

Island36

I am now quite ancient and I have noticed that my digits do not wrinkle anymore, why is that?

Posted On 01/07/2017

Almond

Try some electrolytes? (Maybe also enzymes? Support mitochondrial function? Etc.) To charge up the electrical system in your body.

Posted On 01/07/2017

Guillermou

Aging skin loses hydration power. With aging, the outer layer of skin (epidermis) becomes thinner. The amount of pigment-containing cells (melanocytes) decreases, but the remaining melanocytes grow larger, so that the aged skin appears thinner, more pale and translucent.

Changes in connective tissue reduce skin resilience and elasticity, a condition known as elastosis and is especially pronounced in areas exposed to the sun (solar elastosis). This condition produces the rough, weathered appearance common to farmers, sailors, and other people who spend much of their lives outdoors.

Posted On 01/07/2017

Guillermou

I attend to your query, from the message I received In addition to a good natural moisturizing cream, which advises Almond, you can add: 1 gram of omega 3 daily, this will help the metabolism of fats, hydrate the skin and protect the joints. These fatty acids are a contribution of vitamin E, in turn, stimulate the production of estrogens which will keep the skin moisturized.

Antioxidants like resveratrol, Acai or other red fruits, lycopene, which in turn act as scavengers of free radicals, on the skin. General vitamin complex advised to contain amino acids (improve protein synthesis), especially the most well-known vitamins such as C, E, A, B group and minerals such as zinc, selenium, magnesium and colloidal silicon.

Pro-biotics can also help keep the belly flat, improving digestion. If the digestions are lighter, it will improve the brightness of the skin and prevent allergies and redness of the skin. We can take some supplement with hyaluronic acid and collagen type II, Telomerase, with age, is produced in less quantity, this enzyme is responsible for acting on fibroblasts, which produce collagen for the skin. Astragalus, which stimulates the production of telomerase.

Posted On 01/07/2017

iamblessediam

Collagen to the rescue...bone/veggie broths, etc. Peace!

Posted On 01/07/2017

Almond

Island36... To quote from the above article: "When water seeps into glabrous skin, electrical charges are sent to your nerve endings, then the nerves tell your blood vessels it's time to constrict, or tighten". If this is not happening, you may want to consider how the electrical field in your body is functioning... why it is not functioning optimally. The human body relies on electrical, chemical and biological stimuli for vital functions. Much of this relates to a proper balance of minerals. The key is optimal amounts and "balance". For example, that is why you need more potassium (esp. dark leafies) than sodium for good health.

Electrolytes are responsible for conducting electrical impulses throughout the body. This is part of the messaging system where information is relayed. In most cases, some part of the body is instructed to do something--move a limb (remove a hand from a hot stove, take a step, etc.), perform a metabolic process (digestion, secrete hormones, etc.), etc.

Electrolytes are also involved in transfer of nutrients, elimination of wastes, and proper pH. The cell walls are actually a charged electrical field that must open and close at appropriate times, like an electric garage door. This is all very important because the vital life functions exist within a very narrow spectrum of conditions and harmony is important.

Other deficiencies that can interrupt metabolic functions and make it impossible for the body to function as it should are enzymes and lack of mitochondrial support. Without enzymes, foodstuffs and messenger chemicals such as hormones may not get completely converted and arrive where they are needed in the body. The mitochondria are where energy is produced in the cells. This energy is necessary for all bodily functions. Basically, you want to put good stuff into the body, have it arrive where it is needed and be properly absorbed and utilized. The things I mentioned are all part of the "transport" system.

Posted On 01/07/2017

Guillermou

The epidermis or outer layer of the skin consists of cells called keratinocytes that possess a very robust intracellular skeleton constituted BY A PROTEIN CALLED KERATIN. When hands soak in water, keratin absorbs and swells. The inside of the fingers, on the other hand, does not undergo any bulging. THE HAIR AND NAILS THAT OWN OTHER TYPES OF KERATIN ALSO ABSORBATE SOMETHING OF WATER AND THEREFORE THEY ARE SOILED.

The fact that the keratin of our fingers absorb the water from which they are coated is due to the PHENOMENON OF THE OSMOSIS. Osmosis is a physicochemical phenomenon according to which, having a semipermeable membrane separating two spaces with water and solutes in solution, the water diffuses by itself from the site of lower concentration of solutes to the one of greater concentration, all this without being Transfer the solutes.

After a long immersion, the wrinkled skin softens immediately after coming out of the water. WHEN WASHING IN SOAP WATER, THE NATURAL OILS THAT COVER THE SKIN AND PREVENT THE WATER FROM EXITING. Thus, devoid of its protective coating, excess water evaporates rapidly. In fact, the skin dries both after a bath that contains less water than before getting into the bath, so it is a good idea to apply a moisturizer after bath

Posted On 01/07/2017

jahapec

Osmosis being the water in the bath does not have the concentration of electrolytes, sodium and potassium so the finger would lose water faster trying to equalize or balance the electroytes, but I tend to think it is evolutionary. If you are in water a while and try getting out walking on rocks and slippery mossy surface, the exaggeration of the sworls and increase or exaggerate the rougher skin would help prevent falls. Well, just a thought.

Posted On 01/07/2017

Carol Morrisey

Since evolution is an unproved and highly unlikely theory, I think it's much more probable that a wise God built in this feature for our good.

Posted On 01/07/2017

IsobelChaveh

This article does not address the fact that cold air & the handling of snow both produces the same phenomenon. Perhaps this contraction of skin is a natural effect something like teeth chattering or getting goosebumps - but with no feathers or skin pores, the skin contracts in ridges instead of the round raised nodules of the open pores.

Posted On 01/07/2017

filethis2

So, if you get pruny fingers without water involved, does that mean for some reason there is a problem with vasoconstriction somewhere in my body? Any idea how to counteract? Am I missing a nutrient?

Posted On 01/07/2017

jahapec

Maybe it is due to dehydration. If you are not getting enough liquids to drink every day you may also check the skin on the top of your hands and pinch it. If it stays standing, i.e. still pinched, you are in need of more fluids, be it water or nutritional drinks. Would depend on your age but would show sooner if you are older.

Posted On 01/07/2017

grulla

To stretch the wrinkled finger article subject a bit, tingly fingers are a concern to some also. Here is a blog where the patient visited 12 doctors, only two of which were alternative practitioners, and the one ND finally got it right. This blog speaks volumes about the lack of a holistic approach in the allopathic "profession".

www.everydayhealth.com/columns/my-health-story/took-doctors-solve-myst..

Posted On 01/07/2017

dauidle

Never gave it any thought and probably won't again.

Posted On 01/07/2017

iamblessediam

NOW - This IS the post of the day;-))! Peace!

Posted On 01/07/2017

Krofter

Having noodled for catfish I'd hazard a guess that - given that our ancestors noodled for fish for countless millennia - wrinkled fingers might have provided the edge that allowed our ancestors to catch more fish.

Posted On 01/07/2017

veritas19

So barbed hands catch more fish enabling the species to survive, at least eat more fish...HmMMM
Have to think about that one. I think the "evolution" of the species is much more due to increased knowledge than increased wrinkles to catch fish. Barbed brains makes more sense. Move convolutions in the grey matter. Perhaps it's not the knowledge we have but how we use it? Hopefully for the greater good.

Posted On 01/09/2017

kazuko4585

I noticed that my fingers got really wrinkled quickly when I was handling very sour quince fruits. I used to think it's due to osmosis. But it must be nerve reaction from strong citric acid. I live and learn.

Posted On 01/08/2017

carlaandrus

I do not wrinkle when in water even if I'm in water for hours, nor do I sweat when I work hard. If I'm just sitting around and it's hot then I will perspire. This stopped happening around my 30's. I had heat stroke, Lyme disease, and then a heart attack. As a child I always had trouble keeping a watch working if it was on my skin. The longest it would work was 7 days then quit, so I used a pocket watch. . Those touch lamps would not work right for me either. My children tease me because I have issues with touch screens. I get hot flashes, but do not get sweaty. I tried adding trace mineral to my water, but it has not helped and I've tried other things.

Posted On 01/07/2017

Rdenyc

Please do not confuse folks. Old World primate-- means specifically it Does not come from North or South America, WE humans are also old world primates.

Posted On 01/06/2017

grulla

Welcome to the Mercola forum "Rdenyc", no wonder I have such an appetite for (semi) green, amylose bananas. :-)

articles.mercola.com/sites/articles/archive/2016/07/04/unripe-banana-p..

Posted On 01/07/2017

mar6915

The monkeys also know how to eat the bananas unlike most of us. Watch a monkey eat a banana. They peel it on the other end. The end away from the "stem" part where the bunch gathers. Then you use the stem part to hold the banana. I started doing that after learning about it. Peels easier also. yes I like a green banana.

Posted On 01/07/2017

msrite

Thank you. I do believe it's a disease of some sort.

Posted On 05/19/2024

mom4238

msrite- Crazy Glue or any liquid bandaid product seals the little cuts until they heal, and ends the pain. Then, no need of the steroid cream.

Posted On 05/18/2024

msrite

Thanks Mom. Crazy Glue and Tough Skin were the best of the OTC remedies I used before Triamcinolone.

Posted On 05/18/2024

CaptainKirkNCC1701

The theory (yes theory) of Darwinian evolution has never been proved, the so-called scientific community does not have a common understanding of what it even is, but yet they intentionally mislead the public by referring to evolution as fact. Watch the series Foundations Restored by the Kolbe Institute, an in-depth analysis of evolutionary theory, in which they interview prominent scientists who explain the major flaws in the evolutionary cult.

Posted On 05/18/2024

Antisandman

A prof of genetics and forestry at Cal told me that the people who least believe in evolution are biologists. Science is the process of testing theories. If a biologist could disprove evolution, he would be as famous as Einstien who disproved Newton's Law of Gravity or rather amended it. As Charles Saunders Pierce said; " Belief is thought at rest". Richard Feynman said ; "Science is the belief in the ignorance of experts." There are very few scientific laws in physics and none in biology.

Posted On 05/18/2024

RonaldHL

Antisandman, "Science" or what is called science today has taken a strange twist into opposites from my perspective as a true scientist. I have ranted here before on that. This is a brief summary.

"Consensus Science," a new age religion of deity of "authorities," is an oxymoron. The Multiverse is fantasy, yet it skipped every step in ascertaining its existence while The Molecular Theory, a long proven and accepted and useful working model for all we can see and touch is still relegated to being just a theory as a representation of how conservative we are as true scientists in this age of stolen and fraudulent identities and revisionist definitions for political agendas.

I read an article on Buffet being taken by a Ponzi scheme. Similarly, I'm seeing billionaires falling for schemes of world domination based upon fantasies of wild false promises of the new age religion called "The Science Says!" There are only a few Luciferian billionaires in the world, yet eight billion people of world population are allowing them to shape paths to disaster based upon scam pseudoscience at best!

Posted On 05/18/2024

Warwickian

According to the Aquatic Theory of Ape evolution, devised by Allister Hardy in 1960, and expounded by Elaine Morgan in her books: *The Decent Of Woman*, *The Aquatic Ape*, *The Scars of Evolution*, and several more, during the Miocene and Pliocene periods of evolution, a group of apes lived by the shore and spent a lot of time hunting for food such as shellfish in the water. They evolved characteristics such as hairlessness, subcutaneous fat, and even language, to make this aquatic life more successful. Morgans theories achieved some acclaim during the latter part of the last century but never totally were accepted because they were rejected by the male evolutionists of the time, (with very flimsy evidence.) Still if one reads them without partiality they are difficult to refute. Pruny fingers certainly fit in with this hypothesis. I have read her works several times over because to me they are fascinating and her humor delightful.

Posted On 05/18/2024

Antisandman

Male evolutionists also attribute bipedalism to improved running ability for the hunt. I favor the idea that bipedalism made it much easier to wade and gather shell fish and other aquatic food. Gathering oysters and clams, and netting fish is much easier than bringing down a gazelle and more efficient. Have you seen a video of a chimp trying to wade? Comical. Unfortunately shoreline archeology is mostly inundated. Sea levels are 400 ft higher than when humans made it to North America.

Posted On 05/18/2024
