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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!**

**Health and Anti-Aging**

**By Knut Holt**

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Some words about anti-aging and disease prevention

The aging process is for the greater part no mystery anymore. It consists for a great part of daily damages done on the macroscopic, tissue, cellular and genetic levels. These add up as the years are passing. These damages have specific causes like oxidating agents, sun beams, mechanical wear and tear, psychological stress, lack of some nutritional components and too much of others, like fat.

Another component of aging is the reduction of the telomere chains at the chromosome ends, as each cell division occurs. However, the body has means to repair these ends again, with an enzyme called telomerase. The rapidity of the aging process depends on lack of efficiency in this repair process. The above mention aging causes also slow down this repair process.

The factors causing aging, also causes other diseases like cancer and coronary heart disease. Both aging and these diseases can in great extend be prevented with the knowledge possessed today, and the damages can in great extend be reversed. The components to achieve this are:

–Adequate dayly food containing whole cereals, peas, beans, vegetables, fruit, fish, mushrooms, fousls and seafood, and with just a moderate amount of red meat.

–Just a moderate amount of fat and most of the fat supply comming from sources like olive, fish, nuts, sun-flower, etc. Then you will get a good balance between mono-unsaturated fat (olive), poly-unsaturated fat of the omaga-3-type (fish) and poly-unsaturated fat of the omega-6-type.

–Just a very moderate amount of butter, soya oil, corn oil and palm oil. A high consumption of these fat sources gives you too much saturated fat and poly-unsaturated omega-6-fat.

–Just a very moderate amount of sugar, refined flour or refined cereals.

## Health and Anti-Aging

–Supplements of specific nutritional components like vitamins, minerals, lecithin and some essential fatty acids.

–Adequate training, that both gives both a muscular load, work up your condition and stretches out your body. To stretch out, yoga–exercizes are ideal.

–Adequate rest and stress–reduction. Daily meditation is a method of achieving this. Natural relaxing agents or spesific tools for meditation or relaxation may also be useful.

–Supplements of specific anti–aging agents like anti–oxidants or human growth hormone.

–Use of spesific anti–aging agents to apply upon the skin surface.

–To protect the skin against excessive sun exposure.

The amount one needs of nutritional supplements, like vitamins and minerals, differs very much according to a person`s health condition, work load and exposure to environmental stress. A person having a poor digestion, doing high performance sport or being exposed to a high amount of environmental stressors, may need more than an person in an average situation.

Submitted by Pantera Consulting K Holt, att/Knut Holt. This article can be freely used as long as the following url is attached:

### **Anti Aging Skin Care Popular Methods**

**By Oliver Turner**

While exploring the scope of anti–aging 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 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

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