

Topical Retinoids: Timeless Skincare - **Never Too Early, Never Too Late**

*Your Weekly Newsletter by
Dr. Nick Sieveking*

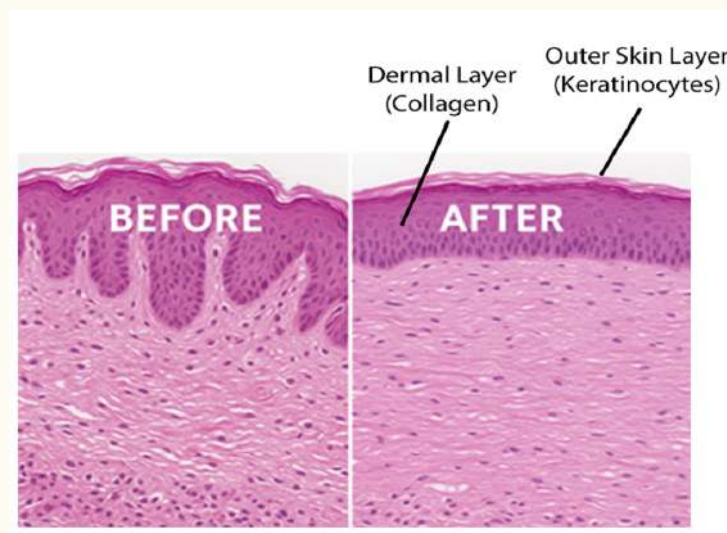


Retinoids have long been considered the “gold standard” in skincare for anti-aging, acne control, and overall skin health. But are they right for everyone? Let’s take a closer look at how these vitamin A derivatives work and how you can benefit.

How Retinoids Work (Mechanism of Action)

Retinoids, including tretinoin (Retin A) and retinal (found in **Bio-Kana**), work at the cellular level to:

- Increase skin cell turnover – speeding up how quickly old, dull skin is replaced with fresh cells called **Keratinocytes**.
- Stimulate **Collagen** production – building a stronger, thicker, and smoother foundation for skin in the deeper “Dermal Layer”.
- Regulate oil glands – reducing clogged pores and breakouts.
- Improve pigmentation – evening out tone by slowing melanin production.



*Microscopic section of skin before & after **Retinal** Therapy: more organized collagen (dark purple) and smoother skin surface*

The Benefits You Can Expect

Regular use of retinoids can lead to:

- Fewer fine lines and wrinkles

- Smoother skin texture
- Clearer pores and reduced acne
- More even skin tone and brightness
- Stronger, healthier-looking skin over time
- Regular use of topical retinoids may reduce “precancerous” skin conditions and reverse sun damage that could potentially lead to skin cancer.



Before & after three months of daily BIO-KANA application.

Topical vs. Oral Retinoids: My Clinical Perspective

At our clinic, I often use BIO-KANA, my proprietary topical retinoid formulation, to treat teenage acne and adult breakouts. It's highly effective at managing even stubborn cystic acne — without the systemic risks of oral isotretinoin (Accutane). While Accutane can deliver results, it comes with significant potential side effects — including dryness, liver toxicity, elevated cholesterol, and mood changes — requiring close medical monitoring. For most patients, topical retinoids are a safer, long-term approach that delivers excellent results while preserving the skin's integrity and barrier function.

How to Use Retinoids Safely

- Start slow: 2–3 nights per week, increasing as tolerated.
- Apply at night: retinoids break down in sunlight.
- Use only a pea-sized amount for the whole face.
- As your skin becomes more tolerant, you can use retinoids every night without significant chaffing, flaking, or sensitivity.
- Moisturize well to offset dryness or flaking.
- Don't forget sunscreen: skin is more sensitive to UV rays.
- Be patient! While “microscopic” benefits of Retinal Therapy begin soon after initiation of treatment, “visible” skin changes may take a few months.

Possible Side Effects

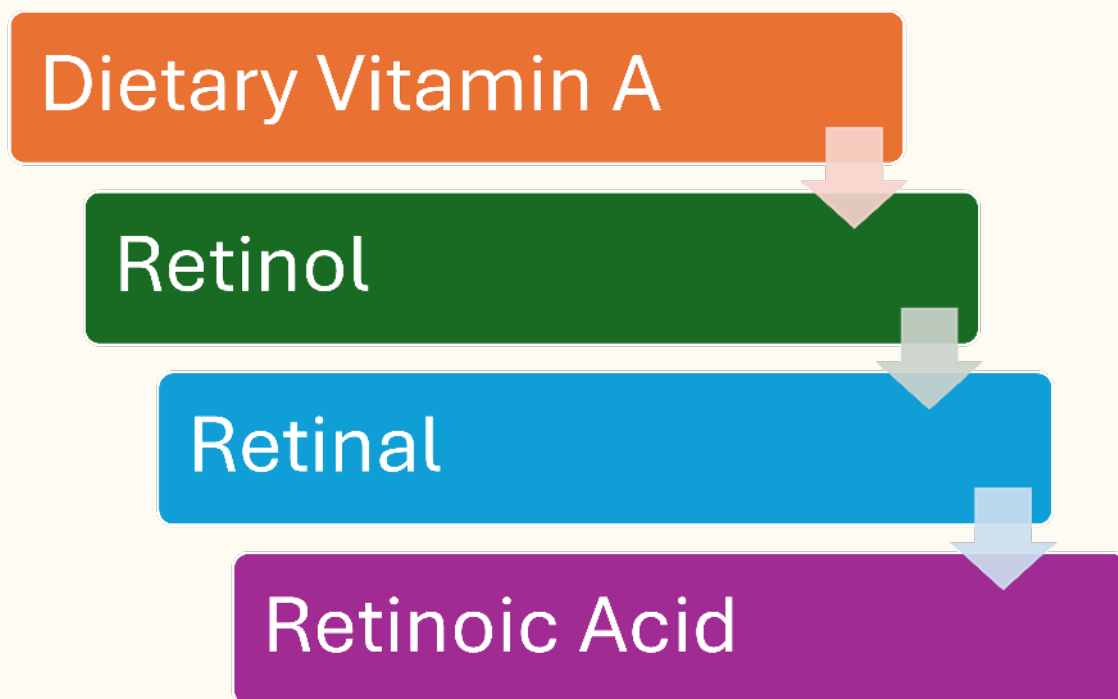
Some people may notice:

- Redness, peeling, or dryness
- Temporary flares of acne or irritation
- Increased sun sensitivity

These effects often improve after the first few weeks as the skin adapts.

When Should You Start?

- In your 20s: Prevent early signs of aging and control acne. Often with the milder form of Retinoid called “Retinol”. Help maintain a strong/thick collagen base.
 - In your 30s–40s: Boost collagen, reduce fine lines, and even out skin tone. Usually with the more potent Retinal or Retinoic Acid.
 - 50s and beyond: Continue to protect and strengthen thinning skin.
- In truth, it's never too late to start supporting your skin with retinoids.



Vitamin A in the skin is converted to “Retinol”, then “Retinal”, then “Retinoic Acid**”*

*Retinal- strongest Retinoid available without a prescription **Retinoic Acid- prescription only



Spotlight: Bio-Kana

Dr. Sieveking's proprietary formula combines the most advanced skin science into one powerhouse product:



- 0.1% Retinal – a potent, stabilized form of vitamin A, clinically proven to improve skin texture and reduce signs of aging.
- **CBD – a natural, topical anti-inflammatory to calm redness and irritation. And a non-comedogenic moisturizer – hydrates without clogging pores.
- Collagen – provides essential building blocks for new skin cells and stronger dermal structure.

**Skin Benefits of CBD oil:

- A natural anti-inflammatory that gets rid of redness and skin irritation. Hence, reduces the inflammatory redness that can be caused by retinoids.
- A non-comedogenic moisturizer that will keep your skin hydrated and soft during retinoid therapy without causing oil bumps and pimples.
- Antioxidant protection to help reduce damaging free radicals that can cause skin cancer and premature aging
- Sebum regulation to reduce oily skin and breakouts without over drying the skin
- Wound healing properties to help the skin's natural repair process
- Soothing Sensitive Skin: CBD helps modulate the skin's stress response and can reduce itching, stinging, or burning sensations. This makes CBD valuable for people with rosacea, sensitive skin, or irritation from harsh products.

Bio-Kana delivers all the power of prescription-strength Retin A in a more tolerable, skin-friendly formula.

The Bottom Line

Retinoids truly may be for everyone. Whether you want to prevent aging, fight acne, or simply keep your skin looking healthy and radiant, there's a way to integrate these powerful ingredients into your routine. With **Bio-Kana**, you can take advantage of the most effective retinoid benefits while utilizing the effects of CBD to calm your skin and nourish from within, while providing the skin the building blocks of collagen.

SPECIAL OFFER

Dr. Sieveking is set to launch his new & improved version of BIO – KANA in November 2025. Mention this newsletter and pre-order from our limited supply through the end of October to receive **30% off** your first order of BIO – KANA.

Regular price \$139.95. With this promotion, your price will be \$97.95 plus tax and \$5 dollar shipping.

Stay Tuned!

Be on the lookout for next week's newsletter: Mommy Makeovers Part III: Liposuction.

Schedule Appointment





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