

elevate skin

It's all about feeding, nourishing and nurturing your skin



*Clockwise from top left:
GliSODin Pre/Post
Formula Phase 1, Advanced
Skin Brightening Formula,
Advanced Detoxification
Formula, Advanced Daily
Formula, Advanced Pre/Post
Formula Phase 2, Advanced
Detoxification Formula*

Beauty from the inside out

You are what you eat, as the saying goes. Increasingly, health and beauty are becoming intertwined. What we put in our bodies is reflected on the outside, which is one reason nutraceuticals are the wave of the future. *Elevate* talks to Toronto facial surgeon Dr. Cory Torgerson about GliSODin Skin Nutrients.

Tell us about GliSODin and the role it plays in health and beauty.

Ingestible nutraceuticals are a burgeoning part of the anti-aging industry. Topical creams and serums are important, but they can only do so much. We are realizing that the foundations of beauty must come from the inside out. It's a lifestyle that includes a healthy diet, regular exercise and watching your sun exposure. I like GliSODin because it works everywhere—not just on the skin, but in every single organ.

What is the significant ingredient that makes GliSODin so effective?

GliSODin is a 100 percent fruit-based enzyme encased in a wheat gel capsule. The active ingredient is superoxide dismutase (SOD), a cantaloupe melon extract, which is a primary antioxidant enzyme that processes free radicals. Free radicals increase in our bodies with UV-light exposure, smoking and even during surgical procedures. As we age, the levels of SOD decrease and our ability to handle free radicals becomes limited. More free radicals accumulate and damage our cells everywhere. This speeds up both the visible and non-visible signs of aging.

Who can benefit from GliSODin?

I recommend it to my surgical patients. The Pre/Post Formula helps support the immune system, minimizes bruising and swelling, and reduces post-surgical recovery time. Patients take Phase 1 before surgery—it has therapeutic doses of GliSODin, lemon balm extract, maritime bark extract and horse chestnut seeds,

which contain aescin, gotu kola seed and minerals. It helps to get the body ready to handle surgery. Phase 2 is taken for 15 days after surgery and contains glutamine, arginine, glucosamine and vitamin C to speed and support healing.

Have you personally tried the products?

I tried the Advanced Skin Brightening Formula and really noticed a difference. My skin was softer and smoother with a more even tone. I also tried the Advance Daily Formula—you can generally substitute it for most vitamins and supplements—and the Advanced Detoxification Formula is excellent for detoxifying your organs.

It's important to note that a proper maintenance regimen should be started as early as possible. I'm not in the nutraceutical business, but I think they play a significant part in anti-aging. I want to give my patients every opportunity to heal faster and better, and I want to help them keep their skin looking fresh and healthy.

TEXT: KELLIE DAVENPORT, PAM FULLFORD, ANUPA MISTRY, LINDSAY NEWTON, MOSEL PHOTOS, JUPITERIMAGES