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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!

Water...How It Effects Aging

By Paula Willard

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by: **Paula Willard**

How many times have your heard - drink eight to ten glasses of water everyday? How often do we actually drink that much pure water?

Would you believe that as you are reading this page you are dehydrating? We were all born as grapes, but now we are turning into raisins. Your body was once more than 70% water and now, if you're like most Americans past the age of 40, you are lucky to have a hydration level above 60%. The bodies of most hospitalized elderly are less than 50% water.

Today, Americans consume more coffee and soft drinks than water. These beverages, along with tea and alcohol, are diuretics and dehydrate the body. All the moisturizer in the world will not restore a youthful appearance. By dehydrating your body you are actually pulling a hundred times as much water out of your skin through the urinary tract. Much worse than the skin dehydrating, is the dehydration of the internal organs, connective tissue and the brain.

Inadequate fluid intake and excess water loss can disrupt critical cell function. Most people experience this level of hydration all day, nearly everyday. Water is essential for all anabolic repair functions, and conversely, dehydration accelerates the aging process.

A study at Fred Hutchinson Research Center in Seattle found that women who drank two glasses of water a day had nearly twice the risk of colon cancer than women who drank four glasses a day. The few women who did drink eight or more glasses of water a day had less than half the risk of those who drank only four glasses. The association of increased water intake may also reduce the risk for other types of cancer. In one study, the women who drank the most water were 80% less likely to develop bladder cancer than women who drank the least. Other conditions that often respond to increased water intake include the reduction of headaches, muscle aches, hangovers, fatigue, constipation, and heartburn. Drinking enough water will also reduce fluid retention and edema. Sometimes it is difficult for people to understand that drinking lots of water actually decreases water retention. If you provide

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your body with ample amounts of pure water, it will not have to retain water in the tissues. The body can become significantly dehydrated before we actually feel thirsty.

In the morning, you have a true need for water, but you may not feel it. For most people, the first liquid they consume is coffee, a beverage that sucks the water out of our cells.

Try this test: Before you eat or drink anything in the morning, sip about four ounces of water—no more. You will be surprised to see that in two to three minutes your mouth will feel parched. Drink another four ounces and in two to three minutes you will be thirsty again. You may have to repeat this six or more times before you are no longer thirsty. Add up all the four-ounce servings that you consumed, and you will discover your body's true metabolic need for water.

Paula Willard is a Certified Herbalist and has been working with Nutrition and Herbs for the past 20 years. Her passion is helping people defy the effects of aging and restore their youthful feeling, through the aid of supplementation. See her website at

Do Any Of These Anti-Aging Creams Work?

By Scott Michaels

So do any of these anti-aging creams work at all? And what do they do exactly? The answer to if they work or not is yes, no and sort of all rolled into one.

There are literally thousands of different anti-aging creams on the market today. Since women are especially concerned with the effects of age to their skin, most of these anti-aging creams are marketed towards women, but many men have turned to their use as well.

Most of these anti-aging skin products will produce the appearance of reduced wrinkles, which can be noticeable in even just a few weeks of consistent use. However, there aren't any known anti-aging creams that will actually eliminate wrinkles or otherwise permanently reverse aging effects to your skin.

Anti-aging creams will remove layers of dead skin, and hydrate the lower layers giving them a plumper and fuller look that helps reduced the appearance of wrinkles. The wrinkles are not permanently removed, and will reappear after the discontinued use of the product.

Therefore, you have to keep applying it everyday and will go through a lot of it quite fast. Since the cost of many of these anti-aging creams is not cheap, maintaining the reduced wrinkle effect they offer can become expensive.

You can achieve a somewhat fuller, plumper skin appearance by using less expensive moisturizers. The only scientifically tested and proven anti-aging cream ingredients are vitamin C and E, as well as Alpha Hydroxy Acid (AHA). These three ingredients are proven to reduce the appearance of wrinkles, but there are likely many other ingredients that will produce similar effects.

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Results of any particular product will vary from user to user, and a good strategy would be to try several different brands before settling on one that works best for you.

Anti-aging creams aside, the two most effective things you can do to slow down the appearance of wrinkles is not smoke, and apply sunscreen at the beginning of everyday if you plan on being outside for more than ten minutes. SPF 15 or higher is recommended. As much as you may want a tan, excessive UV exposure is a sure way to bring on wrinkled skin before its time.

Uncover the facts about anti-aging creams.

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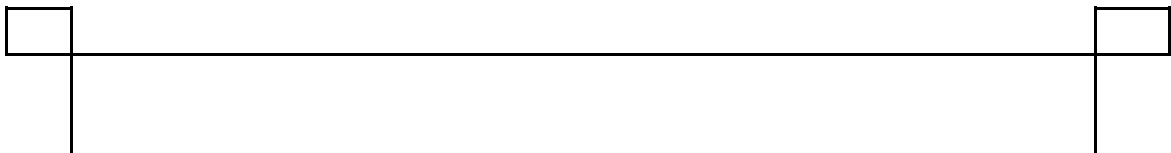
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