



Soy- One of The Best Active Ingredients for Anti Aging Skin Care

By: Alien | **Posted:** 16th September 2008

Important note-topically applied soy doesn't exert any hormonal effects.

If you are taking better care of yourself throughout your life, you are delaying aging, and living a longer and healthier life.

You must not only eat right and exercise regularly and keep your stress level down. You have to feed your skin-the largest organ of the body, internally and topically.

As you get older, your skin tends to lose its youthful glow, moisture and suppleness. One of the best active ingredients for aging skin is Soy.

In regards to the skin Soy is fantastic. Applying a cream containing soy to your face will boost collagen production and actually reverse signs of aging. Now it is considered to be an active ingredient in skin care as Vitamin C, retinol, Glycolic acid and Hyaluronic acid.

Recent research has shown that soy possesses antioxidant and anti-inflammatory effects on skin. The components in soy responsible for these effects are isoflavones, a class of plant compounds abundant in Soy beans.

Isoflavones are:

- * stimulating collagen production in the skin, which helps to increase the skin's supporting structure thereby increasing its thickness and elasticity
- * inhibiting matrix metallo-proteinases, enzymes that break down network of protein, that make up the skin's support layer

Numerous studies have also shown that Soy has the reputation for improving hyper-pigmentation, elasticity and moisture in the skin due to estrogen-type and antioxidant effects of its metabolites: genistein and daidzein. They are phytoestrogens with a weak estrogenic effect.

Genistein significantly inhibits carcinogen-induced reactive oxygen species and oxidative DNA damage.

Postmenopausal women have a measurably thinner dermis and less collagen as compared to younger women.

Topical applying of estrogen (derived from Soy) diminishes significantly the skin thinning and collagen loss. It was well known even in the 19th century.

Developed in the 19th century by French pharmacist Henri Coulet secret recipe formula for the family of the French movie star of the 60-ies Delphine Voulter, (which is based on Soy extracts)

inspired the creators of the luxury MD skin care line Adorage to formulate and produce Antistress serum and Antistress cream.

Adorage is a leading website for [anti-aging](#) treatment. It's mission is to become the number one site for [Retinol cream](#) and [glycolic acid](#) searches. **About the Author**

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Alien writes for <http://www.family-health-information.com> . He also writes for <http://www.online-family-doctor.com/> and <http://www.onlinemedicare.org>

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