

Could the ultimate solution to aging be delaying the breakdown taking place in our skin? Everyone wants to look young and avoid thinning, wrinkled skin, liver spots and loss of radiance. The first lesson in reversing these problems is employing the "inside out" tactic. Our skin is a reflection of our inner wellness. No matter what our age, poor diet, poor hydration and lifestyle choices will often declare themselves in the appearance of our skin. Stopping the toxic diet and habits will immediately bring results. Replace the unhealthy with healthy habits.

By the time we are about 27 years old, however, the slow breakdown of our tissues begins. By our 30's we find some signs of aging in our skin. A decade later we find that our joints are not what they used to be as the cartilage loses density and flexibility. Abundant collagen is an essential component of thick, youthful skin and strong supple joints. Reducing the breakdown of collagen is key in controlling the rate our skin and joints age.

Vitamin C has been called the preeminent anti-aging vitamin. Besides being the most efficient and versatile anti-oxidant, V-C is essential for building collagen in our skin as well as in other connective tissue. We humans are only one of 3 mammals who do not manufacture our own Vitamin C. (Actually we lost the ability to do this via genetic mutation. It is estimated that about one out of 100 humans still possess the ability to a make V-C.) While eating a diet rich in V-C is helpful and can provide enough V-C to keep us from contracting scurvy, we require much more to provide the building blocks for collagen. The problem with supplementing V-C is that it has a difficult time making its way to our bloodstream in any meaningful amount. It is estimated that only 10% of V-C in supplement form actually arrives in our bloodstream. Health seekers have heeded Linus Pauling's advice and take 4,000 to 6,000 mg. daily for maintenance, and four to five times that amount when fighting off a cold or flu. However, taking a meaningful amount of V-C as ascorbic acid (even buffered) causes gastro distress and diarrhea.

Now this problem is solved with lipoencapsulated technology. This nanotechnology encapsulates the ascorbic acid in nano spheres made up of a lipid, that act as smart bombs, surviving the digestive system and delivering their payload at the liver where the V-C can enter the bloodstream. There is no loss of potency. There are no side effects, even in very large doses.

Liv-On Labs offers 1000 mg of V-C in a packet that is cut open and squeezed out into a beverage. The contents are similar in look and body as honey but has a nutty flavor. The lipid is an important fat, phosphatidylcholine, found in the wall of all cells. This new form of Vitamin C has created great excitement in medicine as it has proven to be more effective than intravenous V-C for treating a number of illnesses and infections.

Try taking one or two packets of this Lypo-Spheric Vitamin C daily, and watch the improvement in the texture, thickness and radiance of your skin along with the many other health benefits connected to proper supplementation of Vitamin C.

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