



## NUTRITIONAL COSMETICS

**Beauty from Within** 

**Edited by Aaron Tabor and Robert Blair** 

## **Contents**

Con	tributors	xi
Foreword		XXV
Preface		xxix
	Introduction  Aaron Tabor, MD, and Robert M. Blair, PhD	
Part	t 1: The Biology of Healthy and Aging Skin Structure and Function of the Skin Leonardo Celleno, MD and Federica Tamburi, MD	1 3
2.	Overview of the Structure and Function of Ethnic Skin Chesahna Kindred, MD, MBA, Christian O. Oresajo, PhD, and Rebat M. Halder, MD	47
3.	The Effects of Aging on Skin  Danny Zaghi, Jeanette M. Waller, MD, and  Howard I. Maibach, MD	63
4.	Premature Aging of Skin from Environmental Assaults Jean Krutmann, MD	79
Par	t 2: Beauty from the Inside and the Outside	93
5.	Natural Products Work in Multiple Ways Pierfrancesco Morganti, PhD	95
Par	t 3: Micronutrient Support for Beautiful Hair and Skin	113
6.	Bioavailability and Skin Bioefficacy of Vitamin C and E Myriam Richelle, PhD, Heike Steiling, PhD, and Isabelle Castiel, PharmD, PhD	115
7.	Zinc, Selenium, and Skin Health: Overview of Their Biochemical and Physiological Functions Bruno Berra, PhD, and Angela Maria Rizzo, PhD	139
	t 4: Protect Your Skin with Natural Antioxidants	159
8.	Botanical Antioxidants for Protection Against Damage	1.4
	from Sunlight  Mohammad Abu Zaid, PhD, Farrukh Afaq, PhD,	161
	Deeba N. Syed, MBBS, and Hasan Mukhtar, PhD	

viii Contents

9.	The Antioxidant Benefits of Oral Carotenoids for Protecting the Skin Against Photoaging <i>Pierfrancesco Morganti</i> , <i>PhD</i>	185
10.	Inhibitory Effects of Coenzyme Q10 on Skin Aging Yutaka Ashida, PhD	199
11.	The Benefits of Antioxidant-Rich Fruits on Skin Health Francis C. Lau, PhD, FACN, Manashi Bagchi, PhD, FACN, Shirley Zafra-Stone, BS, and Debasis Bagchi, PhD, FACN, CNS	217
12.	Olive Fruit Extracts for Skin Health Aldo Cristoni, PhD, Andrea Giori, PhD, Giada Maramaldi, BSc, Christian Artaria, BSc, and Takeshi Ikemoto, PhD	233
13.	Enhancing the Skin's Natural Antioxidant Enzyme System by the Supplementation or Upregulation of Superoxide Dismutase, Catalase, and Glutathione Peroxidase Nadine Pomarede, MD, and Meera Chandramouli	245
Part 5: Supporting a Solid Foundation for Firmer Skin  14. Dermal Connective Tissue as the Foundation		267
1 1.		
	for Healthy-Looking Skin  James Varani, PhD	269
15.		269 287
15. 16.	James Varani, PhD  Amino Acids and Peptides: Building Blocks for Skin Proteins	
	James Varani, PhD  Amino Acids and Peptides: Building Blocks for Skin Proteins Ayako Noguchi, MSc, and David Djerassi  Natural Products Supporting the Extracellular Matrix: Rice Ceramide and Other Plant Extracts for Skin Health	287

CONTENTS ix

19.	Food-Derived Materials Improving Skin Cell Health for Smoother Skin Hiroshi Shimoda, PhD	365
<b>Par</b> <sup>1</sup> 20.	t7: Natural Support for a Healthier Complexion A Whey Protein Complex for Skin Beauty from the Inside Out Petra Caessens, PhD, Wendeline Wouters, PhD, Rick de Waard, PhD, and Angela Walter	<b>383</b> 385
21.	Nature Knows Best: Where Nature and Beauty Meet Majda Hadolin Kolar, PhD, Simona Urbančič, BSc, and Dušanka Dimitrijević, MSc	399
22.	Probiotics for Skin Benefits  Audrey Guéniche, PharmD, PhD, Jalil Benyacoub, PhD,  Stephanie Blum, PhD, Lionel Breton, PhD, and  Isabelle Castiel, PharmD, PhD	421
23.	The Beauty of Soy for Skin, Hair, and Nails Robert M. Blair, PhD, and Aaron Tabor, MD	441
<b>Part</b> 24.	8: Natural Protection from Photocarcinogenesis Green Tea and Skin Cancer: Immunological Modulation and DNA Repair Suchitra Katiyar, MPH, Craig A. Elmets, MD, and Santosh K. Katiyar, PhD	<b>469</b> 471
25.	Silibinin in Skin Health: Efficacy and Mechanism of Action Manjinder Kaur, PhD, Gagan Deep, PhD, and Rajesh Agarwal, PhD	501
Inde	Index	