



Healthy Skin

Healthy Skin

Staying out of the sun and away from tanning beds is the easiest way to get great-looking skin. The sun's UVB and UVA rays cause skin damage, which is premature aging, and skin cancer. Every day you should wear a broad-spectrum sunscreen, which blocks UVB and UVA rays, with an SPF of 15 or higher. Reapply at least every two hours while outdoors. For a dewy glow, use skin-care products with 10 ingredients or less to reduce irritation, use moisturizer and feed your skin from within. Dark chocolate and antioxidant-rich foods such as cantaloupe, citrus fruits, blueberries and leafy greens improve the skin's appearance. [Less](#)

Neutrogena®

Ultra Sheer

DRY-TOUCH
SUNBLOCK

S P F
30

FEELS CLEAN
AND WEIGHTLESS

fast absorbing, leaves skin
soft and smooth

Broad Spectrum UVA/UVB



3.0 FL OZ (88 mL)



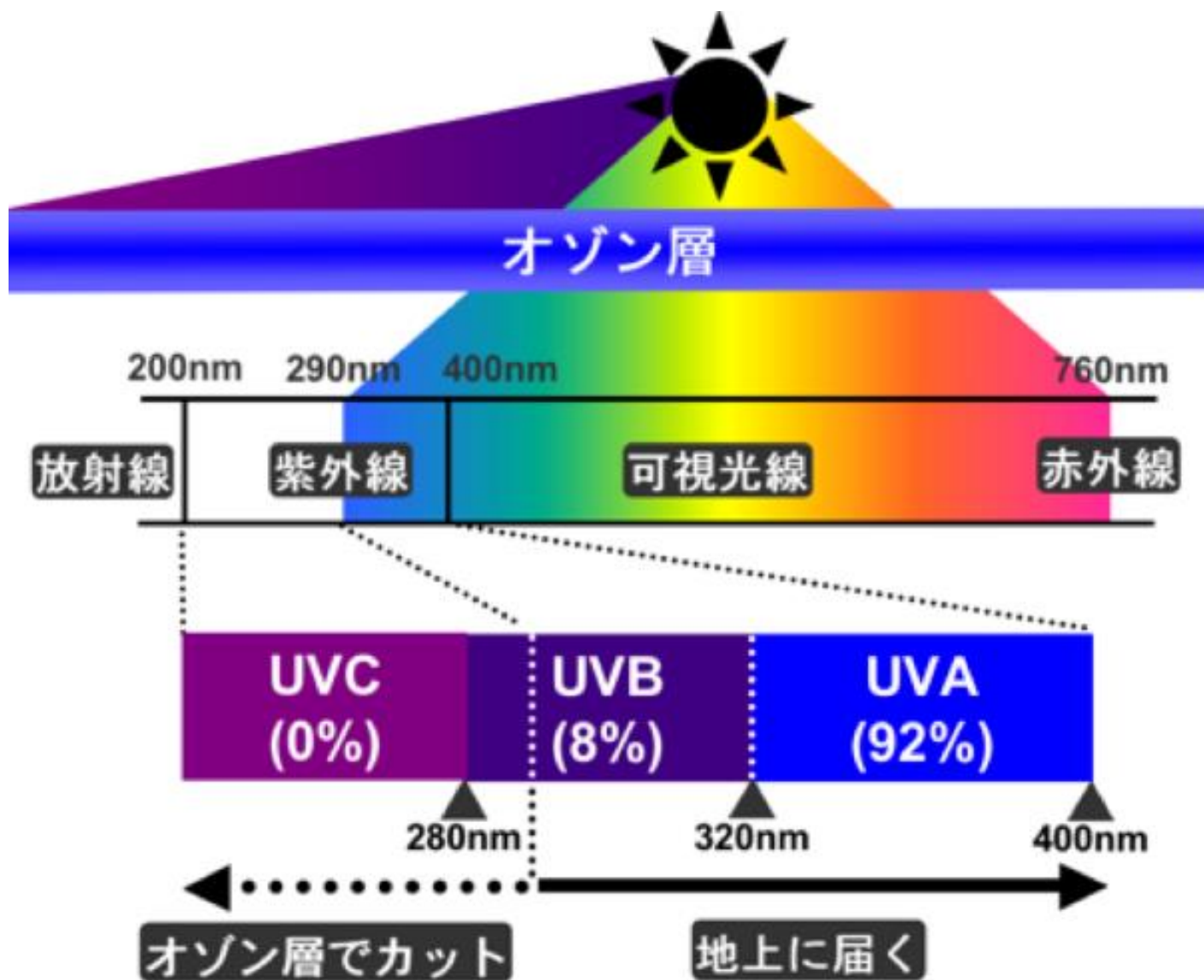
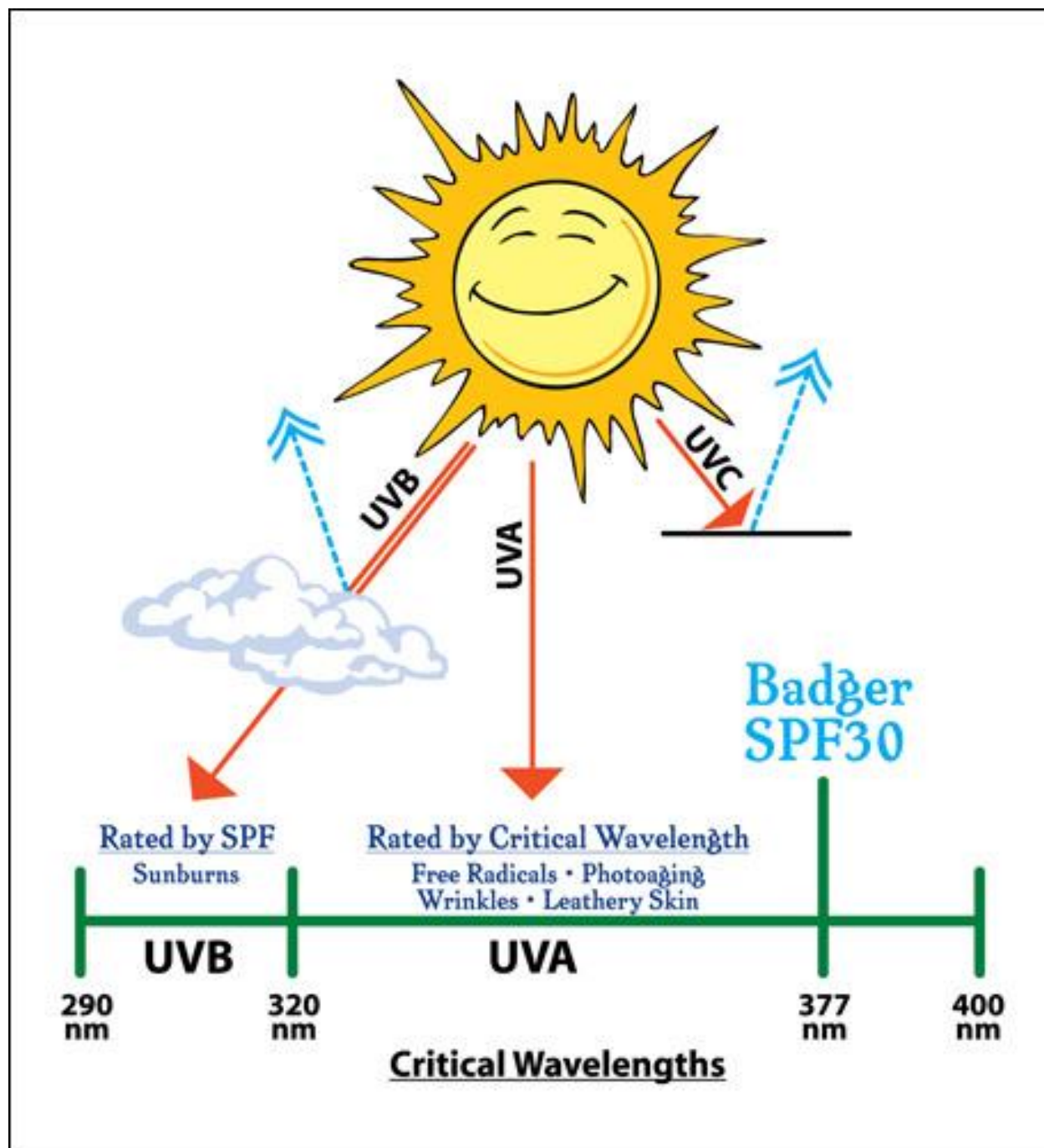


図1 太陽光中の紫外線



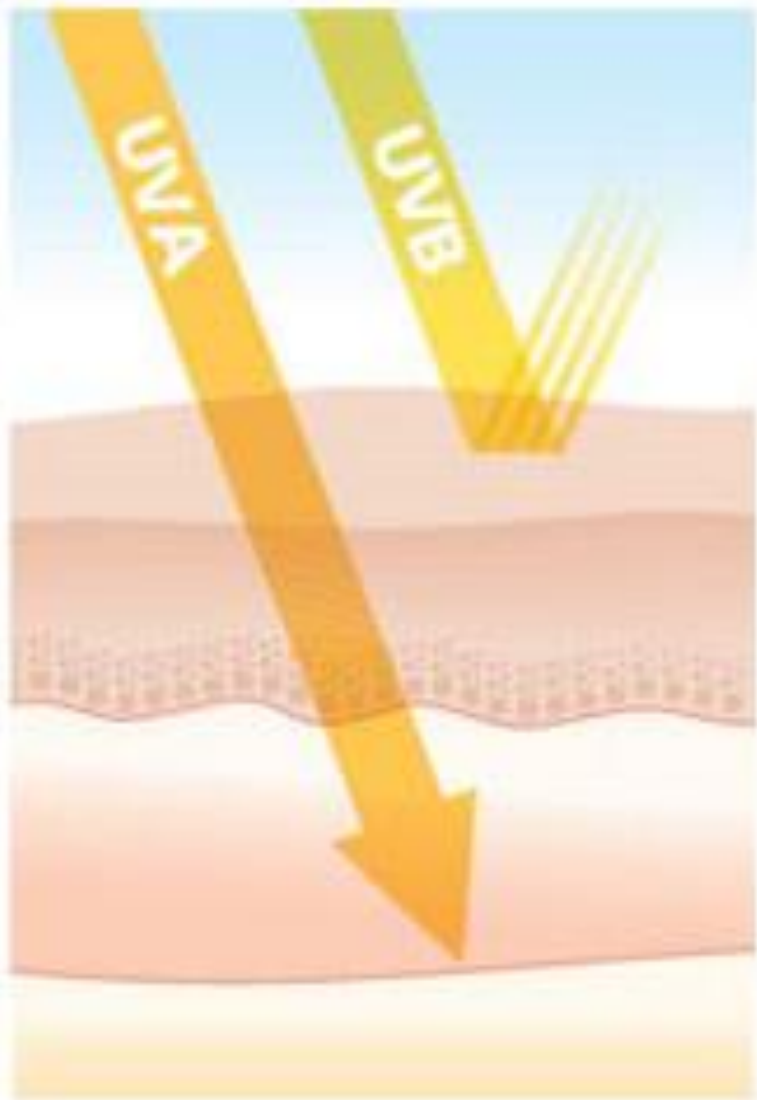
UVA = Aging

- › Remains constant all year long
- › Accounts for up to 95% of UV radiation reaching the earth
- › Causes skin aging
- › Can penetrate glass, requiring protection both indoors and out

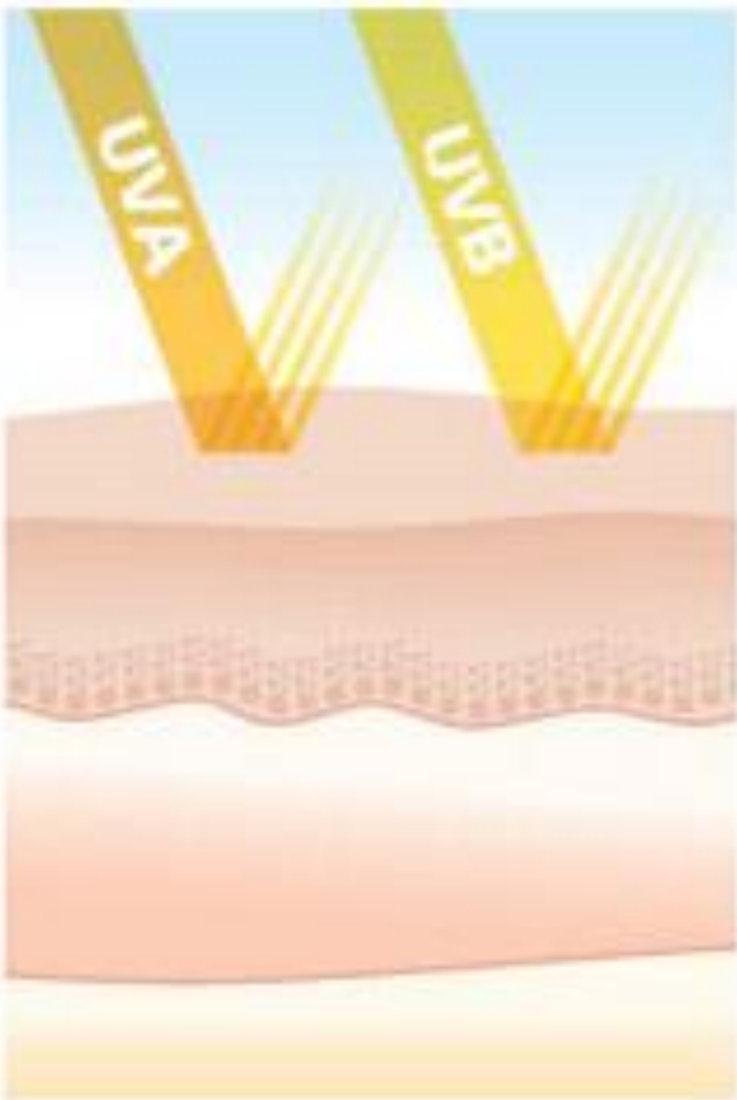
UVB = Burns⁴

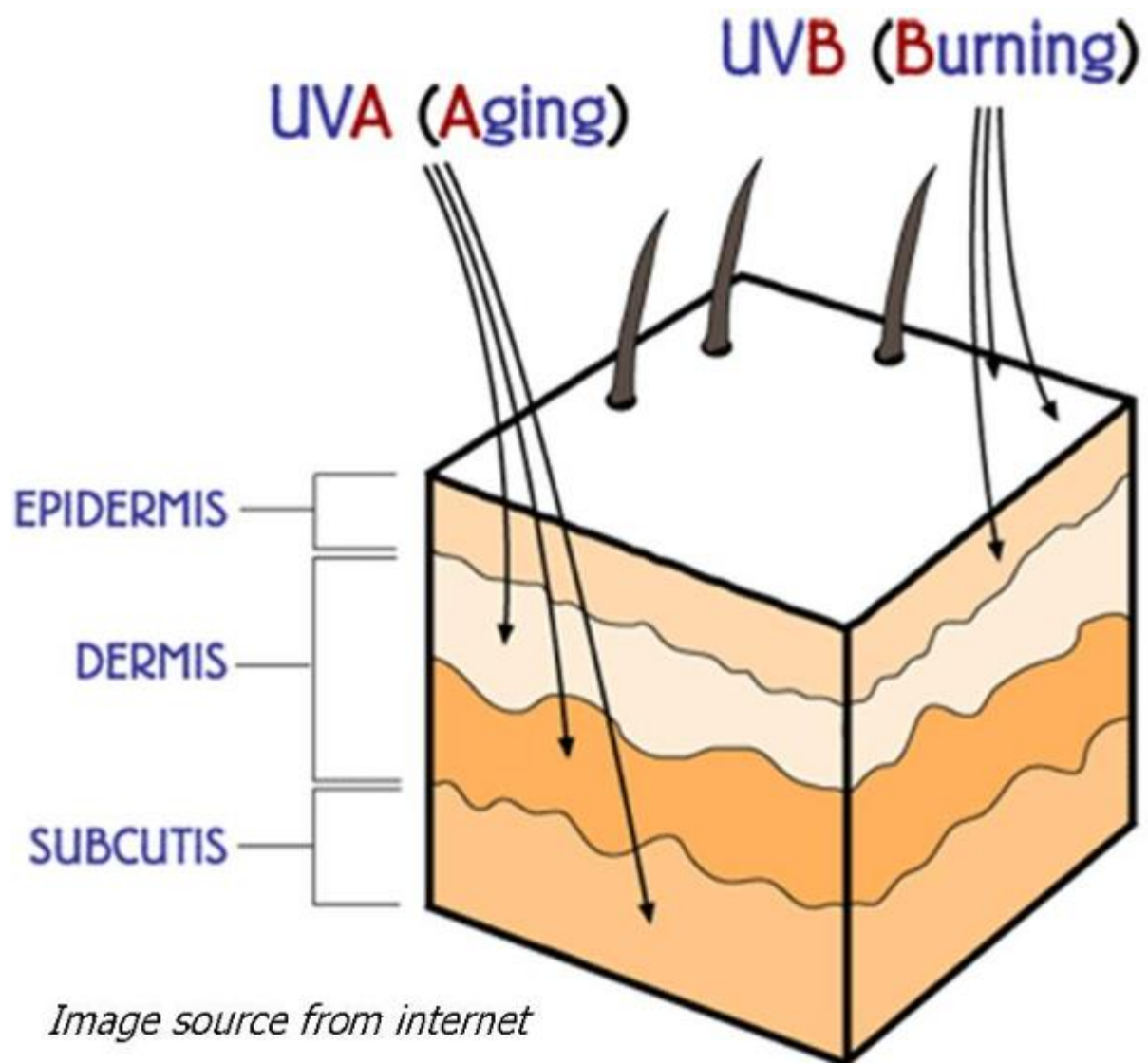
- › Penetrates the epidermis
- › Is the main cause of sunburn
- › More intense than UVA rays
- › Strongest in the summer but filtered by glass
- › Most all sunscreens work to block UVB rays⁵

**UVB-Screening
Sunscreen**

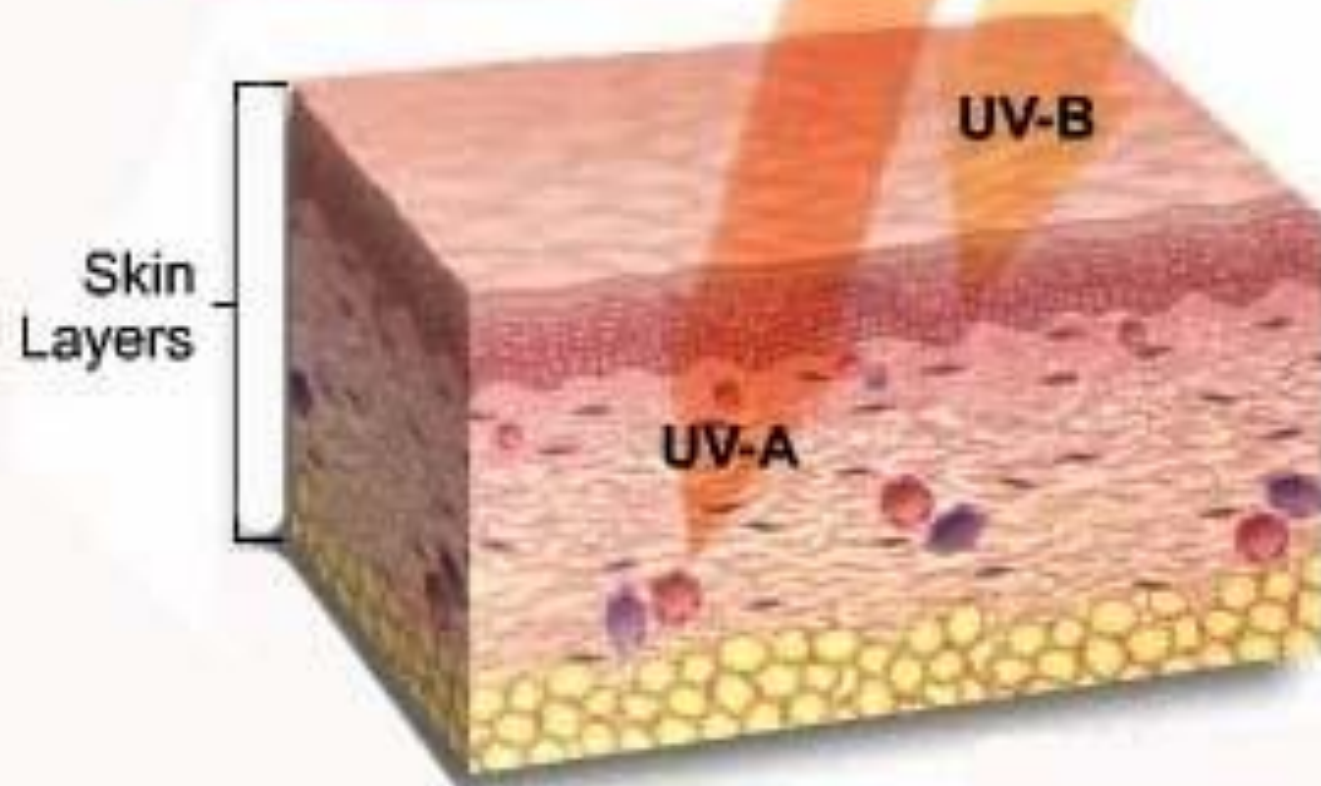


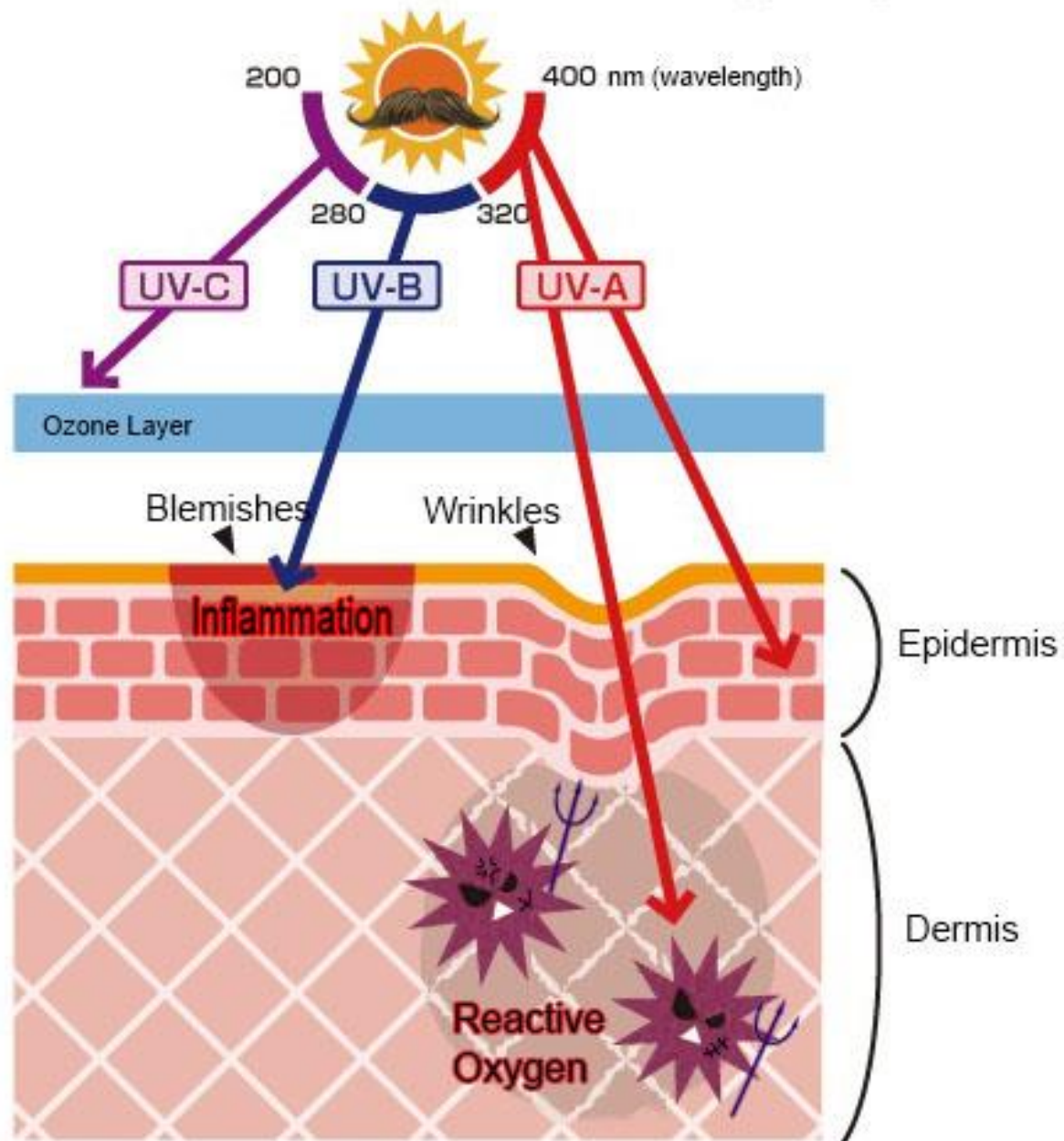
**Broad-Spectrum
Sunscreen**



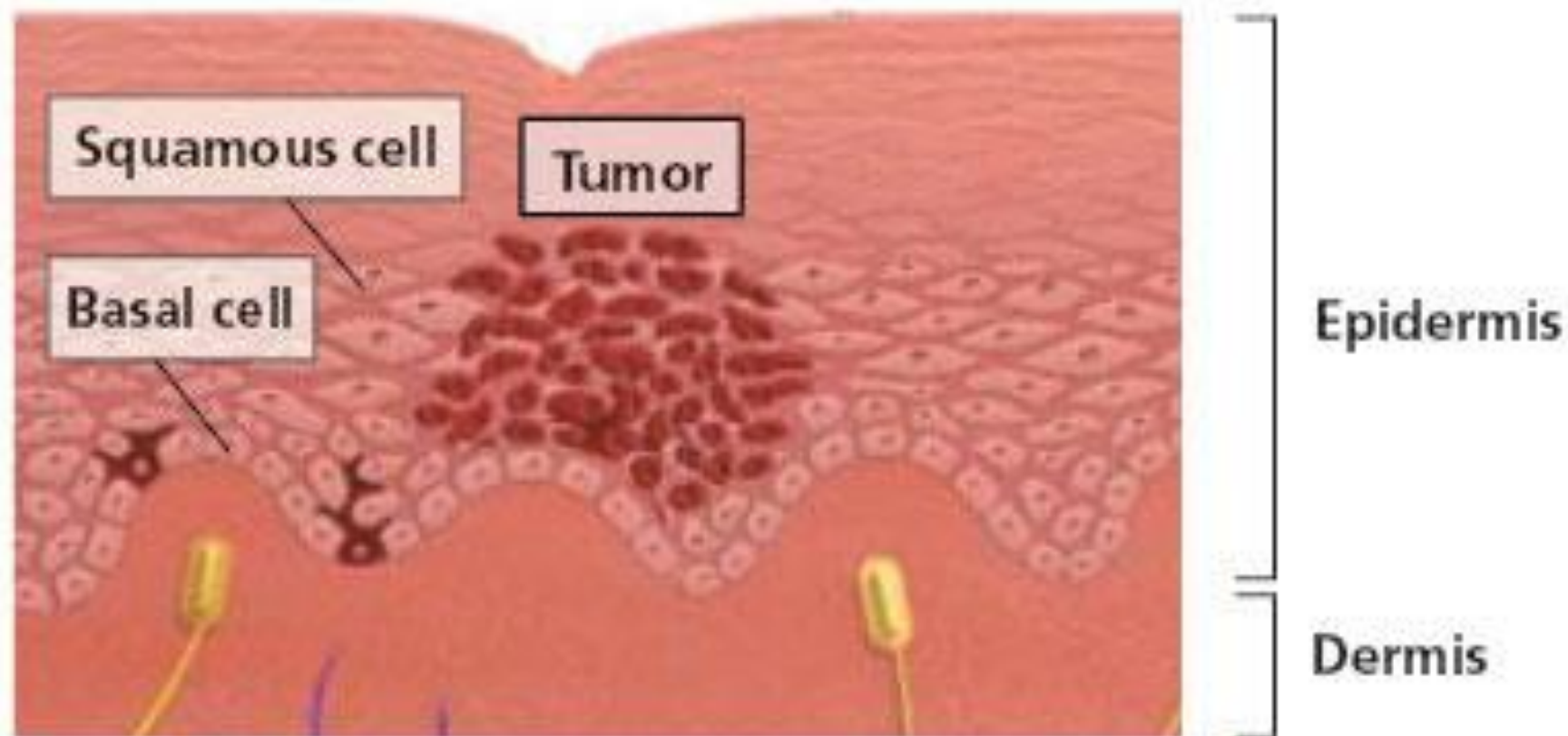


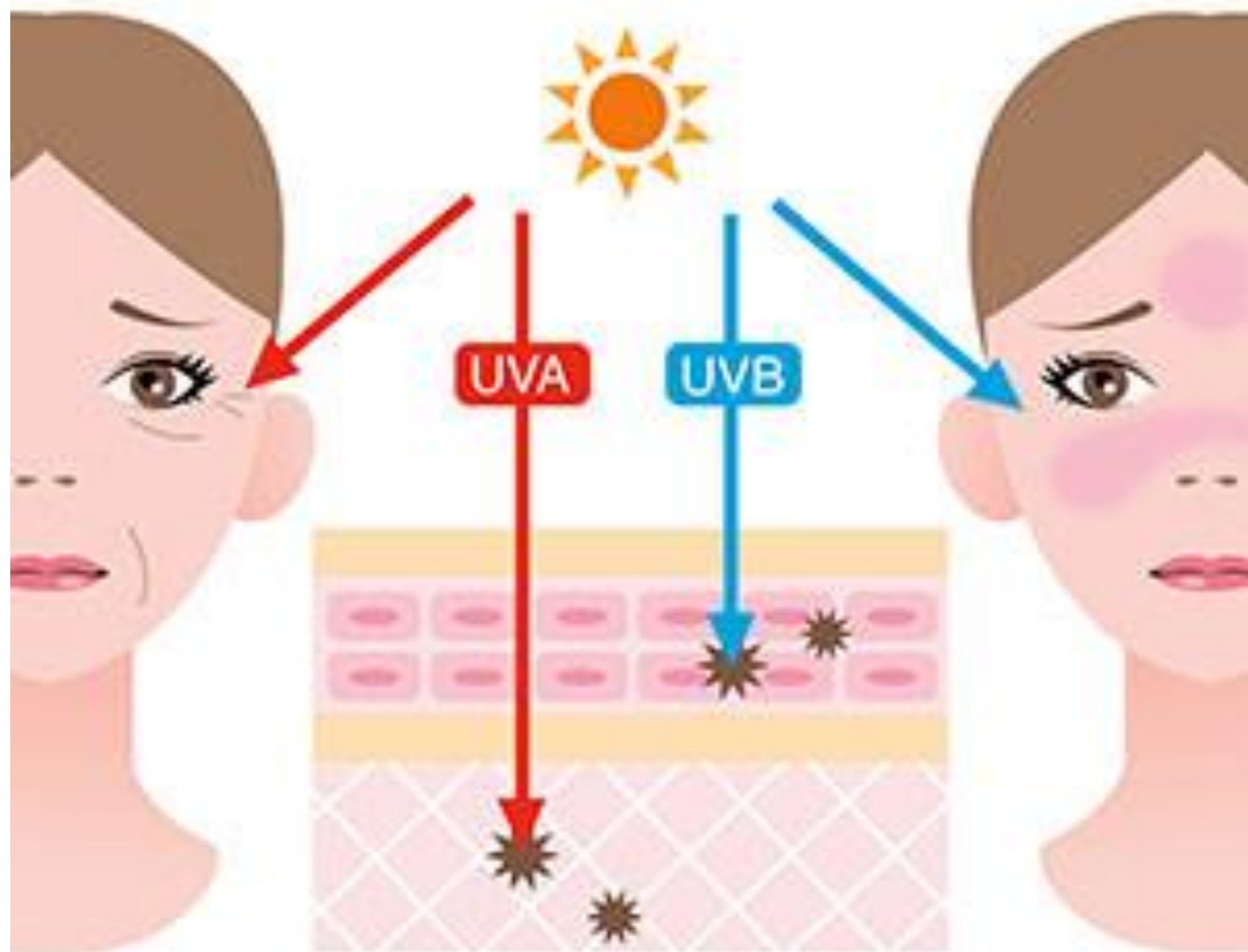
UVA & UVB RAYS EXPLAINED

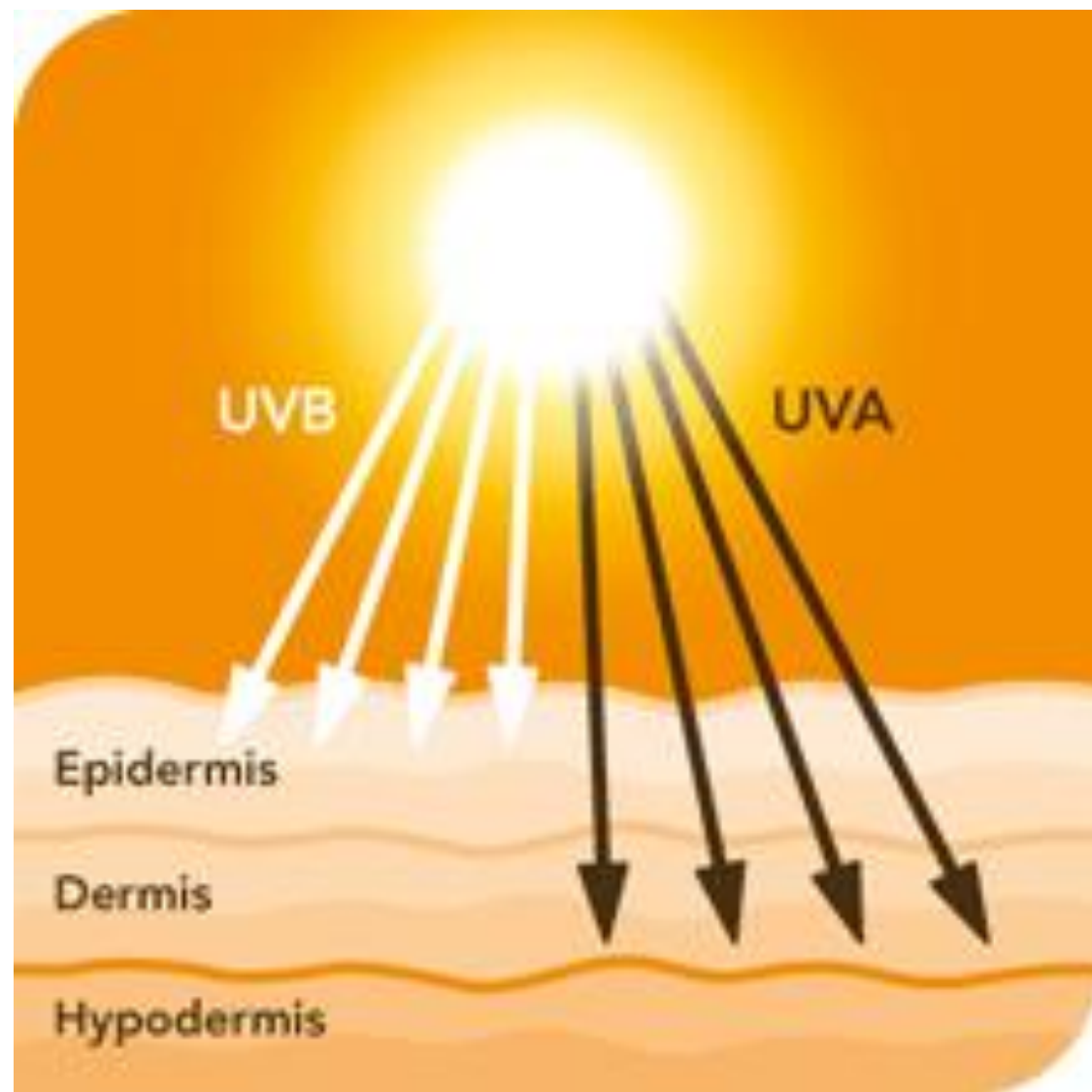




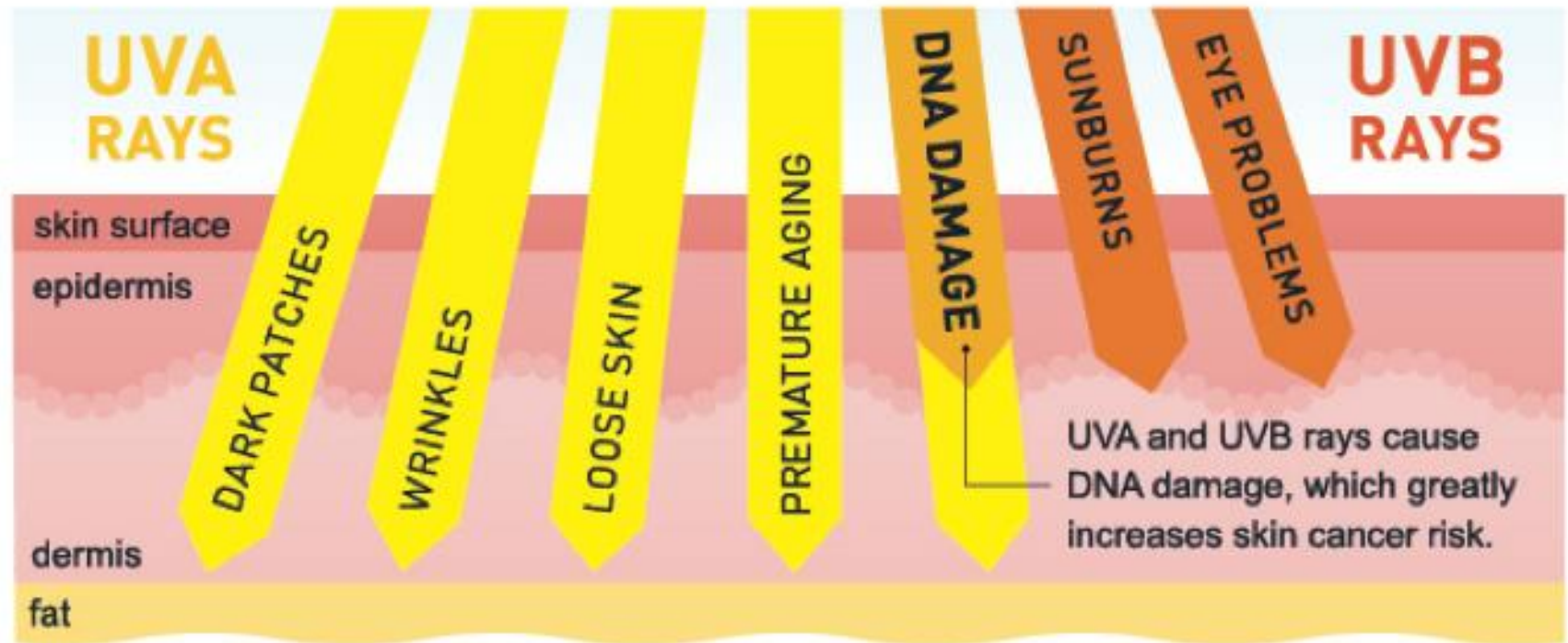
Normal Skin Cells and Tumor Cells







**MOST SKIN CANCERS ARE CAUSED BY
THE SUN'S UVA AND UVB ULTRAVIOLET (UV) RAYS**

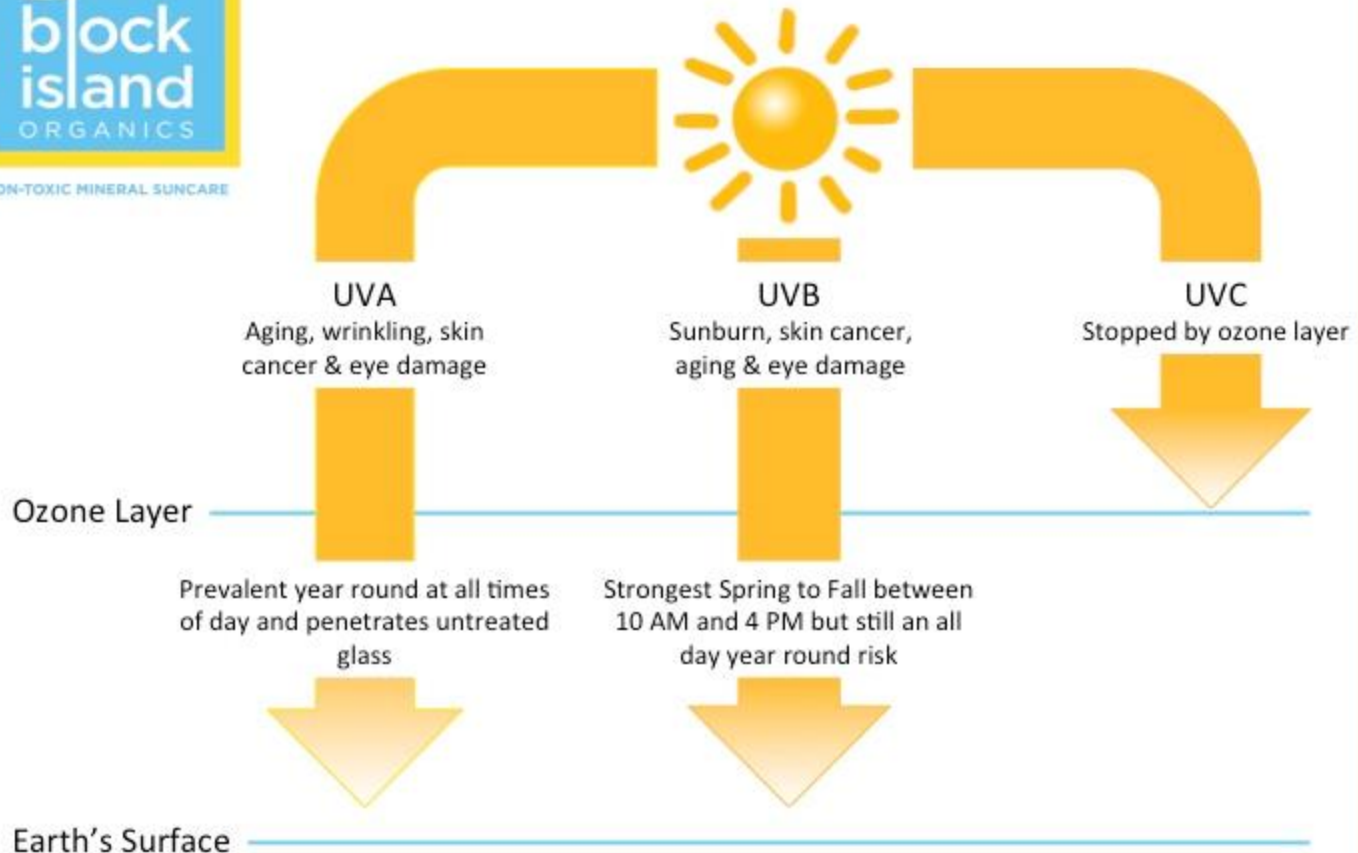




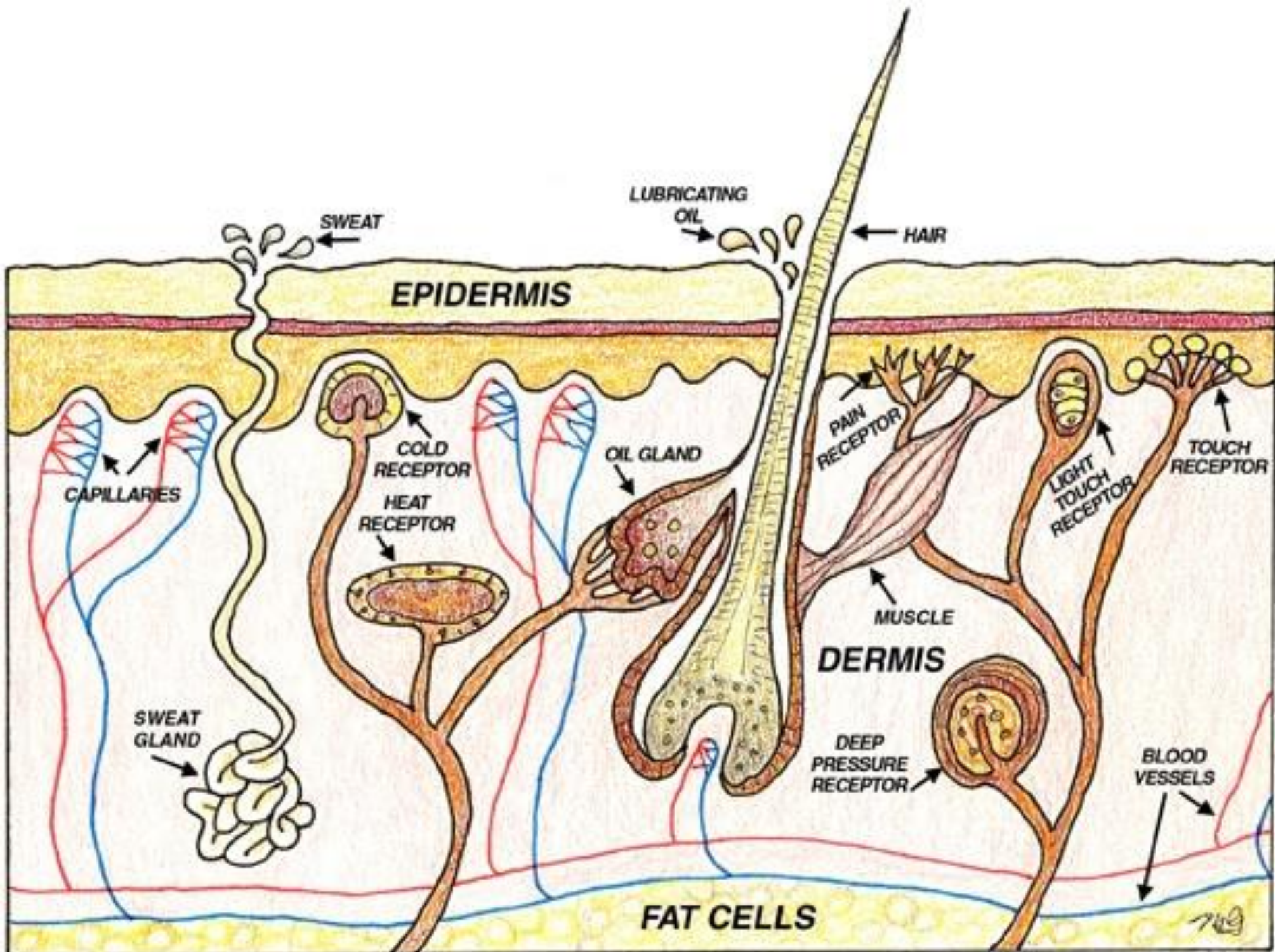
NON-TOXIC MINERAL SUNCARE

The Sun's Rays: UVA vs UVB vs UVC

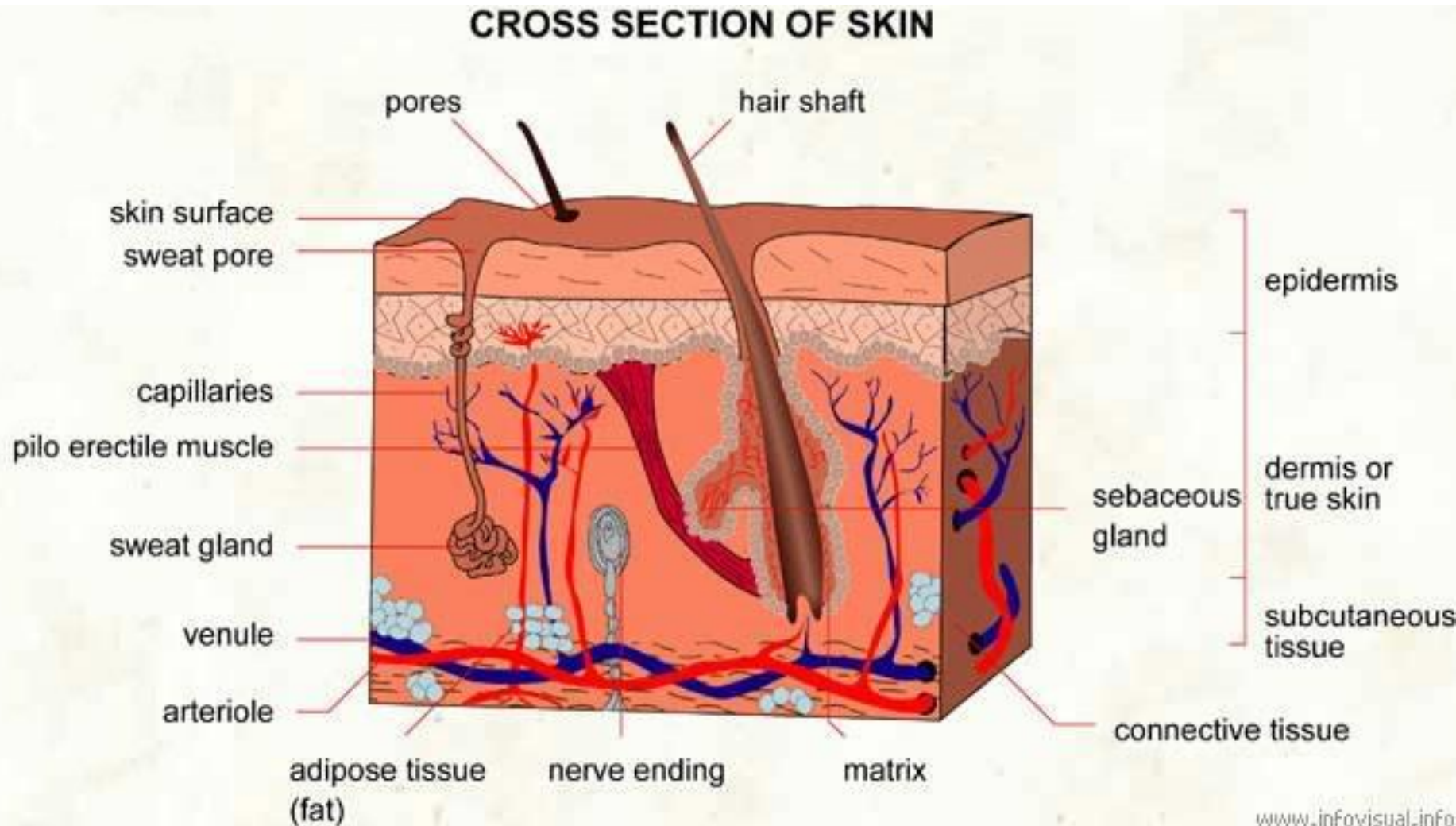
www.BlockIslandOrganics.com



Protection: Broad Spectrum Sunscreen, Clothing, Shade, Sunglasses & More



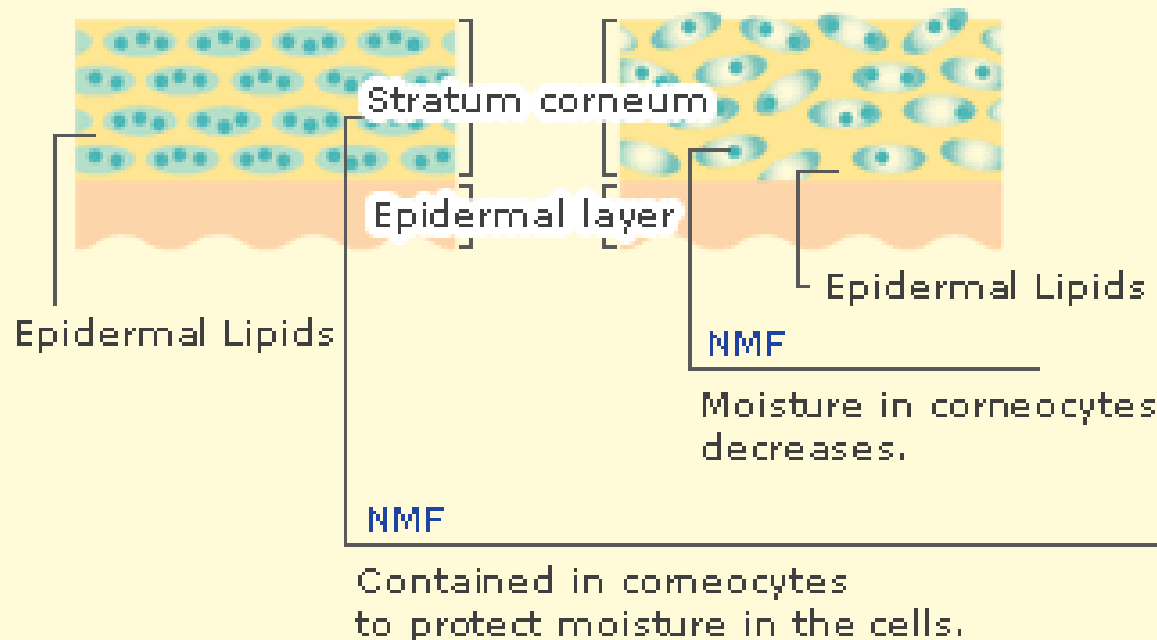
4 layers: the subcutaneous fat layer, the dermis about 2-3 mm in thickness, the epidermis about 0.1 mm in thickness, and the stratum corneum just 0.01 mm in thickness covering the surface.



Moist skin, Moisture-deficient skin

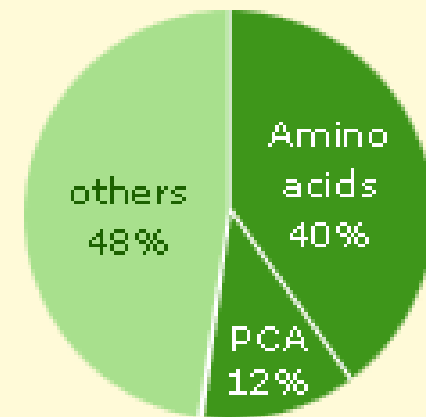
Moist skin

Moist skin is a state in which the stratum corneum is regularly arranged with the right balance between NMF and Epidermal Lipids.



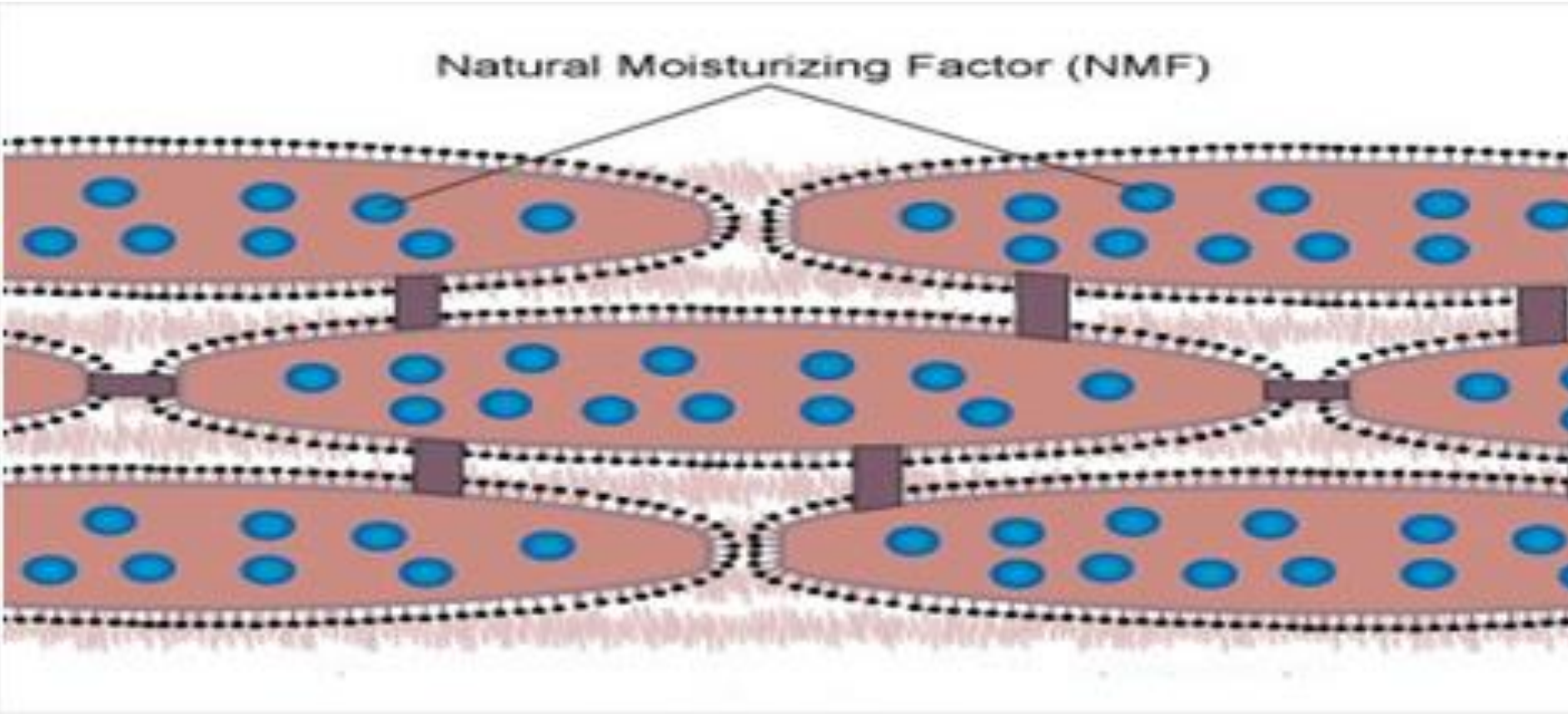
Moisture-deficient skin

Layers are not able to maintain the moisture due to lack of NMF, so the skin becomes dry and rough.



Half of NMF is made up of amino acids and an amino acid-derived component (PCA).

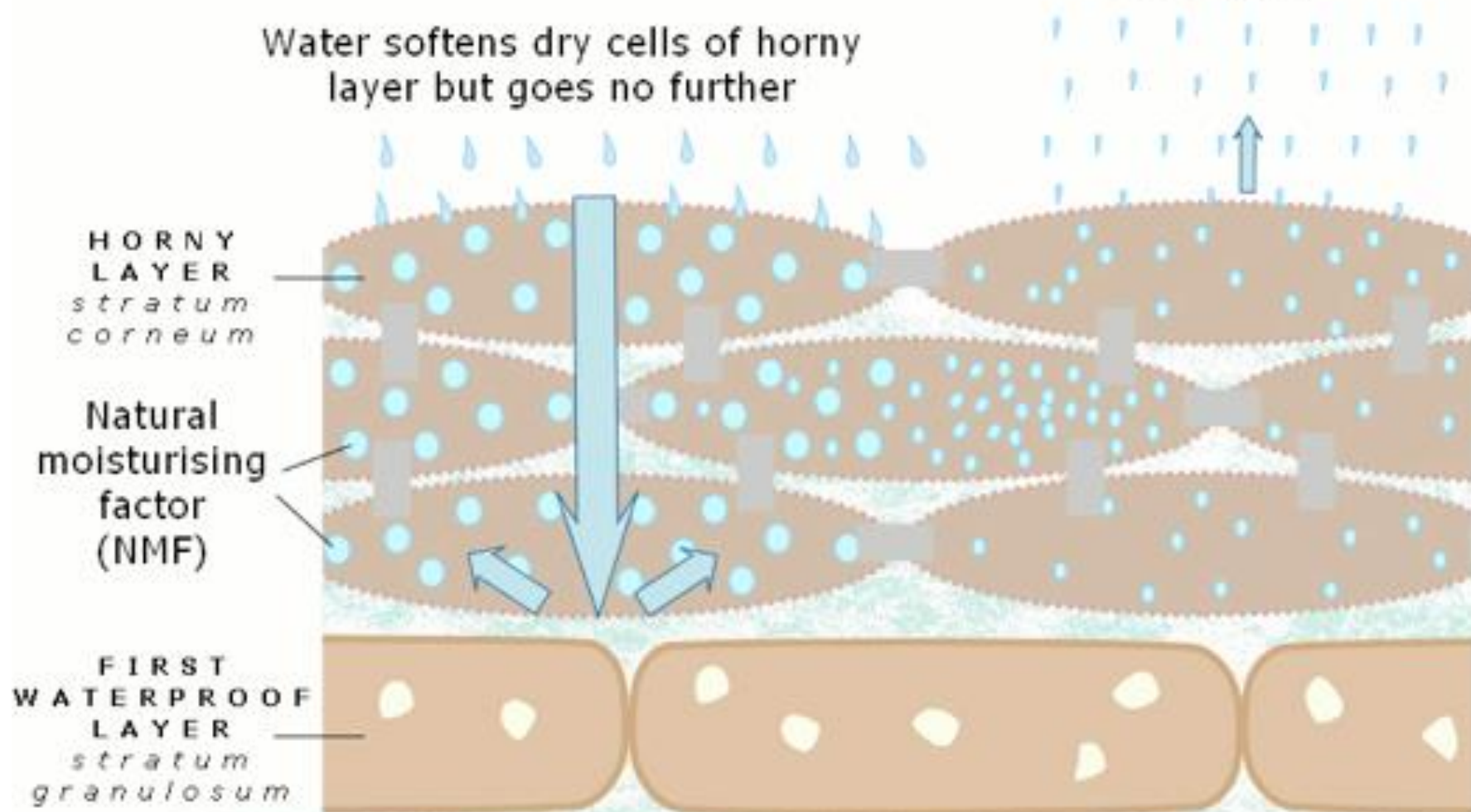
NMF is skin's own self moisturizing tool. It's made up of a mixture of watersoluble compounds such as amino acids which bind to water and hold onto it. The skin cells that make up the outermost layer of the epidermis, known as the stratum corneum, produce and contain NMF as a way to hydrate the surface layer.



How moisturisers take moisture OUT of your skin

Too much water dilutes NMF which then evaporates leaving skin even dryer

Water softens dry cells of horny layer but goes no further



<https://www.youtube.com/watch?v=77CQvVrOOKe>



How Natural Moisturizing Factor Hydrates the Skin

<https://www.youtube.com/watch?v=77CQvVrOOkE>

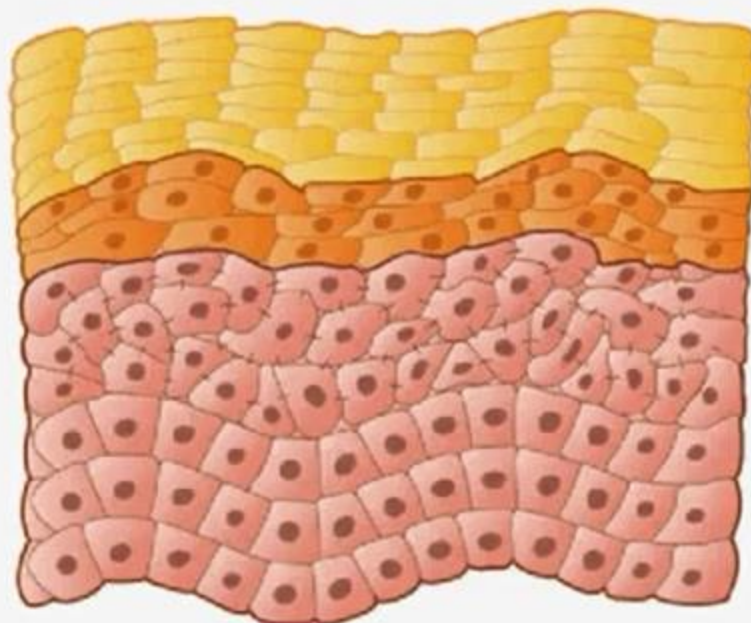


SKIN TYPE
SOLUTIONS

with Leslie Baumann, M.D.

Natural Moisturizing Factors “NMF”

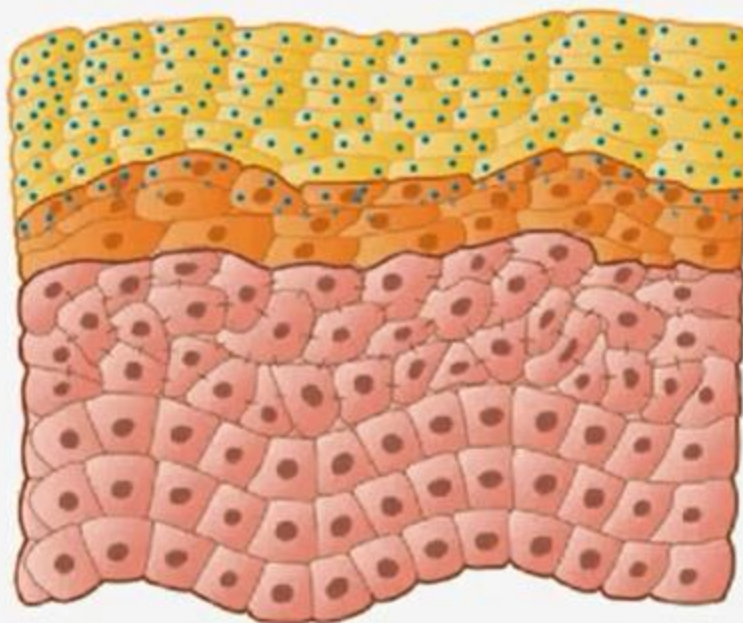
How Natural Moisturizing Factor Hydrates the Skin



How Natural Moisturizing Factor Hydrates the Skin



LOW HUMIDITY

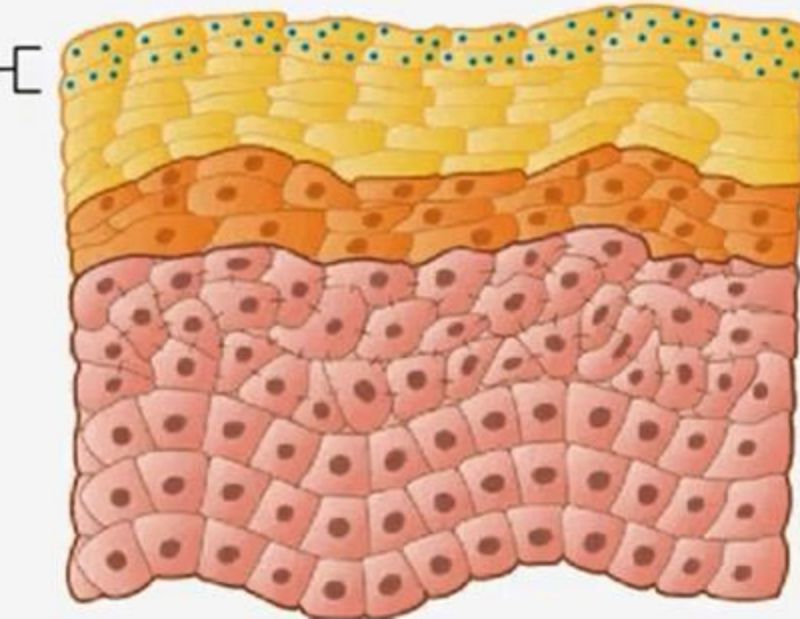


How Natural Moisturizing Factor Hydrates the Skin



HIGH HUMIDITY

NMF Production

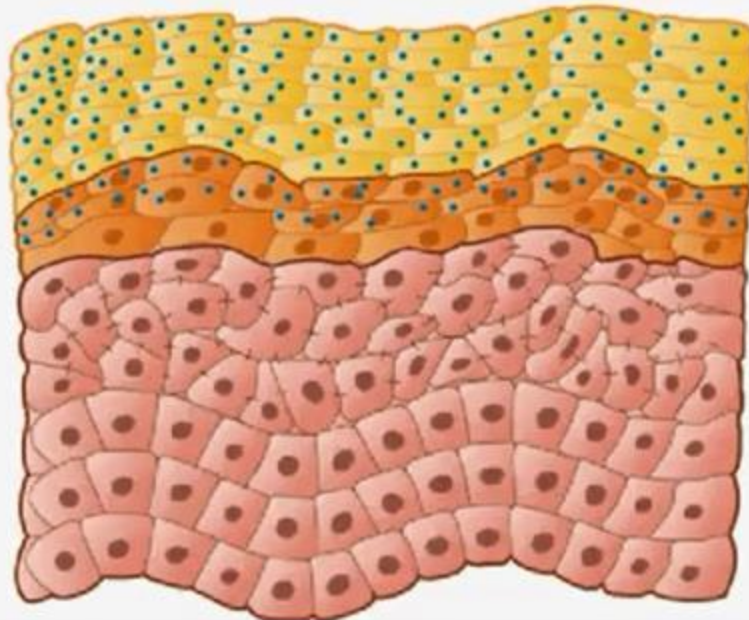


How Natural Moisturizing Factor Hydrates the Skin



LOW HUMIDITY

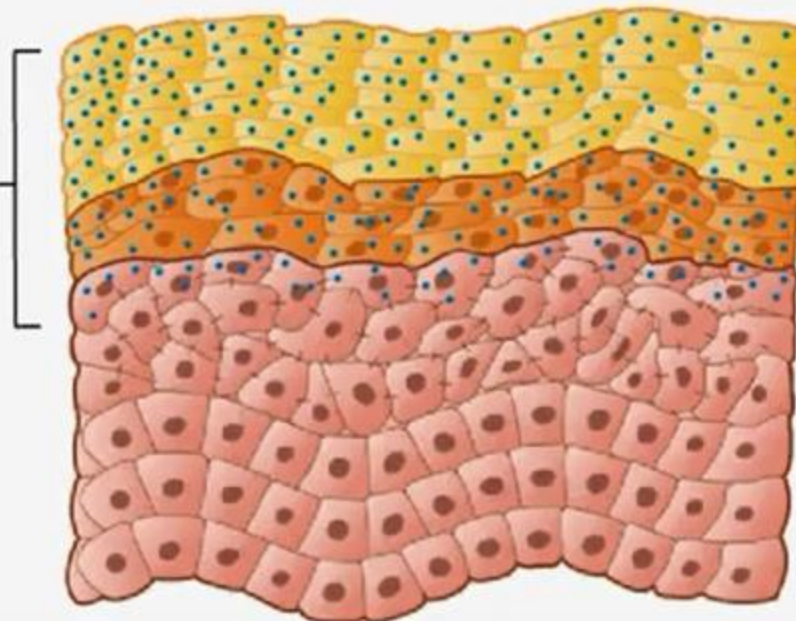
Day 2
NMF Production





LOW HUMIDITY

Day 3
NMF Production



How Natural Moisturizing Factor Hydrates the Skin

<https://www.youtube.com/watch?v=K41YdhmaBnY>



Stop! You May Be Harming Your Skin!