

How and why we age, Part 2

Here's a fact for you. Humans are among the few living species on earth that cannot produce Vitamin C.

We have a long chain of enzymes in place to do so, but one essential link is missing. Does that explain why we're more prone to ageing than other species? According to Nobel Prize winning biochemist Linus Pauling, humans would produce around 10 grams of Vitamin C per day if we had retained our ability to do so. Therefore, he recommended taking 10g of Vitamin C as a daily supplement. He did so and passed away in his nineties.

This could also explain why Dr Michael Prager Vitamin C Serum is so easily absorbed by our skin. It helps your skin heal, while also providing resistance against UV damage. Your skin can cope with up to 8 times more UV exposure once fully saturated, which takes about 2-3 days of topical application.



Anti-Oxidant Serum with Vitamin C

£90

The Free Radical Catcher

Dr Michael Prager Anti-Oxidant Serum is designed to reduce skin damage by increasing your natural anti-oxidant levels in the dermis. Ideal as the first line of defence against pigmentation and loss of skin collagen. A small amount goes a long way and even contains moisturising hyaluronic acid for a beautiful smooth complexion.

Free Radicals and Ageing

I once thought it would be amazing to live on a sailboat on a Caribbean Island. Walking around the marina in St Barthélemy, I saw a youngish looking man on a nice boat, his back towards me. He was very tanned. When he turned around though, I was shocked. His face was aged to a point I'd never seen before. He didn't just have lines and wrinkles, his whole face looked like it was literally hanging off his cheek bones! For pure vanity's sake I changed my mind immediately, dropped the idea of a buccaneer lifestyle and started developing the most protective skincare range money could buy.

Just a quick reminder...

Ageing is caused by Free Radical damage! Free radicals are everywhere: UV light, pollution, even micro-plastics in a lot of cosmetic products. Every breath you take. Anti-Oxidants defend us against free radical attacks. The more Anti-Oxidants we can absorb, the longer we resist skin damage and the less we age. I wonder what happened to that man in the long-run...



UV light is one of the most aggressive free radicals our environment throws at us. Prolonged UV exposure causes damage to the collagen production of our skin cells.

Once damaged, it can take 3-5 days for your skin to resume collagen production as normal. You can therefore imagine that constant UV exposure is going to result in an accelerated loss of skin collagen.

This is why we're told to avoid sunlight and as much as we can. There is a catch though. We need sunlight as well in order to produce enough Vitamin D; one of the most important vitamins for the prevention of disease, cancer and even Alzheimer's.

At The Prager Clinic, we do not advise sun avoidance like so many other clinics. That is after they've advised their patients to use a combination of retinol and AHA's on their skin.

Our Vitamin C Serum together with our Day Oil with Gold Flakes is by far the easiest way to reduce skin cell damage and speed up skin repair post-sun exposure. You'll develop a gentle tan, reduce pigmentation, minimise uneven skin colouration and yet our products will not prevent your skin from producing Vitamin D.