

# Skin Newsletter

## Rebound Health

Fix Your Body  
and be  
as healthy as possible

[www.reboundhealth.com](http://www.reboundhealth.com)

Eating guide  
[Rebound Diet](#)



Good Skin is Good Health

Niacin for dark Skin spots <[Product](#)>  
MSM for Hair, Nails & Skin <[Product](#)>  
Glutathione for body & Skin <[Product](#)>

In the News: "[Fructose Consumption May Accelerate Aging](#)"

- Skin's elasticity and softness may be destroyed by fructose.
- Take a closer look at what you eat... a yogurt cup with fruit contains 8-10 grams of fructose.
- Excessive consumption of fructose accelerates processes related to aging, that includes wrinkles!



Bryon Verhaeghe  
[Who is Bryon?](#)

- We all have glutathione in our body; when levels are low we become sick and age faster.  
<[full article](#)>
- When taking niacin "one thing that everyone notices is that their skin begins to improve". Even age spots or 'liver spots' begin to disappear.  
<[full article](#)>
- Skin Fungus, Athletes Foot, Stinky feet, Toe Jam, Hong Kong Foot, Vancouver Foot are many names for bad skin on our feet.  
<[full article](#)>
- Glutathione available at Rebound Health.  
<[Product](#)>
- Too many sun burns this summer? Glutathione has been shown to protect skin from UV damage  
<[full article](#)>