

ANTI-AGING

Anti-Aging Solutions

HOW TO LOOK YOUNGER

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Introduction

When the clock ticks every second, there is an advancement in time and time does not wait for anyone. When the age of a person adds up, it does not decrease. This is a fact that we must face every day of our lives. But one thing is for sure, you can look younger than your age. Yes! It is possible. There are many advantages when you look younger than your age, it means so many things. The steps to be taken and what you should do to look younger than your age is fully discussed in this e-book. It is a must read e-book. The nature of a man and a woman is natural and most times something existing naturally especially if it is a living thing, definitely has a limited existence on earth.

The birth and growing up of any living thing has stages, the initial stage begins with conception, birth follows and the next stage is the rapid growth and subsequent slowing down in growth and also the responsiveness to aging begins to set in and often times this can be very challenging.

There are several factors that can enhance the development of an individual and there are also factors that can inhibit the successful growth of a person. These factors range from parenting or the family, the environmental factors are not exempted and the conditions or enabling environment to aid the development of the offspring is not in doubt very important.

Human beings continue to advance in age and there is a way you can control the aging process. These are practically proven methods. There are natural methods for anti-aging and control and there are also scientific methods. The subject matter of our discussion is very important, so I oblige you to sit tight and discover the beneficial means to having that beautiful young look that you truly deserve.

What is Aging

Aging is described as a condition of becoming old or growing old as a result of advancement in age and number of years a person has lived. Due to continuous living for a longer period of time, every human being is bound to grow old. The signs of aging is easily noticeable immediately one begins to advance in age. When a child is born, the child has a right to be nurtured by the parents in order for the child to get the requisite proper growth. If the adverse is the case, that is, where a child is not properly given adequate nutrition and care, the child may experience a stunted growth which will definitely affect the health conditions of such a child. So, when a person begins to develop and advance in age there are physical changes in the body structure as time passes. Therefore, when there is advancement in age, there are changes that will affect the body positively and negatively. An adolescent begins to experience the developments associated with puberty and sometimes may become conscious and begins to notice and have the feeling that he or she is approaching adulthood.

This advancement usually comes with mixed feelings, the fact that the youngster is gradually gaining maturity and there is also the psychological problems and challenges of maturity and adulthood, the pressures from the family for the person to get ready for various challenges associated with marriage, responsibility, career and successful education comes with its own challenges as well.

The fear of aging too soon and not ready for adulthood is a big challenge on its own. The fear of aging among adults also comes when the aging is fast approaching and above fifty years and if an individual has not yet attained the necessary success expected in life can cause a lot of problems for the individuals leading to diseases like hypertension, stroke, cardiac arrest and the likes.

What Accelerates Aging

There are certain circumstances and substances that supports the advancement of age. The substances that induce or speedify the aging process of an individual is common in the society. It makes the individual to look older than the age. Have you ever seen a friend you once new years back and he appears to look older than his real age? The causes of his or her aging is definitely one of the following factors viz-a-viz;-

Suffering: people who suffer from poverty, inability to have access to the basic things of life, like clean water, food, shelter and a job. This will affect such an individual in so many ways, he will not be able to take care of himself especially when he cannot feed properly. Inadequate medical attention can cause him not to be able to treat simple and

common ailment which can eventually cause death. This problem is common in underdeveloped countries of the world, where some people are living in abject poverty and looking older than their age because of that.

Smoking: a lot of people smoke without caution and unfortunately, the continuous addiction to smoking is one basic factor that leads to accumulation of substances that affects the organs of the body from its natural existence. As water bathes the internal organs of the body, cleansing it when we take water regularly especially in the morning, so it is the same way smoking penetrates the internal organs especially the lungs are one of the foremost receptors of smokes that are drawn from either cigarettes or other hard hemp when a person smokes.

It is quite understandable that smoking has been part of human existence for awhile, it has served a great purpose of warming the body in times of unfavourable weather conditions. Smoking can be social or a person can just be addicted to it without being unable to control it. But then the advantages and disadvantages of smoking are at parallel lines to each other. Narcotic agent contained in the cigarettes, makes an individual to be addicted to smoking and contributes effectively to the aging process. The only way to control is to out rightly stop smoking. This may not be easy, but the process of controlling such are always taking steps like reducing the quantity of sticks smoked in a day. For instance, you can start by reducing from ten to five and from five to two sticks and from two to one stick and from one to not smoking any cigarettes in a week.

Total rehabilitation is the best approach to stop smoking, if you really need to control aging, if you are a smoker, then you need to take the bold step by putting a halt to smoking, you can do it!

What reduces aging

There are simple methods and approach to reducing aging. If you take a look at some people around you, you will definitely discover that there are one or two person who are looking younger than their age. Check out their life style you will be astonished at the way they go about it. With a lifestyle that is very unique and can be emulated, the routine you maintain in your everyday life style will go a long way to determine if your are winning the war against aging or you are actually contributing to the rapid aging process of your body system.

What reduces aging are foods that are void of chemicals, that is, non-synthesized foods or processed foods. These categories of foods are natural foods. They are not mixed with chemicals that accumulate in the body when such foods are consumed. The effect of chemicals in the body, especially when they accumulate in the body in large quantities is very unhealthy. Therefore when the body is not receiving any large quantities of chemicals when you watch the kind of food you eat, it's a very safe way of avoiding aging fast.

The person who is not used to eating process foods is very likely to stay and look young. Most people who patronize fresh farm foods are more likely to look younger than a large number of those who are so much engrossed in taking processed foods or fast foods.

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Topical and Surgical Treatments

Anti aging methods are more pronounced these days and carried out both naturally and scientifically. While there are many products available as solutions, the most popular ones comes from or are produce in form of topical creams and serums. There are surgical procedures too which are recorded and carried out with various degrees of success which always depends on the conditions of the skin of the individual that is undergoing surgery. Turning back the hands of time with anti-aging solutions mentioned above or any which is available, the actual deal is that there are treatments which are sure to suit your purpose which will also depend on your skin type. You need to do some budgeting about your skin issues while proffering the requisite solutions to aging problem.

Consideration can be given to the level of risk you can take because each solutions may also come with adverse effects or high or low risk responsibility. For instance, a lot of people chose topical anti-aging solutions which can take a long time to achieve the positive effects or results but definitely has low side effects while other types of anti-aging solution like surgical anti-aging solutions will give a quicker results, but the adverse effects is a greater health risks level. So, it depends on your mindset, getting the requisite knowledge of the side effects of each methods or approaches you are taking and the risk involved in each one is very important. As mentioned above, the topical solutions are more reliable but it takes a longer time to get the necessary positive results while the surgical solutions is faster but comes with a high risk level of adverse effect.

Anti-Aging Solutions (Topical)

The original and a typical anti-aging solutions enhancement in the class of the topical solutions are derived from ticker peptide creams or gotten from thin and clean serums creams. It usually comprises of quite a number of various ingredients which moisturizes, cures the appearance of wrinkles and makes clear the fine lines and treats the problem of dark spots which are caused by aging or damage due to frequent exposure to the solar ray, as these are the major causes of aging of the human body.

Anti-aging solution is preferably more successful to achieve with the assistance and inclusion of “**skin care kit**” usually it comes in plastic tubes and dispensers. Products that are packaged in jars usually exposes the ingredients to bacteria and air on daily basis when they are opened, as the jar opening is usually very large, and this can lead to the cream losing its potency.



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Contents of Anti-Aging Solutions

While choosing a topical anti-aging solution, it is relevant to put into consideration the contents or composition of the products, do not be carried away by the brand name, but be conscious about the quality and safe usage of such anti-aging solution. Look out for ingredients like retinol. Retinol increases the effective stability of healthy cells in the body and skin and it also aids the skin to shed off the unhealthy cells more quicker; hyaluronic acid is a very strong hydrator and moisturizer, and the amino acids (peptides) contents also provides quite a number of benefit that increases the skin's ability to retain moisture. This also helps in linking well with skin cells to repair damage made to the skin by free radicals.

A lot of people also make use of collagen products which are tolerable only to the surface of the skin. The problem associated with such products is that it doesn't penetrate deep into the skin to repair worn out cells. Rather, collagen ingredients like Vitamin C are stimulants which may be a better option to tightening the skin than repairing it. That is why Vitamin C plays a very big role in the healing of wounds.



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Aging Solutions

Surgical solutions to aging is very effective and fast. But the problem associated with the method is the cost of implementation. It is quite expensive to carry out and often times it can take weeks for the healing process to complete. Surgical treatment can erase wrinkles around the eyes and it can also tighten up sagging skin.

The eye lift surgery is usually associated with surgical approach to anti-aging and is normally done by a cosmetic surgeon who does make incisions on the top or below eyelid or even both sides. This may depend on the kind of surgery a patient has chosen to undergo. Incisions are made by the crease such that they do not appear obvious on the skin, when they are made, the cosmetic surgeon will then tighten and reposition the area of the skin around the eyes. This process can also remove puffiness and wrinkles. The surgical anti-aging methods like the one explained herein can be very expensive to carry out.



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Side Effects of Surgical Anti-Aging Solutions

Eyelifts and facelifts are some of the surgical solutions to anti-aging, the entire surface of the face is usually lifted and smoothed due to the incision made at the hairline and this is usually associated with risk. Easily noticeable are swelling, bruising, drooping of eyelids and the possibility of an infection is a common phenomenon. While considering anti-aging solutions, make sure you also consider your health and safety. Consulting your physician is a wise decision to make when you intend to go for surgery on your skin.

What you can do to look younger

What you can do to look young is first of all having the mindset and be determined to maintain a young looking physical body that you really deserve. It doesn't have to be a hard work on yourself, it's just doing the basic things that will be listed below for you to have that superb young looking body that is alluring and inviting, making you feel younger again.

Drinking Water

Water is a very important ingredient part of our daily intakes. But there is one top secret of water, and that is its ability to cleans the internal organs effectively and removing all the toxic waste that has accumulated in the body. The removal process is done in form of toxic waste products removal through sweat, urea during defecation and urine eradication.

Health experts recommend taking large quantity of water early in the morning when you wake up before taking your breakfast. This process is a very effective way of keeping the body in shape free from toxic waste and it has been found to be very useful and helpful to take water in the morning. One major causes of aging is the accumulation of waste products in the body when it is attached to the body without means of getting out.

These waste products and chemicals when the remnants are left within the body cells further create more sever health problems. Water plays a very big role in their removal when it is taken more often. Water also forms about 70% of the body. Water helps in the acceleration of metabolic activities in the body. The process of digestion of food and ingestion of food is aided by the intake of water to assist us consume our food. Water makes food to become soluble and readily available for consumption. Hence, any food that will enhance the body development can only be aided by water to go into the body effectively and the nutrients contained in such foods can only be made to work when water is taken to wash it down the stomach where it will be digested and subsequently the nutrients find its way into the body.

Avoid Alcohol

Alcohol laden drinks are not very good for the body. The reason is that, excess alcohol in the body is very dangerous. Alcohol in large quantity in the body accelerates the aging process and you don't want to be an alcohol. Most alcoholics always appear older than their age. An alcoholic is prone to accidents, even if he or she is not driving. An alcoholic

still risks a chance of being hit by a running vehicle or hurting himself. The accumulation of alcohol in the body especially the blood stream creates a feverish condition and weakens the nerves. And when this takes place it will definitely affect the person's positive life style. Alcohol has destroyed so many relationships in the world today. A lot of couples have parted ways just because they couldn't get over the problems of being alcoholic. Alcohol definitely accelerates aging process. Think about the life it will cut short, if you are not careful, a drunken driver is as good as a dead man simply because he is driving under the influence of alcohol. And when alcohol accumulates in the body over a long time, it leads to other health issues that can affect the liver, lungs and kidneys.

Take Natural foods

It is preferable to take fresh farm products. Fresh farm products or organic foods are much more reliable to give the natural nutrients required for the body to grow effectively. They are fresh, the natural freshness that is healthier than processed food is there to give you that awesome nourishment that is required for the body to grow properly.

What do we have in the world today? Especially in the cities, we see people who are so occupied with their careers and jobs and not having the time to shop from a fresh farm product store. These categories of people who live in cities around the world are the worst hit by the adverse effects of processed food which contains preservatives, synthesized flavors which does not exist naturally but gotten from mixing chemicals to

get the aromas. When these chemicals get into the body, the result is that; it contributes to the aging process of the body.



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What celebrities are doing to look younger everyday

Celebrities around the world are public figures and they are always on the spotlight. Hence, they have to look good for the show business. Show business is a serious issue. Investors, manufacturers and businesses give endorsements to deserving celebrities. They are interested in celebrities because they need them as brand ambassadors to promote the patronage of their business and promotion of their products, goods and services.

Hence, celebrities know the consequences and demands for such huge investment and responsibility vested on their shoulders. The celebrities make money for themselves too and choosing them will have to depend on how well they look good and the only secret of looking good is looking young and healthy.

Celebrities engage themselves in exercises to keep fit, light walk outs is also part of their daily routine and more importantly they are always on the look-out for the kind of food that they eat on daily basis. Celebrities who understand the value of show business are always vigilant against weight gain. Looking bloated is not good for modeling jobs, corporate branding and business of brand ambassadorship. Hence, it is very important that they place themselves on diet and watch their weight always maintaining good shape is a very big priority for them.

Celebrities and famous people who look younger than their age

There are celebrities who look younger than their age, we shall take a look at some of them and what they do to look younger than their real age. The importance of show business cannot be over emphasized. As enumerated earlier, big companies who are into serious business know what corporate branding is all about and the need to keep up with the stiff competition in the global market is what keeps the drive for optimal business success. Many of the companies make use of celebrities as their brand ambassadors which is really good for the face of their businesses. And as such, no one wants to enlist an old looking artiste or sports personality as one of its brand ambassador.

So, we shall take a look at some of the celebrities who are looking great and younger than their age;

Saltry actress - Demi Moore

47 years old Demi Moore is a success story when it comes to celebrities that look younger than their age, the Clean House actress who has recorded successful appearance in several movies admitted to using Austrian leeches. The product is a detoxifier, she says it helps in detoxifying her blood. She also enthused about giving a trial on 'Master Cleanse' which is a product that is added to diets, it comprises of drinking a maple syrup, cayenne pepper cocktail and lemon water, she also said she does not take this alone, but she does it with her husband. Surprisingly she is able to get along very well with her husband who is fifteen years younger than Demi Moore. Her youthful looks has further

help breach the age gap between the two of them. That is what looking young can do to a person. It can help you find a partner even younger than your age and as you also look young it will help give you that feeling of being a youngster again, never grow old and feeling young again and enjoy your life.

Demi Moore further stress that her beauty and secretes of looking younger is her frequent usage of moisturizers. She cleanses her face regularly irrespective of the time she normally gets home after the days job. Keeping up with the routine will assist you in looking younger even without applying make ups, she said.

Nicole Kidman – Australian Actress

43 year old Nicole Kidman is an Australian actress who looks younger than her age. Ask her the secrete behind her young looks, she was even more excited to share her secrets which she said was as a result of always protecting herself from the sun. She had earlier had to battle with skin cancer on her legs. She said exposing the body in the sun for a longer period of time than necessary with the resultant heat will cause aging problem to accelerate in the body. She wears a lot of sunscreen and she doesn't go into the sun. She mentioned in an interview that her beauty and young looking secrets is as a result of what she uses which is cleansing in her favorite drinks. She gave instances of washing a red hair, for those who have it, with cranberry juice. And if a person is blonde, a champagne rinse is wonderful to apply. The beautiful and young looking actress has appeared in several of Australia's movies in the past.

Vanessa Williams

47 year old Vanessa has really got it rocking when it comes to looking younger than her age. The erstwhile ‘Ugly Betty’ star, has carved a niche for herself in the movie industry. She is a devout of Pilates and loves salsa dancing. She has starred in movie which she premiered in 1997 called “DANCE WITH ME” and has since been in several other movies and has since become a household name in the entertainment industry. She stated that dabbling in Botox with scheduling shots within three months interval is her secret of looking young and she does this at specific intervals. She enthused that she is interested in looking more natural than making use of induced substances into the body, hence her choice of going for natural healthy products to enhance her ability to look more younger.

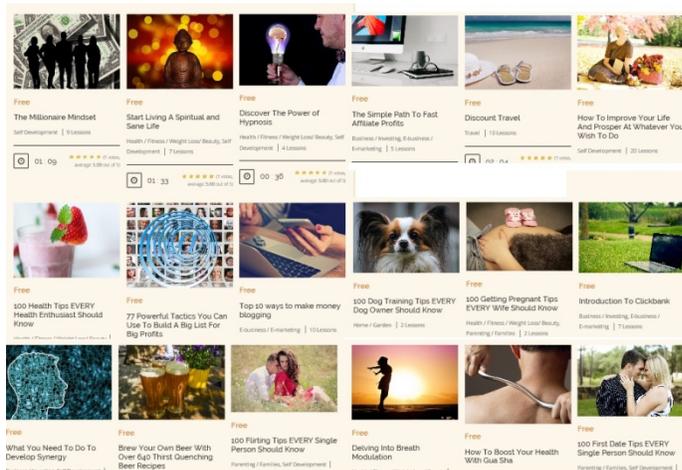
Jenifer Aniston

Beautiful and 41 year old Jennifer Aniston is one actress that has really got it going when it comes to looking younger than 41. She said she has a personal yoga trainer who usually give her the requisite training that enables her to look younger. The yoga training is very interesting and she enjoys it and have preference for it. It helps her to keep shape and makes her look younger. She does the yoga about five times in a week. She does practicing a little each day. Also she made known her best secrets of looking beautiful and young which is having a “Rachel” haircut, she uses the layered locks to her advantage a lot. Jennifer Aniston has starred in quite a number of movie and has done

really well throughout her career, she has also made outstanding performances and headlines in the entertainment world.

Mary Louise Parker

45 year old Mary says she believes in having good genes, that is what assist her in having that wonderful looks. She encourages herself and she says she quit smoking and she has a more relaxed mind without thinking most of the time. The actress who has starred in a number of videos says; she takes pride in controlling certain habits which will cause aging most often times, the bad habits is what contributes to making a person to look old. She however emphasized that although her mother has a wonderful skin, even at 85 she admires her a lot. Her mother's ability to maintain good looks also assisted in helping her get the requisite looking younger philosophy that she currently takes seriously. Mary Louise uses anti aging products like the Regenerating Serum, which she says are natural and she likes it a lot because it works for her.



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Why you should look young

Looking young is not only essential, but it's something that should be given priority. Every gender ought to appear young and when there are circumstances that hinders the progress of an individual in that regard. Then efforts should be made to see that the situation is taken care of.

Looking young helps you to appreciate life, it makes you to be more attractive and everyone around you will easily notice how healthy you are, your looks will determine the respect that you will command. Looking young will also help you to secure the needed kind of job when you apply for such. No one will reasonably be expected to employ someone who is too old for a job position. But if you still have the flair for such a job and you really need it. Looking even more younger than your age could be the key to achieving a successful job hunting when you need one.

Employers are always on the look out for younger people who are able to deliver the job with great skill. You may have the skill but not the young energy to deliver effectively. But that should not stop you from getting a job when you can try. Your looks is very important to get you a job that just fit you perfectly.

If you look young, people will admire you and make you their role model, it will keep them wondering how you were able to achieve that self improved status. Hence, you can be able to win them over to your side when you are into business. Winning more fellowship is the key to attaining a great business success. The ability to build a strong

fellowship base. Your looks will help gather the needed fan base and customer base for your corporate business or small scale business venture as the case may be.

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The problems of Aging

The problems of aging are numerous. We shall analyze some of them. Aging comes with a huge challenge. There are times when the body no longer responds to certain activities which may be rigorous, at this point in time the body may not be strong to perform certain responsibilities that may be assigned to you. For example:-

Aging in active employment:- when a person is effectively in an employment for a long period of time, the problems of aging begins to set in and gradually catches up on him or her. There comes the time for such person to retire from active service and embrace retirement. The factual thing about this kind of situation is that he is suddenly excluded from the working population and soon becomes a dependant. If he has the opportunity of becoming a pensioner, that will be his source of income, except if he has other sources of income or business that he can depend on.

This is one of the challenges of aging, which is, age can rob a person of his job through retirement and his age may not enable him to work or be in active service any longer.

Aging affects sports men and women:- sporting activities for sports men and women are done at a younger age. The age of 15 to thirties are sporting ages while some can retire before the age of 35, age normally catches up with great sports superstars. When the problems of age begins to set in, the sports personnel may not be able to perform at his or her very best and the performance begins to depreciate.

Aging affects relationship:- when couples are getting older, there is the possibility of one of the partner not being able to fulfill his or her duties as a husband or wife. Men at an advanced ages begin to experience erectile dysfunction and the problem of low sperm count gradually becomes a very big problem. The reproductive system may not be as strong and very fertile at older age. Conception for a woman who is gradually approaching her menopause period may be very difficult to achieve, people within that age sometimes experience miscarriage and inability to conceive before finally reaching menopause.

Aging causes a reduction in an individual's productivity, sex drive reduces with aging and inability to work can cause a person's income level to reduce drastically. If the person did not work in Government parastatal, if he gets relief of his duties as a result of retirement, he may not be able to take care of himself any longer except there is a specific provision

of facilities or funding of the aged peoples home. People who are aged without those they can depend on around them are usually moved to old people's home where they can be taken care of in the developed countries of the world. Many of the underdeveloped countries of the world do not have provisions for care of the aged and the elderly, as a result of this, many of them even lost hope and die before their time.

Conclusion

Life is short, but we can make the most of it by taking advantage of the available solutions to slow down the process of aging and its consequent impact and effect it creates on us. Anti aging can be done in a safe way to enhance our ability to remain strong and younger to an appreciable level. It can help us to live longer. There is nothing wrong in looking younger than ones age. People who look younger than their age are always considered to be healthier and are better appreciated. It is a good idea and also a good thing to look young. When you put yourself in certain conditions that tend to suffocate your entire well being, that can also lead to aging. Looking young is very important for everyone who really appreciate life. Life is irreplaceable and should be enjoyed while it is short.



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