

Anti Aging Tips

Cosmetic industry has come up with numerous anti aging products like wrinkle free creams, dark circle removal lotions and much more.

Experts from all over the world advise that mere cosmetic usage cannot prevent you from aging symptoms and complexities. They suggest a balanced lifestyle with appropriate usage of cosmetics. One thing that they accentuate is



natural is best.

There are a few famous anti aging tips. If you follow them, you can certainly cut down the aging symptoms and convulsions. Eating a balanced and nutritious diet Your diet consumption plays an important factor in maintenance and functioning of your body. Eating a diet, rich in essential nutrients, ensure that your body does not suffer from lack any important nutrients.

You should eat a low fat diet, but it should have high carbohydrate and other nutrient contents. Ideally you should consume 5 vegetables everyday. Greens, salads and fruits should be taken in large quantities regularly. Along with this you should have 3 servings of whole grains everyday. You should drink at least 8 glasses of water everyday. A substantial amount of roughage is also necessary for you.

Healthy eating habits are the basics to a long healthy life.

Exercise and Endurance

You should build your endurance with regular workouts and exercising. They help keeping your body in shape and also keep you fit. Aerobics and yoga are a must for people who want to live healthy during their life. Exercising prevents your body from loss of stamina, muscle strength and bone density.

If you exercise regularly you would keep your body toned and increase your immunity towards diseases.

Increased Intake of Antioxidants

Researchers from all over the world have studied extremely beneficial effects of antioxidants. The intake of antioxidants neutralizes the free radicals in the body which facilitate diseases related to the aging.

You should include antioxidants like tomatoes, squash, and spinach in your food. A standard daily intake of antioxidants should include 250 mg of vitamin C and up to 400 IU of vitamin E. One should also include a mixed supplement of about 10 mg of carotenoid. Intake of antioxidants can surely prove to be a eliminator of aging catalyts in the body.

Anti Wrinkle Creams

Use anti wrinkle creams to prevent prominence of aging lines on your face. As your skin gets dry and thin, brown spots, wrinkles and fine lines start appearing on your face and skin. Applying anti wrinkle creams and lotions can delay the prominence as well as the growth of wrinkles on your face.

Avoid Sun Exposure

You should protect your skin from the sun. Exposure to sunrays is a major cause of wrinkling and tanning of your skin. You should always apply a sunscreen lotion before moving out in the sun, and if possible always avoid direct exposure to the sun.

Avoid Alcohol, Drugs and Tobacco

You should avoid consumption of tobacco, alcohol or drugs at any cost. If you cannot stop consumption of these, you can reduce them. These drugs and alcohol hollow your body and mind from the inside and make you extremely vulnerable to the aging diseases and death.

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