

Dr. Alina Sholar On Biohacking Beauty

Skin Science Soul by Dr. Sholar uses Biohacking to keep their patients sexy, strong and beautiful throughout their 30's, 40's, 50's and beyond.

AUSTIN , TEXAS, UNITED STATES, October 16, 2020 /EINPresswire.com/ -- Advocates of Biohacking believe that understanding, then using to our advantage, human genetics and biology, then utilizing advanced technology, can unlock our full potential and help us to be our best selves: fitter, smarter, better... and more beautiful.

"Your DNA may have more of an impact on your skin than any product available on shelves."

DR. ALINA SHOLAR



Dr. Alina Sholar Uses Groundbreaking Biohacking Technology to Service Patients

Dr. Alina Sholar of Skin Science Soul by Dr. Sholar explains, "The term "Biohacking" is a new word for an old idea- the idea that what we do to our bodies can change the way we live and feel. We eat better, therefore we feel better. We can train our bodies to build muscles and we can train our brains to be better at solving problems. Biohackers think of their bodies the way we might think of other kinds of complex tools; we upload programs through exercise or lifestyle, which changes the way our bodies work for us."

How can you use the knowledge locked inside your body to get your best skin ever?

Biohacking allows us to age more gracefully by using technology and science to manipulate and prepare our bodies to adapt to our rapidly changing environments such as aging, pollution, genetics, and stress.

Dr. Sholar says, "Your DNA may have more of an impact on your skin than any product available on shelves. One study found that, of our 25,000 or so different genes, around 1,500 of those genes impact our skin health. They also determined there are eight major ways our skin ages, and each of these groups is controlled by its own group of genes." In fact, there are around 200 genes that affect the biochemistry of how the skin defends against the free radicals which can age skin. Aging can weaken our skin's ability to repair itself when damage does occur, but Biohacking by eating antioxidant-rich foods, like berries and green tea, can help our bodies

absorb free radicals better.

Everything from stretch marks and varicose veins to discoloration and skin sagging are related to our genetic makeup. This explains why some people start seeing wrinkles, acne, and skin discoloration in their 20s while others may not experience skin troubles until later in life.

If your genetic makeup can impact how quickly or slowly you wrinkle or your skin ages, it only makes sense that there are also several skin disorders that are genetic. There are a few skin disorders that are nearly entirely caused by inherited factors, including albinism, epidermolysis bullosa, ichthyosis, and neurofibromatosis. Many skin disorders are caused by a combination of genetics and environment, such as skin cancer. While a family history of skin cancer can increase your risk of experiencing skin cancer, other factors include excessive sun exposure and having fair skin.

“With the DermaDNA Analysis found at Skin Science Soul by Dr. Sholar, we focus on 23 DNA insights that you can turn into powerful lifestyle changes and a personalized plan for how to care for your skin. You’ll discover your personalized skin genetic profile and how to proactively address your skin health through lifestyle improvements. You’ll also gain insight into which skin nutrients and topicals will benefit your skin the most and which procedures are recommended for you.”

Dr. Sholar continues, “We then perform a SkinRx Analysis, using the Dermalab Biometric Measurement system and the Observ Optical Analysis to assess your skin’s unique biochemical “thumbprint” and underlying physiology. These give our skin experts a guide to the products and treatments that would best benefit your skin.” Combining the insights gained from the DermaDNA Analysis, the SkinRx Analysis, and healthy lifestyle changes along with a bespoke skin treatment plan, you can take the first step towards beautiful skin.

Focusing on your personal health and wellness from both the inside and outside at a young age through Biohacking will allow you to prevent wrinkle onset and age more gracefully. While traditional medicine has taught us to seek out a healthcare professional once your body has been affected by disease or illness, deliberate observations and understandings of the human body shows evidence that focusing on health, wellness and disease prevention is the more optimal way to live your life. So, Dr. Sholar emphasizes, “the key to better skin health is to start young, be actively involved in your own health and wellness, and be constantly aware of the newest science and technology that helps us live in the most optimal fashion.”

Dr. Alina Sholar
Skin Science Soul
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/528577969>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors

try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2020 IPD Group, Inc. All Right Reserved.