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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!

Why You Lose Your Youthful Skin Appearance

By Rudy Silva

If you want to keep your youthful skin appearance, you need to know why your skin starts to change as you age. I have listed some of the most important things that affect skin appearance and some of the ways to prevent the skin from aging too fast. The sooner you start applying these ideas the longer you will keep your youthful appearance.

As you age here are some of the changes that will occur:

- * Your top skin layer, epidermis, becomes thinner and more fragile
- * Your skin becomes drier, since oil glands produce less oil
- * The number of blood vessels decreases in your face and throughout your body. Blood brings nutrients to your skin cells, giving your skin a healthy and rosy look
- * Less skin cells are repaired or replace quickly
- * The sun and pollution start to show their effects on your skin by breaking down collagen and elastin, which give your skin its elasticity.
- * Your good or bad diet starts to show its effects on your skin. Your bad diet did not provide the nutrients your skin needed to be flexibly, hydrated, oxygenated, and healthy.
- * The un-healthy skin products you have been using start to show their bad effects on your skin.

Now, you can see that skin beauty is dependent on what kind of food you eat, how you have exposed yourself to the sun and pollution, and what chemicals your facial and skin products have. Excessive exposure to the sun and pollution will damage your skin and accelerate its aging appearance – age spots, blotches, wrinkles, roughness, sagging.

Here are some things you can do to slow down the aging skin.

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- * Use sunscreen every day – You can slow down wrinkle formation and even prevent it, if you use sunscreen early in your life. Use sunscreen that contains Zinc Oxide. It is better than those that have Titanium Dioxide. Daily, use a broadband SPF 15 and for heavy outdoor sun activities use SPF 30. If you wear makeup, put your sunscreen on first.
- * On hot days and even when it is overcast use your sunscreen and a hat. Stay in the shade when possible.
- * Keep away from highly polluted areas and don't smoke. Smoking changes the elasticity of the skin fibers leading to rough and wrinkled skin.
- * Get enough sleep. Your skin repairs itself when you sleep.
- * When you sleep, don't sleep with your face into the pillow.
- * Drink plenty of water. Your skin loses water during hot days and needs plenty of water to keep hydrated. Water is found in raw fruits and vegetables. Sodas, sugar drinks, tea, (except herbal teas) coffee, or milk are not water. Rotate between buying and drinking Reverse Osmosis and Distilled water.
- * Minimize drinking alcohol. Alcohol can lead to spider veins and broken capillaries. It also causes your skin to become dehydrated.
- * Eat more fruits and vegetables. They provide plenty of antioxidants, which protect you from sun and pollution damage.
- * Take an antioxidant supplement, which should include up to 2000 mg of vitamin C. You may have to take the Vitamin C separate.

Start using these ideas and you will see improvement on your skin. This improvement may take a few months to appear on your skin. Be patient and persistent and you will be rewarded with good skin appearance.

Rudy Silva is a Natural Nutritionist. If you want more exciting ways to really keep your skin beautiful or to get beautiful skin go to:

<http://www.for---you.com/SkinCareTreatment>

Beauty Secrets Don't Only Hide In A Bottle---They Can Also Be Found In Our Refrigerator!

By Maria Llorente

Thanks to technological advances, experts in dermatology have been able to observe the effect that

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our diet has on our skin's texture and appearance.

Many recent studies in dermatology confirm that the most significant factor in skincare does not only depend on the cosmetics that we apply (which, of course, do make a difference) but also largely on our diet.

So...which diet should we implement to look great?

WATER Our body is 70 percent water; therefore, it's logical that any lack of sufficient water intake will affect our appearance.

That's why drinking water is undoubtedly the easiest and most efficient way of preventing the signs of aging, maintaining the skin smooth and the body healthy.

HOW DOES WATER AFFECT OUR SKIN? Water eliminates the toxins in our body that are daily stored up through contact with pollutants, tobacco smoke, stress and other sources of free radical formation. Concretely, free radicals are the principal cause of skin diseases and premature aging.

Water not only gives skin a more youthful appearance but also eliminates all of these elements, which cause the appearance of acne. Acne is formed by the accumulation of bacteria, oil, dead skin and dirt on the skin. Even for those with oily skin and problems with acne, water is needed to wash away both internal and external impurities.

Additionally, water helps vitamins and nutrients to easily flow throughout the body. In particular, it collaborates with all of the body's organs to distribute vitamins E, C and B12, which help maintain the skin smooth and young.

HOW MUCH WATER DO I NEED TO DRINK DAILY? Normally it's recommended that a person drink at least a liter and a half of water, although many dermatologists recommend increasing the dose to two or three daily liters.

WHEN IS IT ESSENTIAL TO DRINK WATER? It's very important to drink and recuperate lost fluid after exercising or sunbathing. Don't forget that water is good not only for your organism but also for your outward appearance.

WATER INSIDE AND WATER OUTSIDE When cleansing facial skin or the body, it's best that the water be lukewarm. Very hot water can dry out the skin excessively, but at an adequate temperature, its cleansing power is enormous.

BEAUTY TRICK Drink water in the morning; it will help eliminate a puffy or swollen face.

Who would have thought that water would end up being one of the most relevant beauty secrets in the new millennium?

Maria Llorente is a qualified Make Up Artist who writes on health and beauty subjects.

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