DMAE: Facelift In A Jar ... Or A Menace?
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SHOULD YOU PUT DMAE ON YOUR FACE?

DMAE is the acronym for dimethylaminoethanol and it's enormously popular as an anti-aging cream of the 21st century.

But it has other effects, too. DMAE has been marketed as a "smart drug" because of its effects on the brain. It improves learning ability, memory, clearness of mind and increases intelligence in approximately 75% of the population. It adds to our ability to concentrate, reduces apathy and increases our alertness. It has been used with great success in the treatment of ADD.

Of course, you should do your homework before jumping into any internal DMAE supplementation.

As far as our skin goes, it's of great importance that DMAE inhibits and reverses the cross-linking of proteins. As explained in How To Wave Goodbye To Overpriced, Dangerous & Useless Skin Products, cross-linking is a major cause of aging.

DMAE has been used for 10-15 years as a skin product without any safety concerns but a 2007 study published in the British Journal of Dermatology raised safety concerns regarding topical DMAE. Having carefully read this study, however, I am not convinced that their concerns are justified although each person must make their own decision on this subject.

What Makes A Face Look "Old"?

Basically, it is two things:

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1) Wrinkles
2) Sag

Many products treat wrinkles - but few have any effects on sagging. DMAE does, however, although the reasons why do not seem to be clear.

My conclusion: if you've read our other skin care material, you will know that I am extremely sensitive to the possibility of 'self-poisoning' with unsafe formulas. However, at this time I cannot see that safety concerns over DMAE are justified. It is possible that will change in the future but for now it seems safe.

** DMAE Cream **

**Ingredients:**
1/2 teaspoon of DMAE
1 ounce of base cream

**Directions:**
Mix the two ingredients with a spoon.

DMAE is available at health food stores, pharmacies or by mail. It is commonly sold as DMAE bitartrate capsules or powder. It is best to use loose powder because DMAE capsules may contain fillers that interfere with mixing the formula.

DMAE bitartrate powder easily dissolves in water. If you have problems dissolving it directly in your base cream or gel, you can predissolve it in a small amount of water before mixing it with the base. Adjust your calculations accordingly, since water will add

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additional weight/volume to the final formula.

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