

## Make skin more supple

In a recent Italian study, participants who had high levels of coenzyme Q10 (CoQ10) in their systems also had 73 percent more squalene—a fat responsible for keeping skin hydrated and supple—than those who were

CoQ10 deficient. "CoQ10 is naturally manufactured by the body, but production declines as we age," says David J. Goldberg, M.D., author of *Light Years Younger* (Capital Books, 2003). "Luckily, the more CoQ10 you eat, the more squalene your body will churn out, making it easier to keep skin looking young." To maximize squalene production, fuel up on eggs, lean beef and peanuts.

