



**Agora Lifestyles Limited's**  
**HEALTH SCIENCES INSTITUTE**

Vol. 11, No. 12

HSI UK MEMBERS' ALERT

December 2009

Access to hidden cures... powerful discoveries... breakthrough treatments...  
and urgent advances in modern, underground medicine

## Scientific Breakthrough: How A Unique Anti-Ageing Cream Helps Banish Wrinkles By Stimulating Your Immune System

**M**ost of us would love to slow the formation of wrinkles and have younger-looking skin – but, while cosmetics manufacturers have been quick to offer a bewildering array of products claiming these results, sometimes it's hard to know what really works and what is just advertising hype.

Unfortunately, the latter holds true for many so-called 'anti-wrinkle' formulas currently on the market. That's why *HSI* is delighted to tell you about a real breakthrough in the science of anti-ageing creams. Pro-Ferm is the first range of such products to harness the power of your body's own immune system to regenerate your skin from deep inside, unlike most creams that just temporarily plump up the surface layers.

And because your immune system is made to be activated again and again, Pro-Ferm keeps on giving you good results, unlike invasive treatments such as Botox (actually a nerve poison!), which become progressively less effective.

Anti-ageing research has moved ahead fast in recent years and today several anti-wrinkle creams are available that can claim scientific evidence of effectiveness. However, there are concerns about the safety of some of the ingredients in these products. Recently, Dr Sam Epstein, chairman of the Cancer Prevention Coalition in the US, expressed his fears that alpha hydroxy acids (AHAs) can strip away the top layer of skin, leaving it more vulnerable to the cancer-inducing effects of ultraviolet light.<sup>1</sup>

Also added to many anti-ageing creams are preservatives called parabens, which researchers at the University of Reading found to be concentrated in breast cancer tumours – with the implication being that they may be involved in causing this disease.<sup>2</sup> Other common ingredients, such as alcohol, propylene glycol and triethanolamine, have also been linked with adverse reactions and health effects.

You can rest assured that Pro-Ferm creams do not contain any of these suspect ingredients. Neither do they act in the way that peptide-based anti-wrinkle creams do, by indiscriminately promoting cell growth. As well as encouraging new skin cells to form, such creams could also trigger the proliferation of any cancerous cells present in your body.

### Building up your skin's extra-cellular matrix is the key to looking younger

The Pro-Ferm range supports a natural healing process that builds and maintains your skin's extra-cellular matrix. This is a fine, three-dimensional mesh of microfibrils that determines the strength, firmness, smoothness and hydration of your skin.

This matrix, which physically supports the various kinds of cells that make up your skin, is continually breaking down and reforming. Skin ageing occurs when the breakdown rate of the matrix exceeds that of renewal. The loss of extra-cellular matrix leads directly to wrinkle formation, loss of elasticity and skin dehydration.

Pro-Ferm is unique because it contains compounds called beta glucans, which activate a population of immune cells deep in the epidermal layer of your skin, called the Langerhans cells. These in turn stimulate the fibroblasts, another key group of cells in your skin, which are responsible for generating new extra-cellular matrix. This is exactly the same process that occurs when you cut or graze your skin and it heals naturally, only in that case it is bacteria in the air that act as the trigger to activate the Langerhans cells.

(continued from page 1)

Langerhans cells are a key element in your skin's defence – they promote the growth of new skin cells, protect against micro-organisms that could otherwise cause disease and clear away damaged skin cells. Once activated, the Langerhans cells and the fibroblasts together gradually overhaul the skin, giving it a 'spring cleaning' from the inside and renewing the all-important extra-cellular matrix.

### **Beta glucans – the incredible immune-boosters that help rejuvenate ageing skin**

Beta glucans are not normally able to penetrate your skin, but as a result of recent, breakthrough research, it has become possible to combine them with hyaluronic acid – your skin's own natural hydrating agent – so that they sink into your skin like rain into fertile soil. There is an immediate improvement in skin hydration and appearance due to the hyaluronic acid, while in the background the beta glucans get to work on long-term skin rejuvenation.<sup>3</sup>

Beta glucans have been described as the most potent natural immune support known. If you read the article on the immune-boosting supplement Glucasan in the August 2009 issue of *HSI*, you'll know that beta glucans put your immune system on full alert and greatly enhance your resistance to infections. Many scientific studies attest to the power of beta glucans in helping to fight off bacteria, viruses and even cancers.

But the benefits don't end there – studies in which a beta glucan preparation was applied to large pressure ulcers (bed sores), found that it not only brought about complete healing but also prevented infection and rapidly restored the appearance of normal skin.<sup>4</sup> In another study, a combination of beta glucan and collagen (a connective tissue protein) was used to treat children's burns. It was found to promote better healing of the skin, with less scarring and less pain, as compared with traditional burn dressings.<sup>5</sup>

Pro-Ferm claims to return the dynamic equilibrium of your skin to that of younger skin, so improving its appearance. Research carried out at Berlin University, and verified in independent efficacy and safety testing of Pro-Ferm products, has shown that after just four weeks of use wrinkle depth is reduced by 20 per cent, skin hydration is increased by almost 40 per cent and skin firmness is improved by more than 17 per cent.<sup>6</sup>

The many kinds of tissues that work together to

keep your skin looking and feeling healthy don't only need the external support of the Pro-Ferm creams and lotions but also some specific nutrients, which may not always be easy to obtain from your diet. That's why the makers of Pro-Ferm creams have developed Pro-Ferm Plus, a nutritional supplement designed to work in combination with their anti-ageing skincare products.

Pro-Ferm Plus provides your skin with eight major categories of micro- and phyto-nutrients, each of which plays an essential role in maintaining healthy, younger-looking skin. These include trace minerals, carotenoids, B-group and E-group vitamins, gamma linolenic acid (an essential fatty acid), essential amino acids, spirulina peptides (these regulate blood supply to the skin) and phycocyanin, a plant pigment that regulates cell growth and has anti-inflammatory properties.

### **What to take for best results**

The Pro-Ferm range consists of seven scientifically formulated products that include day and night creams, an intensive eye cream and a men's skin balm, as well as special treatments designed to target the effects of ageing more intensively. Whilst they are not the cheapest on the market, their unique mode of action, safety and effectiveness make them good value for money. The recommended dosage for Pro-Ferm Plus nutritional supplement is three tablets per day.

#### **...CUTTING-EDGE HEALTH UPDATE**

## **Cherry Bark – Discover How This Remarkable Cold And Flu Remedy Is Fast Proving Effective In The Fight Against Swine Flu**

**C**hokecherry (*Prunus Virginiana*) is a small tree native to North America, which is often found growing in damp woodlands and along river banks. It produces a dark purple fruit that ripens during the late summer and autumn months.

Chokecherry fruit was considered an important staple in the diets of many Native American tribes including the Cheyenne, Pawnee and Blackfoot... and with good reason. The kernel of the fruit, which they would pound and leave to dry in the sun, is a rich source of beneficial fruit oils and high quality proteins.

3. Journal of Cosmetic Dermatology 2006; 5: 130-134

4. Mansell PWA, Rowden G, Hammer C. Clinical experiences with the use of glucan. Immune Modulation and Control of Neoplasia by Adjuvant Therapy. Raven Press, New York, 1978.

5. J Pediatr Surg 2001; 36(1): 113-118

6. Efficacy Tests Pro-Cell. Derma Consult Concept GmbH, Bonn, Germany. [http://www.pro-ferm.com/efficacy/DCC-Test-Results%20PRO-CELL-2005%20\(engl\).pdf](http://www.pro-ferm.com/efficacy/DCC-Test-Results%20PRO-CELL-2005%20(engl).pdf)