

〈教育セミナー〉

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見た目とアンチエイジングの考え方
—美から健康—

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Appearance and Anti-Aging Concept
—From Beauty to Health—

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Abstract

The time has come when we can talk about the science of appearance. Appearance is the phenotype produced by the combination of DNA and environment. Furthermore, by including the time axis of aging, we can understand the appearance from a biological perspective. With the concept of epigenetics, I thought about the meaning of cosmetics for the purpose of pursuing beauty. In addition, the recent flow for the anti-aging was explained by adding intestinal-brain-skin axis and epigenetic clock. From the point of view of the science of appearance, a new way of thinking has been developed that not only seeks beauty from traditional health.

Key words: appearance, epigenetic clock, beauty, intestinal-brain-skin axis, anti-aging.