Youthful Appearance with CGF

The main ingredient that sets Sun Chlorella Cream apart from all the other creams is our Chlorella Growth Factor (CGF). CGF is a nucleotide-peptide complex that is a rich source of nucleic acids. Nucleic acids are the building blocks of life. The abundance of youth-enhancing nucleic acids present in Sun Chlorella Cream may help to:

- reduce the appearance of fine lines
- improve skin tone and elasticity
- increase the firmness of your skin
- alleviate stubborn skin problems
- renew cellular strength and integrity

About Sun Chlorella Cream

As Sun Chlorella Cream goes on a bit easier with a little added moisture, and a small amount goes a long way, try applying it when your face and body are damp. It's great for your whole face, under your eyes, neck, and the back of your hands, really, *anywhere!* Sun Chlorella Cream has a light, clean, refreshing scent, is non-greasy, and contains only the *finest-quality natural ingredients*. Sun Chlorella Cream exhilarates the skin, so when you have areas on your body that need a little extra attention, for instance age spots, fine lines, a bruise or a bite, this unique cream is something that you want to use a little extra of on that particular area. It helps to renew the skin cells from the inside out.

Beautifying Your Skin

In addition to the daily application of Sun Chlorella Cream, here are a few more proven tips you can use to help revitalize your skin:

- 1) **Exercise.** Exercise improves circulation throughout the body and creates an increase in body heat. Heat draws blood into the skin surface, increasing dermal capillary circulation. And with a greater blood flow to the capillaries of the skin comes more nourishment and a better complexion. Your skin benefits from most types of heat: saunas, exercise, aromatherapeutic baths, and massage.
- 2) **Sleep.** Sleep is not only good for overall health, but it is imperative for healthy skin. Like so many other organs, the skin regenerates and heals most effectively while you sleep, so getting adequate rest will help keep your skin healthy and beautiful.
- 3) **Diet.** A wholesome diet is essential for healthy skin. Nutrients in plant-based foods nourish the skin and provide all the elements necessary to keep your skin looking youthful. Not only do these fiber-rich foods help keep the digestive system moving smoothly, but they are also rich in antioxidants like vitamins C and E, various carotenoids, and flavonoids—which are all beneficial to the skin. Eating an antioxidant-rich diet also supports our protection against free-radicals and disease.
- 4) **Water.** Adequate water intake is just as important as your diet for keeping your skin healthy. In fact, you'll see a difference in the appearance of your skin in just three days if you drink at least a half-gallon (64 ounces) of purified water daily. Increased water consumption will make your skin softer, smoother, and more toned.
- 5) **Vitamin C.** Vitamin C is one of your skin's best friends. Collagen and elastin, the two building-blocks of the skin, are only made by the fibroblast cells with the use of vitamin C. Sags, bags, droops, puckers, blotches, and spider veins are signs of a vitamin C deficiency in your skin. You can apply vitamin C directly to your skin (it comes in lotions, creams, serums, and oils) and it should also be ingested. Excellent food sources include oranges, strawberries, tomatoes, grapefruit, and dark green leafy vegetables.
- 6) **Positive attitude and meditation.** A positive attitude and meditation brings more vitality to our lives by reducing stress, anxiety, and pain. Meditation may reduce tension in the body and may help foster a positive attitude.

Along with incorporating any of the aforementioned tips, beautiful skin care be yours by incorporating Sun Chlorella Cream into your daily skin-care regimen.

For more information or to receive a **FREE** sample of Sun Chlorella Cream, please call 1-800-829-2828, ext. 2604 today!