

International Conference and Exhibition on **Cosmetic Dermatology & Hair Care** December 07-08, 2015 Philadelphia, USA

Beauty from the inside out: Nutrient therapy, optimized skin health and increased wellness

Terry Henry
Harvard Business School, USA

Oxidative stress and inflammation have been shown to be both a primary and aggravating cause of skin damage and aging. Oxidative stress, either environmental or intrinsic, may have complex metabolic or subclinical root causes, aggravated by effects of medication, poor diet, malabsorption or poor nutrient retention/bioavailability. It has been shown that free radical damage and nutrient imbalance can impair skin physiology and accelerate functional decline, if the body's natural antioxidant defense system and immune function become overwhelmed. We will explore several integrative health & nutrient therapy interventions, and cosmaceutical advances impacting metabolic/psychophysiological regulation, skin health and resilience, and well as opportunities to optimize patient wellness.

Biography

Terry Henry is a Medical Practice Wellness Integration Consultant with nutraMetrix, supporting hospital systems and a wide spectrum of licensed health professionals, from dermatologists to bariatric surgeons. He is a Certified Meditation Instructor, Reiki Master and graduate of Harvard Business School and Williams College.

terrybhenry@gmail.com
terryhenry@nutrametrixamerica.com

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