

THE ANTI-AGING FORMULA

The Tools You Need to Win the Race
Against Time



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You Are What You Eat!

In the never-ending fight against aging, there always seems to be a new product on the market. Creams, balms, massages, gadgets, surgery – humanity has pulled out all of the stops when it comes to being able to age gracefully. In this highly technical age, it's not unusual for somebody to spend thousands – if not hundreds of thousands – on methods in order to keep the skin looking supple and the wrinkles far away.

However, many studies have suggested that if we want to start on an anti-aging routine yet do not want to pour our entire life savings into the fountain of youth, there may be an easier way. Food!

It's an old saying that we are what we eat. This is especially true when it comes to the business of anti-aging – whatever you fuel your body with is going to reflect itself in your skin. While this is a good overarching idea to keep in mind, recent research is proven that there are some foods that are particularly effective in the fight against aging. So if you're worried about wrinkles, put down the Botox and pick up a shopping cart!

Power food #1: Tomatoes. Aside from being rich in Vitamin C (even more rich than oranges, believe it or not), tomatoes are packed full of lycopene, which has been linked to more elastic skin. The best way to consume tomatoes if your goal is anti-aging is to cook them – much of the vitamin C may be lost, but cooking this fruit causes the lycopene content to nearly double.

Power food #2: Grapes. Grapes contain high levels of anthocyanins, which is another powerful antioxidant in fight for youth. The best way to consume grapes to get the most anthocyanin is with red wine! The fermentation process ups the anthocyanin level – and since red wine is made with the skins of the grapes, it has much higher concentrations than white wine. Here's to your youth!

Power food #3: Green tea. Green tea is well known for its powerful punch of antioxidants, and has also been linked to weight loss. The antioxidants will keep your skin looking fresh, and losing any unwanted poundage will also go a long way to making you look and feel younger. Cheers!

Power food #4: Salmon. Salmon is one of the world's primary sources of omega-3 polyunsaturated fatty acids. They contain a high amount of antioxidants and are not only linked to anti-aging properties, but also in maintaining healthy energy levels. Be sure to go for wild salmon – farmed salmon tends to be lower in omega-3.

What you put in your body is as important as what you put on the outside of your body when it comes to fighting for your youth. Eat right, and you'll see positive changes immediately!

Spice It Up To Get Rid of Wrinkles

If you're trying to fight the never-ending battle against age, you're likely familiar with all the methods that have been brought forth to combat against wrinkles and age spots. It seems as though every other day there is a new "wonder product" on the market that claims to make you look twenty years younger and shave off a few pounds, to boot. The truth of the matter is that anything that sounds too good to be true usually is - and, unfortunately, many people don't figure this out until they've already spent a few thousand dollars on prospects that ultimately don't pan out.

Fortunately, there are many things that you can do that cost little or nothing to help you win the wrinkle wars. One of the ways you can help your body look its best is by paying attention to what you put inside of it - there is a lot of truth in the old saying that you are what you eat. However, did you know that it's not just a matter of the kinds of food that you put in your body, but also the way that you flavor your food? Kicking your flavor up another notch can actually help you get rid of wrinkles - and that's a "bam!" that any food lover wants to hear.

Certain spices and flavorings have been linked to anti-aging properties. Without further ado, here's the list:

Power Spice #1: Ginger. Not only can eating ginger help your skin look better and keep your face fresh, it has also been discovered that the growth of human cancer cells can be inhibited by gingerol, which is found in ginger. Eat up!

Power Spice #2: Turmeric. This spice - which is most often found in Indian cooking - packs a real wallop when it comes to anti-aging. It has also been linked to preventing cancer and Alzheimer's Disease! Not only will turmeric keep you looking your best, it also helps keep your body and mind healthy!

Power Spice #3: Lemongrass. In Western circles this is most often found in smoothies, but it's also a frequent ingredient in Thai cuisine. It has an incredibly high citral level, which not only helps your skin retain elasticity, but also prevents headache, cramps, spasms, and acts as a retardant for colon cancer. Wow!

Power Spice #4: Cinnamon. Cinnamon has been shown to be able to control blood sugar levels, which not only means that your skin will look healthier, but it can also act as a preventative (or a manager) of diabetes. It can also lower your cholesterol and prevent the proliferation of leukemia and lymphoma cancers!

In essence, anti-aging doesn't have to be all about creams and pills. You can actively make your life more flavorful and prevent wrinkles - and even cancers and other serious diseases - at the same time!

Oils and Anti-Aging

The anti-aging market is one of the most profitable ones in the business. In Western culture in particular, youth has a high premium, and most people want to hold on to their supple skin and wrinkle-free faces as long as they can. To this end, the anti-aging business puts out thousands of products a year in order to assist with this goal – some of which are a lot more helpful than others.

While there are some creams and lotions that will indeed help you maintain smooth skin and a warm smile without the laugh lines, it's important to realize that the old saying is wrong: beauty is more than skin deep. Your skin is a reflection of your entire body, and taking care of your body holistically is important when being concerned about wrinkles and age spots.

One of the most important areas that many people neglect is the amount and kinds of food that they consume. Not only is it vital to pay attention to your diet in order to prevent becoming overweight and unhealthy, the kinds of foods that you eat will reflect themselves in your skin.

Oils, in particular, are an important part of our diet. There was a frenzy a few years back about all oils being harmful, and this is not true – the body needs to consume oils in order to get nutrients and be healthy. However, this doesn't mean that going out and eating a supersized package of fries is going to make you look younger. Just like with anything else, there are certain oils that are allies in the fight against aging, and others that are best avoided.

Insofar as oils and anti-aging are concerned, the best oils to consume are those that are low in saturated fat and high in monounsaturated fat and omega 3 fatty acids. Oils that are high in saturated fats are avoided.

To give you a more concrete shopping list, the following oils should be avoided if perusing an anti-aging diet is your goal: coconut oil, palm oil, butter, and hard margarine. Transfats are the worst of all the fats – and this is what will be found in that supersized package of fries.

The best oils? Hands down, when you need to shop for a versatile, delicious oil that can cook nearly anything and is packed with those omega-3s, reach for the extra virgin olive oil. Extra virgin is the most natural of all the olive oils and also has the most flavor. If you're accustomed to cooking with canola or vegetable oil, know that working with extra virgin olive oil is essentially the same. The only thing you should definitively not use extra virgin olive oil for is deep-frying – for this you should use an oil with a lower smoke point, like canola, corn, safflower or sunflower oil. (However, in the interest of anti aging and weight control, don't deep fry foods too often!)

Olive oil has been linked to longer life expectancy and beautiful skin. Be sure to pick some up today!

Anti-Aging Sunscreens

You're likely well aware of the damaging effects that sun can have on your skin. Ever since the sun was linked to skin cancer, the wearing of sunscreen has been a big topic on the airwaves – both the importance of it from a medical standpoint and a beauty standpoint. Not only can the sun cause cancer, but it causes damage to deep collagens and elastins which ultimately makes skin age much faster than it would have otherwise.

In order to prevent this from occurring, you need to wear sunscreen. What might be a little less obvious is the fact that not all sunscreens are created equal, and even if you spend a lot of money on high-quality sunscreens, you might not be protecting your skin as well as you might hope!

The majority of “normal” sunscreens out there protect against UVB rays – these are the ones that cause painful sunburn and are the leading contributor to the development of melanoma. However, many sunscreens do not protect as well against the damage that UVA rays can cause. Several kinds of sunscreen use ingredients that break down under the power of the sun when it comes to UVA protection – so even if the lotion will protect for eight hours when it comes to UVBs, you might find yourself completely at the mercy of UVA rays within twenty minutes of application!

With this in mind, realize that there is a solution. There are certain kinds of FDA-approved sunscreens on the market that are specifically made to prevent against both UVB and UVA rays and keep you on the beach for a long time without having to worry about the youth of your skin. There are two specific forms of UVA blocker out there on the market right now:

Mexoryl SX contains the UVA retardant that is known as emcamsule. Emcamsule was developed by L'Oreal and is available on the market in many permutations. You can even get anti aging creams that contain emcamsule – so you can be protected from UVA rays all day, every day when you go through your daily beauty routine!

Neutrogena developed Helioplex, and it works to help bolster the power of avobenzone and oxybenzone. Avobenzone and oxybenzone are examples of the aforementioned ingredients that do protect against UVA rays naturally, but tend to break down under the sun very quickly. With the assistance of helioplex, both avobenzone and oxybenzone last longer and will keep your skin protected.

When you next go out to purchase sunscreen, be sure to read the ingredient label and make sure that it either contains emcamsule or helioplex. Your skin will thank you when it remains free of summer sunburn, but also wrinkle free and youthful-looking!

Aging and Gravity

Millions of people just like you spend thousands of dollars every year on anti-aging creams and surgeries. The desire for eternal youth is certainly not just a product of modern times and vanities – just ask Ponce de Leon, whose many explorations of the “New World” were primarily driven by his unquenchable search for the Fountain of Youth! Ever since humanity has realized the unappealing effects of aging, humans have been searching for ways to turn back the clock.

In modern parlance, people have more or less given up on the search for magical spring water that will cause the bearer to de-age. However, many of the modern “Fountain of Youths” are just as ridiculous in scope – creams that purport giving 40 year olds the same skin they had at 15, and the infamous “vanishing cream” that made nothing vanish other than money from the wallet.

This does not mean to imply that there is nothing you can do to ensure that you age as gracefully as possible. There are several steps that anybody can take on any budget in order to ensure that their Golden Years look as beautiful as possible. However, there are also some facts that you will not be able to change when it comes to the fight against age, no matter how much money you spend or how dedicated you are to the process.

One of the facts that you’ll not be able to change no matter how much money you pour into the fight against aging is gravity. It’s true – gravity takes a marked toll on people as you get older. Of course, this makes logical sense – the more time you spend on the planet the more time the planet has to drag at your bones. You can see the effects of gravity on most older people – gravity is what causes the tip of your nose to droop, your ears to elongate, jowels to form, and your eyelids to fall. If you find yourself with a disappearing upper lip yet a fattening lower lip, this is also due to the perils of gravity.

This article is not intended to dishearten you in your quest to look as young and robust as possible, but just to emphasize the fact that there are some things that you will not be able change. Don’t spend thousands of dollars on miracle products that won’t deliver their claims – no matter how strong the cream you buy to fix your wrinkles, it’s unlikely that the ingredients in the cream are stronger than gravity.

Aging is an inevitable process. Be sure to eat right and live healthy – these are the two main factors in being able to age gracefully and minimize health problems in your later years. Just be sure not to get carried away by the hype – after all, gravity’s been around a lot longer than any anti-aging serum!

The Truth About Facial Exercises

Want to look young? So does everybody else. The search for the Fountain of Youth is as old as time itself – ever since the better part of humanity figured out that living for a long time means dealing with problems such as knee pains, back pains, sagging skin and age spots, people have been looking for ways to feel and appear younger. There's no shame in wanting to age gracefully – not to mention, being an older man or woman who looks good has a certain level of veteran appeal that can't be attained by those who are still in their twenties!

However, the overwhelming zeal that most people feel to look younger has put them at risk for exploitation. At its worst, people have sunk thousands of dollars into cures that ended up being nothing more than snake oil, and at its dubious best it has contributed to a spread of misinformation. This article refers to the misinformation side of the equation – that of the usefulness of facial exercises.

The logic behind facial exercise is sound – the more you work a muscle, the stronger it gets, right? We watch bodybuilders on television and see that the more muscles get put to the strain of resistance, the better our bodies look and feel. After all, there's a reason why people pump iron at the gym, right? With this kind of evidence in front of our eyes, many people conclude that facial exercises would be one way to keep themselves looking young. As doing bicep curls makes the skin and muscles of the arm taut and good looking, surely working the cheek and eye muscles would do the same thing.

It turns out that this is not the case. The truth about facial exercises is that repeatedly pulling the skin in the same direction over a long period of time is exactly what causes wrinkles in the first place. Think about laugh lines and smile wrinkles – these occur when a person smiles and the muscles move underneath the skin. The muscles pull the skin in a certain way so as to cause indentations to arise in the skin. As people tend to smile in the same way, over time this movement will cause the skin to crease – similar to how the skin on your palm and fingers is creased where your joints bend. Doing facial exercises actually causes wrinkles to become more pronounced.

If you want to prevent wrinkles and aging skin, be sure to apply sunscreen every day (even when it is not sunny) and drink plenty of water. Theoretically, if you are really opposed to laugh lines you should laugh less, but to be honest a person who has smooth skin but never laughs is hardly a beauty at all.

Anti-Aging and Surgery

To go under the knife or not to go under the knife is easily one of the more often asked questions of our times. A skilled surgeon with a scalpel can do nearly anything to your body – and the surgeons who have excellent skill in this are one of the best-paid people on the planet. There is a hot, hot market for plastic surgery of all kinds, many of which have to do with reversing the effects of aging and causing individuals to look young again.

Obviously, the decision regarding whether or not to undergo plastic surgery of any kind is a highly personal one. Of course, one of the first things that you should consider when undergoing any kind of surgery is whether or not you can afford it. The instance of plastic surgery in modern times has gone down considerably as compared to the number of people who chose to have elective surgery in the late 90s and early 2000s. It's highly unlikely that the drop is due to lack of interest in the process – but rather lack of funds. Most insurance companies will not pay for plastic surgery procedures, which means that you'll end up footing the bill yourself should you decide that a face lift is the way to beat the aging blues.

Another thing to consider is the risk involved with the surgery itself. No surgery is risk free, and should a particular surgeon assure you that it is, you should run as fast as you can in the other direction and never look back. The amount of risk depends highly on your own body and what kind of medical issues you might already have. But even if you are a perfectly healthy individual with no medical problems to speak of, surgery always has risks. Be sure to discuss them in detail with your general practitioner as well as with the plastic surgeon before going under the knife.

Lastly, it has been proven that surgically enhanced skin does not age nearly as well as natural skin. While it might seem a little bit ironic that going under the knife to fix aging could eventually end up worsening the problem, it's true. This is one of the main reasons to seriously shop around if you decide to go the surgery route – a surgeon who is less than top of the line could cause you major grief in the future if his work does not stand the test of time.

In short, there is absolutely no reason to get plastic surgery unless it is something that you have decided for yourself will enhance your life or self esteem. There are other, cheaper ways to go about the business of aging gracefully. But for those who are in despair or would like to “fix” the problem of their age in a short span of time, surgery may be the anti-aging path to take.

How To Choose An Anti Aging Cream

Anti aging creams are some of the hottest beauty items on the market. While there are many ways to ensure that your skin remains as fresh as possible when it comes to being put through the rigors of age, the anti-aging creams remain the most popular and well-known route to beating the wrinkles and looking young. To this end, there are thousands of anti-aging creams out there on the market to choose from.

The sheer amount of choice on the market can be mind-boggling to many buyers. It's hard to know which ones are actually effective and which ones more aptly resemble snake oil. Unfortunately, there are no shortage of the latter on the market. Somewhat more fortunately, there are plenty of the former as well. The trick is knowing how to parse the wheat from the chaff, and we're here to help you do just that.

Not all anti-aging creams are created equal, but nor is price an indicator of quality. You can pay hundreds of dollars for a cream that will do you no good, and you might find the closest thing available to the Fountain of Youth on the bottom shelf at the local drug store for seven dollars. There is a certain unknown factor regarding choosing anti-aging cream, as everybody's skin is different and what works for you might not work as well for your friend. With this in mind, there are some ingredients that the most effective anti-aging creams contain: use these as a guiding light when trying to work through the overwhelming options available at the department or drugstore.

Copper. In general, it will be listed as "copper peptides" on the ingredient list. Copper is a key ingredient in most anti-aging creams due to the fact that the body naturally contains trace elements of copper. The copper in the cream will help your skin heal faster and boost the collagen production of skin cells.

Retinol. Retinol is actually a form of vitamin A and has been proven to pack a punch when it comes to the business of wrinkle-busting. It is an antioxidant, which means it protects the skin from free radicals, which cause aging.

- **Kinetin.** This is a natural substance found in the earth itself - it assists plants in growing. It also helps eliminate wrinkles and blemishes - two very important things when trying to look younger!
- **Coenzyme Q10.** This nutrient helps regulate the amount of energy that the cells in your body produce, and helps get rid of fine lines around your eyes. If you put on a product with coenzyme Q10 before going outdoors, it'll do double duty as a sunblock!
- **Hydroxy acids.** These are synthetic acids made to resemble the acids that are found in certain fruits. These act as an exfoliate, and help eliminate dead skin cells and stimulate the production of evenly toned skin.

Risk Factors of Spider Veins

Much anti aging information focuses heavily on the face. This makes sense after all, we do have to “put our best face forward” every day, and given how people tend to be looking at our faces a lot, it’s no surprise that people put a lot of time and money into maintaining them. However, if you are looking to stay youthful-looking, spider veins are another area of concern that many women and men have as they start to age.

Spider veins are essentially bulging veins that generally occur in the lower body. In some people, spider veins can be quite painful in addition to unsightly. Also, as they tend not to occur in the younger portion of the population, spider veins can make you look older before your time and might cause you to feel self-conscious about wearing shorts or skirts. In order to evaluate your risk factors for spider veins and take corrective action before it’s too late, check how you measure up against these: the most common causes of spider veins!

Age. Obviously, the older you are, the more likely you are to develop spider veins. They occur most often after you hit your forties.

Genes. Next time you’re at a family reunion, check out the legs of your family members. If you see a lot of individuals with spider veins, your risk level is higher than if nobody seems to be having this problem.

Hormonal changes. This is another instance where it’s not so great to be a girl: pregnancy and menopause are prime time for spider veins to strike. Some very unlucky girls even develop spider veins during puberty!

Taking birth control pills. Since birth control emulates the hormonal business of being pregnant, birth control pills can contribute to spider veins.

Pregnancy. Again, the shift in hormones and the fact that your heart has to pump large quantities of blood throughout your body during pregnancy can cause spider veins to develop. Also, the weight of the baby bearing down on your veins doesn’t help!

Weight. If you’re heavier, you’re putting more weight on your veins, and thus it is more likely that you’ll develop spider veins.

Constant sitting or standing. Both of these positions put pressure on your veins, and if you don’t change position enough can cause spider veins to develop as all the pressure weakens the exterior of the veins.

Leg injuries. It doesn’t even have to be a serious injury, like a break – even if you bump your leg while walking it can cause spider veins. Any injury that causes swelling could possibly end up producing unsightly veins – and the older you are the more likely this is to occur.

The sun. If you're a sun worshipper, be sure to wear sunscreen all over, even on your legs. The more your skin is exposed to harmful UV rays, the more likely you are to develop spider veins in the future.

Get Your Beauty Sleep!

With all of the thousands and thousands of products out on the market dedicated to anti-aging, it's no surprise that sometimes we forget about the simplest ways to prevent the effects of aging. You've likely heard the phrase "beauty sleep" used before in common parlance, and the truth of the matter is that sleep does make you more beautiful!

When you sleep, your body is able to repair itself from the stresses of the day. When you're asleep your body produces growth hormone, which is the stuff that supplements are made out of. You also get a free dose of melatonin during sleep, which boosts the appearance of your skin as well as your immune system.

Essentially, we're here to tell you what your mother has been telling you your entire life: go to bed. However, for many people it's not that easy - there's a reason why the phrase is "sleep like a baby" and not "sleep like a middle aged woman with three kids and a full time career on her mind." Sometimes, you might need some help unwinding and getting that sleep you need so very badly for the health of your body and soul. We're here to help!

Limit your intake of caffeine. We don't just mean coffee - many sodas and teas contain caffeine as well. Consider switching over to herbal teas - or even just plain water!

Avoid alcohol before sleep. While a glass of wine might make you drowsy, the truth of the matter is that your body will start to produce norepinephrine, which will excite your body and possibly cause you to wake up much earlier than you would have otherwise.

- **Put away the candy.** Eating sweets before bed raises your blood sugar levels, which in turn makes it difficult for the body to fully relax.
- **Stay calm.** Right before bed is not the time to start a political discussion with your partner. Don't watch the news right before going to sleep, and don't do anything which could cause you to get "riled up."
- **Relax.** It often helps to make a small routine before going to bed - a half hour where you take your time getting into your pajamas, maybe sipping at a hot cup of herbal tea and reading a book. Getting into the mindset of sleep will help you actually nod off faster.
- **Your bedroom is your haven.** If you can't sleep, don't do the office-bedroom combination that is so unhappily popular. You need a place that is solely dedicated to relaxation and sleep. If you can make this happen, you'll feel your blood pressure lower the moment you step foot into your bedroom, and you'll be thinking about the land of dreams before you get there.