

WESTCHESTER

30 Ways to Become Your Best Self

Author: Lisa Cesarano

Date: May 24th, 2017

URL: <http://www.westchestermagazine.com/Westchester-Magazine/June-2017/30-Days-to-a-Better-You/>



29. Stay Radiant With Antioxidants

“Oral and topical antioxidants and sunscreen are musts in the summer,” says Harrison-based dermatologist Dr. Debbie M. Palmer, DO, FAOCD, author of *Beyond Beauty*.

How do antioxidants help?

“They neutralize destructive free radicals, which are caused by pollution, ultraviolet rays, stress, and processed foods. Research has shown that antioxidants can slow the visible signs of skin aging. They can also be photo-protective, antibacterial, antiviral, and even anti-carcinogenic.”

How do you apply them?

“Apply an antioxidant under a moisturizer nightly before bed to repair damage from the day. Many sunscreens don’t contain antioxidants, so always apply an antioxidant under sunscreen before going out in the sun,” Palmer says.

Copyright 2017 Today Media. All rights reserved.