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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!

Home Remedies For Wrinkles

By Kevin Pederson

It is natural to see wrinkles on the face when you grow old. This is the effect of ageing. Premature

ageing and wrinkles can be checked if care is taken when you are young. A lot of people rely on home remedies when it comes to diminishing them. Here are some tips and home remedies to get you started on the path to minimize these wrinkles and make your skin look young and healthy again.

Stay out of the sun: The first place to start is to stay out of the sun. Sun tanning damages and ages your skin faster than anything, and it also has been leading to cancer more and more since the ozone is wearing away from pollution.

Eat healthy: Secondly, incorporate healthy doses of natural antioxidant foods like leafy green vegetables and brightly colored fruit for maximum free radical elimination. Free radicals are the number one cause of collagen breakdown, which is a direct cause of wrinkles.

Smokers beware: Smoking robs the complexion of oxygen, decreasing blood circulation to facial skin and resulting in premature lines and wrinkles. Also, anyone puffing on a cigarette is essentially doing a lot of repetitive facial movements that add even more wrinkles. So kick the habit if you want those wrinkles to disappear.

Sleep on your back: When you sleep on your side or belly with your face on the pillow, wrinkles are formed. People who sleep in this posture usually get a diagonal crease on their forehead running above their eyebrows. Sleeping on your back eliminates this problem.

Facial massage: Massage increases the blood circulation and results in the tightening of muscles and tissue. This reduces the fleshiness of the skin and restores a young look. You can apply coconut oil on the portions of your skin and face where wrinkles set in and gently massage every night at bedtime.

Go bananas: Try banana as an anti-wrinkle treatment. Mash a fourth of a banana until it becomes very creamy. Spread all over your face and leave on for 15-20 minutes before rinsing off with warm water followed by a dash of cold water. Gently pat dry.

Home Remedies For Wrinkles

Get a humidifier: Air conditioning and heating systems are known to dry out the skin, making the aging process occur more rapidly. Try using a humidifier. This inexpensive bit of equipment will help to keep air moist and therefore keep your skin moist too.

Vitamin E: Prick three capsules of vitamin E and drain into a small bowl. Add two teaspoons plain yogurt, half a teaspoon of honey and half a teaspoon of lemon juice. Apply this mixture to your face with cotton ball. Leave on your skin for about ten minutes and rinse off.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Kevin Pederson, Webmaster for

<http://www.home-remedies-for-you.com>

provides useful natural cures

and quick kitchen recipes that you can put together at home to treat your common ailments and

everyday health problems.

Are There Asthma Attack Home Remedies – Or Just Hot Air?

By Mark Walters

If you have asthma and you start looking for information on the Internet, you'll soon find several websites offering "100% sure" asthma attack home remedies. And it is very probable that you'll feel tempted to buy one of them. No one likes being forced to take corticosteroids on a daily basis and an alternative, sometimes any alternative is always welcome. If effective asthma attack home remedies were really available at your drug store, of course you would buy them.

Do you see a logical problem there? Home remedies are by definition not bought, so avoid buying "asthma attack home remedies". If you're going to take some pills, make sure that you really know what's inside them.

But the fact that some people try to sell asthma attack home remedies doesn't mean that there are no remedies beside advanced chemistry. There are some that can not only prevent, but also stop an asthma attack. Such home remedies can be easily used as a support for a standard treatment, especially in case of mild asthma, but they should never replace standard medications.

Below there are a few asthma and asthma attack home remedies. Some of them work wekk, some of them are just "supposed" to work, but fortunately all of them are completely safe. Generally, all of them are different methods of warming your airways. This often prevents or helps during an asthma attack.

Home Remedies For Wrinkles

Hot bathroom

During an asthma attack, some people run into their bathroom, close the door and try to create as much warm steam as possible. Alternatively, they have a very hot bath or try some similar home remedy. The increased air temperature eases the attack and makes breathing much easier, though if you don't suffer from asthma, we might think just the opposite.

Of course if your asthma is severe, it is recommended to use your inhaler or nebulizer instead of any asthma attack home remedies.

Hot water or coffee

Another common acne home remedy is drinking hot coffee, tea or plain hot water. On their way down, these drinks warm the airways and can ease the attack. The mechanism of these asthma attack home remedies is similar to the hot bathroom ones, but they are much easier to apply. The only problem is that during an acute attack this might be not enough.

Yes, asthma attack home remedies may seem simple, but often they are very effective.

Mark Walters leads the fight against asthma from his web domain

<http://www.AcneResuce.com>



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