

10 WAYS TO *Slow Aging* NATURALLY

Wrinkles and sagging skin isn't just a sign of aging -- it indicates inflammation, stress and a poor diet. Skip the expensive treatments and slow the aging process naturally with these 10 tips.



1. Ditch The Sugar

Excess sugar dehydrates our natural supply of with collagen and elastin, making your skin lose its elasticity. Cut back on the sweet stuff and watch your skin go from dull to vibrant!



2. Go Gluten-Free

Wheat and other starches can spike blood sugar levels, making it harder for important skin-tightening minerals to be absorbed by the body. Swap the breads and pasta for veggies!



3. Drink More Water

Chronic dehydration is a common culprit of aging skin. Drink more water to help to restore elasticity to the skin and add a more youthful glow. Aim for about two liters (or 8 cups) of water a day!



4. Reduce Stress

When you're stressed, cortisol surges through your body, robbing it of essential minerals needed for healthy glowing skin. Reduce stress through meditation, yoga, walking outside or enjoying a hot bath before bed.



5. Load Up On Antioxidants

Every day we're exposed to numerous toxins that create free radical damage, causing premature aging. Fight back by loading up on a variety of fruits and vegetables to ensure you're giving your body enough nutrients.



6. Eat More Protein

Protein is essential for repairing and constructing tissue, and it helps keep cortisol levels in check. Eat lots of seafood, chicken, eggs and broccoli to reduce sagging skin and prevent premature aging.



7. Lift More Weights

Weight lifting is great for tightening skin! Plus, having lean muscle mass means you burn calories more efficiently, keeping you healthy.



8. Use Natural Beauty Remedies

Toxic chemicals are found in many beauty care products, making our skin age at a faster rate. Toss your store-bought lotions and creams and make your own skincare products from natural, safe ingredients, like coconut oil and raw honey.



9. Get More Sleep

Not getting enough sleep? It could cause a hormonal cascade that increases cortisol levels, robbing you of your glow. Create a nighttime ritual to help you unwind before bed, then get ready for healing, restorative sleep!



10. Eat More Fat

Healthy fatty acids like avocados, fish, and olive oil help nourish the skin internally, leading to more radiant skin.

Aging Slowly

AN Whitehead



Aging Slowly:

Enjoying the Tune of Phrase: An Emotional Symphony within **Aging Slowly**

In some sort of consumed by screens and the ceaseless chatter of instant conversation, the melodic beauty and emotional symphony created by the written word frequently fade in to the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. But, set within the pages of **Aging Slowly** a charming literary value filled with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that fascinating masterpiece conducts visitors on a mental trip, well unraveling the concealed tunes and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional review, we will examine the book's main harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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