

Anti-ageing, any real evidence?

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Dr. Keith Chung

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Here are some interesting facts to keep you up-to-date on some anti-ageing agents:

DHEA: (Dehydroepiandrosterone) is a steroid secreted by the adrenal cortex. This hormone is the precursor for testosterone, progesterone and estrogen. This hormone is found to decline with age so replacing this hormone could be expected to slow age-related changes. DHEA has also been shown to be directly related to mortality with an inverse relationship existing between the levels of DHEA and mortality from heart disease as well as other causes¹. Calorie deprivation (known to prolong ageing, see below) is also known to inhibit the decline of DHEA. Another important hormone with antiageing properties include HGH (human growth hormone). Effective HGH hormone sprays are available.

Antioxidants: The theory is that in ageing unrepaired oxidative damage accumulate putting the organism under increased stress. DNA damage is also reported to be associated with oxidative stress. Antioxidants protect against cellular damage by mopping up the reactive oxygen species that cause damage. A recent study² of elderly subjects found that DNA damage occurred in 45 % of subjects, with 62% having low total antioxidant levels. Antioxidants include vitamins C, A, E, and the mineral selenium. Although these agents are effective antioxidants, their beneficial effects in slowing ageing still remains largely unproven. There is considered stronger evidence for the roles of these antioxidants in degenerative disease such as atherosclerosis. The area of antioxidants in ageing is still an active area of research interest.

Tip: not many people know, but there is an effective and convenient test for checking your Antioxidant status to see if you are adequately protected against the damaging effects of free radicals. The test involves measurement of lipid peroxides in urine. Lipid peroxides represent damage caused to fats by free radicals and provide a useful barometer of your antioxidant status.

Peptides: Carnosine: (a peptide) is an antioxidant and free radical scavenger. Carnosine has been found to extend the life of human skin cells grown in culture. Long lived cells contain

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high levels of carnosine. The anti-ageing properties has been more recently linked, not so much with its antioxidant properties, but with its ability to protect against undesirable protein glycation and cross linking to normal macromolecules³.

Herbs: Garlic: a study⁴ in 1994 found garlic enhanced the long term growth ability of human skin cells to survive in culture. The researchers also found that garlic inhibited the growth of cancer cells in culture, providing the first apparent evidence of both anti-ageing and anti-cancer effects of garlic.

Calorie Restriction: this has long been known to result in the slowing or retardation of the ageing process. It has been confirmed in a number of studies with animals which have been shown to live longer when their dietary intakes were restricted. Calorie restriction without

malnutrition is the only known manipulation which has been convincingly demonstrated to retard ageing in mammals.

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3. Cell Mol Life Sci 2000 May;57(5):747-53
4. J Ethnopharmacol 1994 Jul 8;4(2):125-33.

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Anti Aging Skin Care Popular Methods

By Oliver Turner

While exploring the scope of anti-ageing skin care treatment, the most commonly asked question is 'What skin renovation medicines have so far proved to be effective'? Collecting right information regarding the anti aging treatments flooding the marketplace is the best strategy to adopt anti aging skin care techniques that suit your aging skin.

To regain your eternal beauty and to get back your youth, go with the anti aging skin care supplements. Anti aging cosmetic products can dramatically improve your look by nourishing you from inside. And that is a natural procedure. No need to go for a painful surgery. Anti aging skin care products can drastically change the way you look and can make you feel young. You can challenge the aging process with anti aging skin care medicines that provide life to your dry or oily skin. You can really stall the ageing process for a few more years with anti aging skin care treatments and enjoy the excitements of youthful life. Try to select anti aging products that will alleviate your rough and dry skin

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and provide sufficient hydration. Make sure that your anti aging skin products get promptly absorbed into your skin and produce immediate results. Check out whether your anti aging product is hypoallergenic and non-photo toxic. Be careful about damaging your skin instead of repairing it.

Anti aging supplements will rectify the health of your internal system as well as take proper care of your sensitive and wrinkle prone skin. Anti-aging skin care cosmetics usually contain active anti aging components that support the skin's natural ability to remove free radicals, age spots, and chemical toxins that obstruct healthy skin, and improve your skin agility and elasticity. A good quality anti aging product can reduce skin drooping and wrinkling. Anti aging skin care supplements works in complete harmony with the body, supplying and balancing the necessary anti aging dietary requirements thus making your skin glow and look young for a long period of time.

We have made the most comprehensive research on the subject of anti aging skin care products. Find the results only on

. Find more anti aging info on



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