

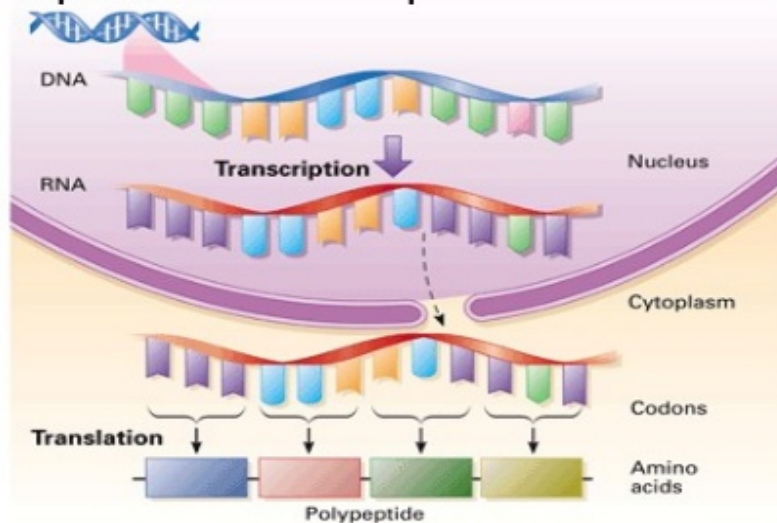
## How Peptides May Influence the Health of our Skin

by Susan Wade, M.S., L.E.

In the illustration below, there is a sequence of how peptides can assist with the health of our skin. It is important to observe the complexity of the skin in addition to the simplicity of the message sequencing of peptides, cells, and our own DNA.

Proteins (our building and repairing service) are broken down into amino acids as they enter the intestines. As they make their way into the bloodstream, they are naturally bonded and begin to form peptides. Peptides are catalysts; they are known to provide structure, signals to the cells and transport or identify messages.

### DNA replication transcription and translation



**Internal cellular communication was once thought to be one way: in which DNA dictated to the subordinate cell.**

Recent discoveries reveal that internal cellular communication is happening in both directions.

As the body's cellular health increases, the DNA's chronological clock can be slowed or reversed to an earlier set point. This can be reflected in the health and well-being of an individual's skin.

Therefore, if peptides assist in positively affecting the communication system within our bodies, it may positively restructure the DNA, which positively impacts the health of the cells, tissues and skin of the individual. It is a beautiful system of reciprocal communication. Not only your DNA, but your skin is also continuously restructuring and changing.