Great Skin with Pycnogenol!

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Pycnogenol is a bioflavonoid-rich supplement we use in our practice that is brilliant to support glowing and beautiful skin, as well as help cardiovascular health and inflammation.

About Pycnogenol

Also know as French maritime pine bark extract, this supplement is sourced near the Bordeaux region of France (an area best known for amazing wine), in a forest where pesticides and herbicides are not allowed. The tree bark itself is best used for harvest after 25 to 30 years, once the flavonoids have grown to their full levels. The use of this flavonoid dates back over 2000 years to the times of Hippocrates and was known for its use by Native American people for use in wounds and ulcers.

How Does Pycnogenol Work?

Pycnogenol flavonoids have super anti-oxidant abilities, and helps your cells increase their own antioxidant capabilities up to two times. These wonderful bioflavonoids also support your blood vessels and minimizes the effects of stress on your heart and vascular system too.

How Can Pycnogenol Help My Skin Look Young?

Decreases Your ‘AGES’

A major reason we get wrinkles is due to the production of Advanced Glycation End Products (known appropriately as ‘AGES’). Basically, AGES age you. AGES occur when sugars floating around our system attached to proteins and bake them, similar to how the crust on bread gets crusty with heating. When sugar molecules attach to the skin molecules like collagen, it causes aging of the skin by making the collagen much stiffer than it should be.
As we age, our own ability to fight this glycation activity decreases, and we start to look older. Research shows us that the flavonoids in pycnogenol can attach to components of our skin called collagen and elastin and protects these from being broken down. Collagen and elastin is important to keep the skin structure healthy and looking young. Pycnogenol binds with collagen and elastin, and protects skin from various harm to help rebuild elasticity, which is essential for a smooth, younger look.

Because pycnogenol is good for the blood vessels it also helps the micro-blood vessels in the skin stay healthy, which brings better oxygen and nutrient supply to the skin. Helping the vessels helps it remove any toxins and build up of metabolic by-products that can normally sit in the skin and make it look older. By improving microcirculation, it can help reduce under-eye puffiness caused by leaky capillaries.

**Protection from the Sun’s Rays**

Plant flavonoids naturally protect the plant from the harmful rays of the sun so the inside seeds are not dried up and destroyed by the sun’s ultraviolet radiation. Pycnogenol defends the skin against the free radicals produced by UV rays, stress, and environmental damage, by neutralizing free radicals it protects skin from stress and damage of sunburn and ultraviolet light.

Some studies also show benefit with melasma, a hard to treat skin condition of over-pigmentation seen in women with hormonal imbalance and after pregnancy.

**Pycnogenol Increases Hyaluronic Acid**

Pycnogenol also stimulates collagen and hyaluronic acid, which creates better skin elasticity and water retention. Without hyaluronic acid and collagen, the skin does not hold water as well, and looks thinner, more wrinkled, and not as glowing and vital.

**Heart, Vascular and Menopause Support Too**

Other studies show pycnogenol decreases symptoms of asthma and allergy by reducing inflammation. It is well known in the natural medicine world to help the cardiovascular system by supporting blood vessels in artery disease and chronic venous insufficiency. Double-blinded trials shows it helps lower blood pressure, can normalize poor clotting function,
cognitive decline from aging, helps swelling (edema) and even may be useful in attention issues such as ADHD. Pycnogenol may also improve the hot flashes and night-sweat symptoms of menopause.

What Else Should I Be Doing for My Skin?

From a naturopathic standpoint, it is vitally important to keep up all the healthy habits that will also contribute to good skin. Healthy diet is very important. Eating foods made from high heat cooking, such as barbecued foods, frying, carmelizing, and high-heat sautés will increase the levels of AGEs in your body. Eating foods instead that are cooked at a lower temperature such as boiling, or eating more raw foods will decrease your intake of AGEs. Wild fish, raw nuts and seeds, and healthy fats like olive oil are also great sources of essential fatty acids. Good sleep is important to skin, as is proper water intake, exercise, and working on stress reduction will all help your skin look younger. Did you know that wrinkles from smoking is the main reason women eventually quit smoking? Smoking increase free radicals in your body, contributing to inflammation, more wrinkles, and an unhealthy body.

What’s the Safety Record of Pycnogenol?

There are no known toxicities of pycnogenol. To date, there are no herbs or vitamins that interact with this supplement. Studies have shown safety of pycnogenol, even at high doses, and it is so safe, that it even one study used it in pregnancy to help pain, using a 30mg dose. Some research showed occasional headache, dizziness, and mild digestive issues. Also, we suggest not using pycnogenol with immunosuppressive medications to be on the safe side, since studies have not been done in patients taking these.

What is the Dosage of Pycnogenol?

Most studies recommend 50mg one to three times a day. Some studies use 100mg three times a day. Pycnogenol can be taken with or without meals.

Where Can I Find Pycnogenol?

Pycnogenol is available on the Inner Source Health website – “Ultra Pycnogenol” by Inner Source Health uses the highest quality available.

You can see Dr. Pina LoGiudice teach the world about this supplement on the Dr. Oz Show here: http://www.innersourcehealth.com/news_video.aspx?EntryID=512
References:


