

Secrets to Slow Aging – An Anti Aging Guide



1. Prelude

Is there anyone in this world who fails to be swayed by the magic of youth? None. For when youth explodes joyously all Nature smiles!



The following lines well reflect the vivacity of youth and the pathos associated with Aging –

*'Youth is fair, a graceful stag,
Leaping playing in the park;
Age is grey, a toothless hag,
Stumbling in the dark'.*

Ever since man stepped off the time- machine he has been frantically searching for the ‘fountain of youth’, an exercise that continues, till date, to be the favorite pursuit of many.

The signs of Aging first appear during the turbulent twenties, but remain invisible to the naked eye. For the majority, all hell breaks loose during their late thirties and early forties when Aging becomes more formidable and the tell- tale signs are there for all to see. The skin loses its elasticity due to depleting collagen and also fails to regenerate at the pace seen before. This results in ‘infirmities’ such as loose skin, dry patches, sunken eyes and hollow cheeks.

In keeping with popular demand, shop shelves are lined with magic potions that promise the ‘Cinderella effect’. Damage - control devices that claim to do wonders for the sagging skin have mushroomed like never before. They have gained immense favor with the glitterati and the lay folks alike.

While it is important to preserve one’s youthful looks, it is necessary not be carried away by the gloss and the glow. It is important to be realistic and accept the truth - that there really exists *no short- cut* to stop Aging!

After successfully thin –slicing various aspects of growing old, modern anti-Aging gurus showcase *early prevention* as the best method to prolong the glory of youth. They recommend a judicious blend of lifestyle changes, physical fitness, attitude, super foods, supplements, age-defying treatments, holistic medicine and cosmetics along with disease detection and stress management. The list reiterates that it is indeed impossible to make heads turn without straining a sinew.

Anti -Aging is not about prolonging one’s stay on earth; it is about preserving youthfulness. This e-book attempts to be a guide on

your journey of re invention, towards a younger, healthier and a more confident YOU!

2. The How and Why of Aging

In your daily life it is common for you to come across people of the same age who exhibit a marked difference in the way they grow old. While some succeed in defying age, others are quick to stoop to the ravages of time.

What brings about Aging? How do different people grow old differently?

Research has revealed the presence of a *biological clock* that faithfully ticks away from the time of your birth till you die. In other words, this means that from the moment you are born you are endowed with a certain cellular potential that steadily ebbs with time. The rate at which your cells multiply is finite after which they stop and die (senescence).



Does this imply that you have no say in the way you grow old? No, it does not. On the contrary, you can positively influence the course of your Aging by understanding the repertoire of factors that influence it. This understanding is pivotal to the success of any anti-Aging measure that you may choose to adapt.

3. Factors that Control Aging

Aging is a natural process and an inevitable facet of life. Every one eventually ages despite the best of efforts and care; however, the manner by which you succumb to age is subjective and tends to vary between individuals.

There are several factors that influence the way you age. Depending on these factors you may age gracefully and be a sight for sore eyes or you may 'fall from grace' and be a sore sight for all eyes.

Factors that influence aging can be categorized as intrinsic (internal) and extrinsic (external) factors.

Intrinsic factors

There are certain factors within you that influence the way you age. You may have little or no control over them.

Genes-Your genes have a mammoth role to play in the manner and rate at which you age! If you belong to a 'youthful' family, you too would tend to look young despite your age.

Telomeres-While discussing genes, it is only appropriate to learn a little about telomeres. They are specialized structures, found at the tail end of chromosomes, that play an undisputed role in cellular Aging. Research has revealed that the size of the telomeres gradually wanes with age. As part of anti aging research, there have been attempts by scientists to reconstruct telomeres. However, studies have shown that such a move could be harmful because the decline of telomeres, with age, is the cell's defense mechanism against old age diseases, such as cancer. Here we have to concede that nature knows best!

Hormones –Are your hormones all over the place? Just remember that an imbalance in hormones can, without doubt, fast- forward aging.

Cellular inflammation -Aging is also characterized by cellular inflammation which ultimately leads to cell death.



Extrinsic factors

There are several external triggers that influence the way you age. They may be environmental factors or your own lifestyle choices. Let us take a peek-a -boo at a few of them.

Sunlight- The sun sustains life on earth but over exposure to the sun rays speeds up the Aging process. The free radicals produced by the UV rays damages the DNA in skin cells, impair collagen production, destroy elastin and ruin your skin's ability to regenerate and repair. With time, unappealing changes such as dark spots, dryness and freckles, appear on the skin .The collective harm done by the sun is known as photo damage.

Your ability to endure the sun entirely depends on your skin type and the degree of exposure to sunlight. Dark skins, with more melanin, are more sun -tolerant than fair skins; as a result, they tend to age slower.

Cigarette Smoking- Nicotine breaks down skin cells at a faster pace. As a result, long- time smokers develop wrinkles and a

sallow, sagging skin. But the good news is that if the smoker ‘kicks the butt’ the detrimental effects of smoking can be successfully reversed and a visibly improved skin will be there for all to see. Therefore, it is never too late to stop your life from going up in smoke!



Excessive Alcohol-It is all very well to enjoy a ‘shot on the rocks’ but remember that alcohol is an established neurotoxin, which speeds up the normal aging process. Excessive alcohol makes a person more vulnerable to various diseases of the heart and liver, and dehydrates the skin, contributing to a dull and aged look.

Stress-Are you the kind of person who worries in a hurry? Beware! A person’s ability to handle stress has a great influence on the way he ages. Oodles of energy is required to deal with stress- causing factors and the rate at which this energy is expended controls the quality of Aging.

Facial Exercises- A few facial exercises which were initially promoted as anti- dote to Aging are now believed to enhance wrinkles and emphasize facial lines

Unhealthy diet - Look before you eat. If you are on a weight watch just remember that a poor, ill - balanced diet, will rob your skin of its natural sheen. A greasy, jumbo diet can also affect your overall health and usher in premature Aging!

Pollution –If you want to stay youthful for a long, long time stay away from the heat and dust! Pollution produces oxidants on the skin surface, which work on the skin cells and destroys them, thereby fast forwarding the aging process.



4. Know Your Skin Type

Have you ever wondered if your skin has a mind of its own? Have you observed it thanking you with a glow when you pamper it and protest vehemently when you fail to care?



Understanding your skin and identifying your skin type is perhaps the first step towards sustained skin care. Each person's skin has a unique way of conducting itself and it is important to know your skin type.

It has been established that there are four main skin types - oily, dry, combination and normal. The best way to ***analyze your skin type*** is by following these steps-

- Wash your face with a cleanser. Wait for 4-5 hours. This waiting period allows your skin to recover its normal state of activity.
- Take a facial tissue and press it against different areas of your face.
- Hold the tissue against light. If the tissue has blotches then you have oily skin
- If your face feels tight and appears dry and flaky, then rest assured that you have dry skin.
- If some areas of your skin are dry and others are oily then it is a combination type of skin that you possess.

For an accurate evaluation, this test must be carried out on a day when you have not applied any cream, moisturizer or make up. The nature of the skin is subject to change periodically, therefore, remember to carry out this test every six months

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5. Skin Care

The process of aging primarily impacts the skin, particularly of the face and the neck, which is why anti aging care is mostly directed towards this end.

According to the czars and czarinas of skin care, the mainstream mantra for a glowing skin is 'Cleansing, Toning and Moisturizing', also referred to as the ***CTM daily routine***. It is also important to

‘slough’ off or exfoliate dead skin cells on a bi-weekly basis in order to rejuvenate and pave way for fresh ones.

The skin typing mentioned earlier, is very handy when it comes to choosing products such as cleansers, toners and moisturizers for your skin. It is always smart to go for products that are ***natural or organic***. But very often you may continue to feel dryness, or oiliness, despite religiously following the skin care routine recommended for your skin type .



So how do some skins emit a glow that could put a glow worm to shame? Well, first of all, an understanding of your skin is required that goes beyond identifying skin type. The CTM routine may not address the root cause of your problem. It is important to search beneath the surface and probe for those powers that control skin health.

- The skin is prone to changes depending on several factors .The most important being the ***hormonal changes*** that you may, periodically, be subjected to.

- Sometimes, changes in your skin can stem from an underlying *disease* or *stress*
- A change in skin quality may be the result of your *lifestyle*. Too much fries, smoke and booze, with too little exercise, is anathema to good skin.
- *Change in climate* is also likely to bring about changes in your skin. Dry climate may dry the skin while a humid climate will open up pores causing oiliness and sweating.

All these factors, and possibly several more, constantly work on the skin to change its tone and texture. Therefore it is necessary to monitor these changes, root out the underlying cause, if any, and alter your skin care regimen to suit the current need if you desire a youthful skin that is '*neighbor's envy, owner's pride*'.

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6. Why Wrinkles?

Your face is that part of your body which first gets noticed; therefore, it is of little wonder that you would like to put your best face forward, one that is blemish-free and pristine-perfect. Sadly with time, the signs of Aging are emphatically etched on the face and you may be forced to seek refuge in dollops of creams and lotions.

If you desire to stay young for a long, long time, it is important to *know about wrinkles*, why they appear, what can be done to remove them and how they can be prevented.



In the deeper layers of the skin there is a network of collagen and elastin. These are proteins that are required to provide support to the skin's surface layers and to keep it firm and taut. From your mid twenties onwards this network begins to loosen up, as a natural part of Aging. The steady loss of collagen and elastin from your skin is estimated to be at a rate of 1.5% each year. This is when wrinkles begin to make their mark .

Natural aging and wrinkle formation are further accelerated by over exposure to the sun. Sunlight destroys collagen fibers and speeds the accumulation of damaged elastin. Excessive sun exposure also produces other symptoms of premature Aging such as fine lines, age spots, dryness and hyper pigmentation.

Some of the other causes of wrinkles and fine lines on the face are habitual facial expressions, smoking, pollution, sudden weight loss and stress.

7. Anti Wrinkle Creams-Ifs &Buts

Many women (and men) swear by anti wrinkle or anti Aging skin care products. There are a lot of easily available cosmetics and therapies that promise to iron out the infirmities of an aging skin.

Modern age-defying skin care ingredients closely resemble *natural* skin components to enable better absorbance of the product. Popular and reliable anti- wrinkle creams are moisturiser- based and help to replace the fast depleting store of collagen and elastin. These creams work either by reflecting light and camouflaging the fine lines and wrinkles or by hydrating the skin and filling out the lines and wrinkles.

Other anti -wrinkle creams are loaded with *anti oxidants*, such as vitamins C and E that counter the oxidants caused by free radicals. Vitamin C replenishes the dwindling reserves of collagen; its anti-aging property is a well-known secret ever since the days of Linus Pauling.

Many of us may not be aware of the fact that a good *sunscreen* is an active part of wrinkle management. It is imperative to apply a sunscreen with Sun Protective Factor (SPF) of *at least 15*, twenty minutes before stepping out in the sun. SPF indicates the time that a person can remain in the sun without getting sun burnt. Sunscreens must be re -applied after every 2 hours, after sweating or after swimming. For those living in humid climates, wearing sunscreen containing greater SPF may clog the skin pores leading to breakouts. Sunscreens or anti wrinkle creams with SPF 15 may be adequate for daily use.

Many anti wrinkle creams contain *retinol* for its antioxidant properties. Alpha and *beta hydroxy acids* are used for their ex-foliant and rejuvenating properties. But these ingredients can

deepen sun damage therefore, care must be taken to apply a sunscreen after use.

Anti wrinkle creams may also contain coenzyme Q, tea extracts and several other anti aging components. Together they aid in combating the physical signs of Aging.

Most skin care products promise to minimize wrinkles, deep lines, and blemishes, changes in pigmentation and age spots. You may be thrilled to bits about your beauty cream but are you sure that you are using the right product? How do you know what is best for you?

Many of these products are harsh and do more harm than good. Hence, great care must be taken to choose the product that is right for your skin.

Not many are aware of it, but vitamin C comes in two forms .One of it is priceless and desirable while the other is wrinkle forming. The desirable form of vitamin C is *Ascorbyl palmitate*, which is fat soluble, stable and works like a wonder potion. On the other hand, its hazardous variant, the *L- ascorbyl palmitate* is unstable and therefore is capable of forming the free radicals that it claims to be fighting. Besides, L- ascorbyl palmitate is highly acidic and can damage sensitive skins.

Avoid using creams or lotions that contain real collagen or elastin as they are not easily absorbed by the skin. Make sure that your beauty wrinkle cream is not comedogenic (pore clogging) as this will cause the skin to break out.

The best of anti wrinkle creams should provide instant results; in other words there must be visible effects within a day or two of usage. If your skin reacts adversely to a product discontinue use immediately.

8. Nature's Anti aging storehouse

It is often difficult to find a cosmetic product based on real science. Seldom are these products churned out keeping in mind the natural chemistry of the skin. Cosmetics often contain chemicals which in the long run can harm your skin.

It may, therefore, be prudent to draw from the resources available in your kitchen or your garden to keep those wrinkles at bay. Let us take a look at some of nature's bounty that may help you to be naturally and youthfully radiant.

Milk is endowed with amazing properties that has a wonderful effect on the skin. It can be used as a cleanser and moisturiser for dry skin.

Milk and *honey*, when used alone or in combination can hydrate and refresh your skin.

Yogurt contains lactic acid, a natural alpha-hydroxy acid. It rejuvenates the skin and makes it smooth by peeling off old cells. It is extremely good for sensitive skin and helps to lighten age spots and make skin tone even. Apply yogurt to clean face and wash off after 15 minutes with cold water. Apply your daily moisturizer afterwards.

Lemon juice has plenty of vitamin C an anti oxidant which destroys free radicals and promotes collagen synthesis. It is a lightening agent, and also promotes dermabrasion and peeling. Lemon juice should never be used directly but must be mixed with milk cream or yogurt.

Egg white helps to tighten the skin, make it firmer and reduce wrinkles. Depending on the skin quality it can be used alone or in combination with various other ingredients.

Aloe vera is a natural moisturizer and one of nature's wonders. It finds a place in natural anti aging skin care recipes because of its ability to moisturize, firm the tissues of the skin and reduce wrinkles.



Almonds not only taste good but also provide nutrition for the skin. They are very good antioxidants. Almond oil, which is a good source of vitamin E can be used for facial massage while powdered or ground almond can be used in face mask in combination with other natural ingredients, like milk.

Gram flour is a good exfoliant and when used as a paste, made with water or milk, acts as an excellent deep pore cleanser.

Coconut milk has commendable anti aging properties and can be applied alone or in combination with powdered almonds or honey.

Rose water is a wonderful toner and also has healing properties.

Tomato juice has amazing astringent properties that is effective on oily skin.

Olive oil has been a part of Cleopatra's beauty regime because of its amazing anti Aging properties.

Starchy veggies, like potato, have excellent skin renewal properties. Rubbing potato peel on your skin can improve its elasticity, if done consistently. *Potato* slices also helps in reducing dark circles under the eye.

Cucumber has very good anti aging properties and can be included in face packs. It is extremely good for under eye dark circles.

Your favorite brand of *coffee powder* along with some *honey* can easily replace your expensive body scrub.

Tip- Here is a **natural face pack** that will keep others guessing your age. Gram flour, turmeric powder and few drops of lemon juice, mixed with either yogurt, milk, rose water or plain water (depending on the skin type) may be used as a face pack for a great, younger- looking skin.



9. Anti Wrinkle Therapies

It must never be overlooked that Aging cannot be stopped or completely reversed. Cosmetic skin care products, or natural ingredients, however good cannot completely set back the clock. They may help to reduce the impact of aging and work best when started early.

Therefore, for those with wrinkled or mature skin, it may be a good idea to avail of anti aging therapies. Most of these therapies are expensive and are required to be repeated periodically. Yet more and more people are resorting to them in a bid to salvage their youth. Some of

the anti wrinkle therapies popularized through demand are described below-

Plastic surgery/Face lifts- This surgical procedure is also known as rhytidectomy. Here an incision is made in front of the ear and the skin is separated from the tissues. Excess skin and fat are removed while deeper tissues are addressed in accordance to the need. The remaining skin is re-draped and the suture is tucked beneath the ear to provide a taut look. This procedure, if simple, can last 2 hours while a complicated one, done under general anesthesia, can last for nearly 6 hours.

Cosmetic fillers- You may be among the many who spend sleepless nights pondering on the possibilities available to erase facial lines. Cosmetic fillers are God-sent for you as they promise to take a few years off your face by eliminating crow's feet, wrinkles and other expression lines.

Botulinum (trade name –***Botox***) is a neurotoxin produced by the bacterium, *Clostridium botulinum*. Commonly associated with food poisoning, this neurotoxin is also a powerful muscle relaxant which, when used as a filler, is injected into specific facial regions. This helps to plump out wrinkles and even skin tone. This procedure requires repeated sittings for best effect and is not without its share of side effects. ***Restylane*** is the latest filler on the prowl. It is synthetic and is based on hyaluronic acid, a natural substance. It is biodegradable, FDA approved and is available in a gel form. It is also recommended to make lips look fuller, something which Botox fails to do.

Bovine collagen and human collagen are also available to be used as fillers.



Laser resurfacing- Resurfacing is a procedure used to renew the skin by removing old cells and allowing fresh ones to surface. This can be done by dermabrasion, radio frequency ablation or by using chemical peels, such as glycolic acid peels or alpha hydroxy peels. Laser resurfacing is the latest to be added to the list.

During this technique laser from a hand devise is focused onto the dermis of the skin to stimulate natural collagen production. Dead skin cells are exfoliated and the skin glows anew from renewal.

The ablative laser resurfacing is effective in treating problems in the epidermis and the upper layers of the dermis, such as freckles and age spots. The non-ablative type, on the other hand, is effective in treating wrinkles by

penetrating the layers of the dermis and stimulating collagen production.

Some discomfort is natural and minimal side effects may be expected. Both these procedures require many sittings to maximize the impact.

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10. Super Foods that Fight Aging

A good diet not only improves your health but also impacts the way you look. Foods rich in anti oxidants and vitamins can actually help to reverse aging.

Calorie restriction, or eating less than what you actually require, has an anti aging effect contrary to what most people believe. Experiments carried out on lab animals have reported increased longevity as a result of calorie restriction. Whether these results can be extrapolated to humans is anyone's guess as they remain to be proved. But there is reason to believe that what holds good for these animals would prove to be good for humans too.

Some of the popular anti aging diets are the GI diet, raw diet and the Okinawan diet. Some people swear by the Mediterranean diet to remain young.

Most anti aging diets have been whipped up from the belief that calorie restriction increases lifespan and promotes youthfulness. These diets are designed to replenish the depleting stock of cells by supplying nutrition for new ones. There is an emphasis on not missing out on essential nutrients. Unhealthy dieting can aggravate signs of aging and can do more harm than good.

The Glycemic Index (GI) diet, which is popular among dieters recommends a balanced diet of multi-grain breads, oats, fruits, soy drinks, vegetables and other nourishments as a part of the

cholesterol, boosts the immune system, fights obesity and slows aging. When taken along with *ginger*, another antioxidant, Green tea is found to be more effective. Green tea supplements are now available in the form of pills .

- *Vitamin E* is a rich antioxidant that is an antidote to sun damaged tissues. Foods containing vitamin E such as oats, brown bread, wheat germ, nuts and meat must be an integral part of anti aging diet.
- A glass of sparkling *red wine* every day can help retain your youthful glow! For a long time wine has been a symbol of good living. Its anti aging benefits have also been widely recognized. Red wine contains *resveratrol*, a rich antioxidant, which is known to work wonders for the heart by promoting blood circulation. Resveratrol is now widely available in the form of oral supplements.

11. Foods that Foster Aging

While we are discussing foods that enhance youthfulness it may be a good idea to be wary of foods that promote aging. These foods wreck the skin and contribute to the overall aging process.

- Avoid *processed and refined foods* such as those made from white flour.
- Steer clear of high calorie, artery clogging, trans- fat laden, *junk food* items.



- Foods with *Preservatives, artificial coloring, monosodium glutamate and heavy metal* are bad news for health and particularly so if you are keen to slow aging.
- The intake of *saturated fats* must be restricted. Only 10% of the total energy must come from saturated fats. Avoid fried and sugary foods.
- High levels of *carbohydrates* have been discovered to hasten the aging process by making the replicated cells weaker than the original ones.
- Some proponents of anti aging even recommend giving up *animal fat* and converting to vegetarianism as an ideal strategy to slow aging.

Make sure you watch what you eat for eating healthy means staying young.

13. Exercise to Counter Aging

If there is a single quick fix to remain young then it is ‘exercise, exercise and exercise’. Of course it must be concurrent with a healthy diet.

There are different forms of exercises that may suit you but even simple exercises such as *walking, cycling or swimming*, if done for 30-60 minutes for at least six days a week, can go a long way to keep you fit and young.



Loss of muscle mass accompanied by increase in fat mass is a sign of aging. *Strength training* exercises can increase your muscle mass, improve your metabolic rate and lend you the lean look.

Your lung capacity tends to shrink with age. *Breathing exercises*, such as ‘pranayama’ can help to increase your lung capacity and improve its functioning.

The role of exercise in maintaining health is well known but not many know that it is also a widely approved stress buster. Moderate exercises not only ensure weight reduction but also relaxes you by triggering the release of endorphins, which are the

feel-good chemicals in your body. These chemicals help to combat stress and keep you looking young.

There are confirming reports that exercises prevent brain tissue wastage, a process which is associated with aging.

Please keep in mind that 20-30 minutes of moderate exercises with the right diet and sleep is all that is needed to take a few years off you. So stop thinking and start walking!

14.Go slow , Age Slow

Life today swings on the motto ‘the faster the better’. It is the present day norm to clog every waking minute with activity of some sort and in keeping with this trend ‘slow’ is considered a nice word to be avoided.

Into this fast- forwarded world the ‘Slow Movement’, which has gained momentum in several European countries, has ushered in the concept of ‘Slow Living’.



Slow living means pursuing life with an eye for details. It harps upon quality rather than quantity and challenges the sense of rush

associated with fast life which generates stress, ill health and robs one of his youth.

Interacting with people and living in harmony with man and nature are the golden rules of slow living. It lays emphasis on a healthy lifestyle that is synchronous with life's basic forces.

Slow Living motivates people to create leisure hours and spend quality time in the company of family or friends .Slowing the pace of life allows you to savor life, does miracles for your health, enhances your sense of well being and does wonders to keep you young!



15. Holistic Anti aging Methods

A Holistic approach involves the use of alternative or complementary therapies to improve physical and mental health and maximise one's sense of well -being.

It involves a wide range of methods such as yoga, meditation, ayurveda, nature therapy, aromatherapy, homeopathy, herbal medicine, massages, spas and several more.



Yoga has been internationally acclaimed as a method that helps to preserve health and youthfulness. Even anti aging experts such as **Fredric Brandt**, whose clients include the rich and the famous, such as Madonna, endorse yoga for its anti-aging effect.

Yoga has several features that counter aging. It helps to maintain optimal weight and promotes good posture; its breathing exercises detoxifies, relaxes and rejuvenates . Done regularly, yoga along with meditation can be therapeutic, beauty-enhancing and age-defying!

Ayurveda showcases health as the indicator of beauty and goes about enhancing it. According to ayurvedic principles, a person leading a disciplined life with the right food choices and choice exercises, can remain youthful well into his eighties.

Surprisingly, this ancient branch of medicine does not recommend vegetarianism. On the other hand it recommends that you feed on

fish from streams or rivers and organically grown poultry or goats in order to remain healthy and young.

Ayurveda also recommends oil bath and massage to counter oxygen free radicals and to retain the vigor and vitality of youth.

16. Anti aging Medicine

Each day there is a greater demand to erase the signs of aging through anti aging treatments. But what is being overlooked is that youthfulness must be equated to being healthy and disease-free.

To fight aging you have to take care of your physical and mental health. Regular screenings and health check ups will help you to detect, treat and even prevent diseases.

There are several *anti aging supplements* available in the markets and the majority of them contain anti oxidants such as Co enzyme Q and hormones like Human Growth Hormones (HCG), Dehydro epi androstrone (D H EA), Testosterone and Melatonin. It is believed that these supplements reverse aging. But it has been argued that the effects of these supplements can be obtained by regular exercise !

While these supplements succeed in camouflaging the signs of aging there is little scientific evidence regarding their role in countering aging or even prolonging life! In fact a study done at the Mayo Clinic, London revealed that DHEA supplements have no proven effect on aging. Despite the lack of evidence multinational corporate companies in this business of anti aging pills and supplements flourish.

MultiVitamin and Multimineral Supplements are recommended for those following the anti aging low calorie diet.

Collagen and elastin when included in oral supplements do not entirely benefit your skin as these components are also used for other processes in your body.

NSAIDS help to keep Alzheimer's at bay while an *aspirin* a day could keep heart diseases away!

If you are undergoing hormone replacement therapy make sure your doctor is using *bio-identical hormones* (BHRT) which closely resemble the naturally occurring ones. BHRT has very little side-effects.

Simple Tips to Slow Aging

- *Sunny side down*- Treat the sun with respect. Never step outside without applying sunscreen. If you are sensitive to sunlight wear protective clothing and use accessories such as gloves, hats or and umbrellas while stepping out.
- *For that glowing skin* -Follow the CTM skin care regimen religiously. Exfoliate by using a gentle scrub once or twice a week. Refrain from using harsh soaps, as they tend to rob your skin of moisture. Use a herbal face pack once a week. It is important to begin early to keep those wrinkles in check.
- *You are WHAT you EAT!* To a large extent your diet determines the rate at which you age. Make sure you eat balanced meals. Steer clear of junk food and high- calorie items if you are interested in retaining a youthful look.
- *You are HOW you EAT!* .Nothing can be worser than wolfing down food without appreciating it! Relish your meal and eat it slowly by chewing it well. Take at least 20 minutes to finish a meal. This will ease digestion, lower

stress and will make sure that the food that you ate works in your favor.

- ***Rainbow of youth*** - Go green everyday-make sure you include fresh leafy vegetables. Go for bright colored vegetables and fruits as they will provide the much-needed anti oxidants.
- ***Water, water and more*** ! Drink 8-10 glasses of water every day to keep yourself hydrated and wrinkle –free.
- ***Kick the butt*** if you don't want those wrinkles mocking at you from the mirror.
- ***Stretch those legs*** regularly to ensure that you stay fit and fine. Walking, or doing moderate exercises regularly, for at least 30 minutes each day, will slow down aging.
- ***Posture perfect-*** It pays to be rod ram straight! Maintain correct posture to stop the stoop. Also remember to walk with your head straight if you do not want a premature double chin.
- ***Bust the stress-*** Stress robs us of our youth by contributing to wrinkles and premature graying. It affects overall health and well being. It is important to identify the cause and work towards busting the stress. Be a master of your emotions and not a slave to them. Steer clear of negative thoughts and practice relaxation techniques to beat stress.
- ***Laugh to stay young!*** It is well known that humor heals and rejuvenates. Laugh more to live long.
- ***Fight Age with forty winks-***It is all very well to follow a skin care routine but did you know that sleep is an important part of skin care? As your body ages you need 8 hours of sound rest to rejuvenate and recover from the damages imposed during the day. So make sure you grab those forty winks everyday!
- ***Detox-*** Your skin condition is an indicator of your general health. If there is an accumulation of toxins in your body it will be reflected on your skin. 8-12 glasses of water a day

and a detox diet once a week will flush out the harmful toxins from your body. Follow a detox routine to achieve a flawless, satin - smooth skin.

- ***Rock and Romp-*** An active sex life is linked with better health, a heightened sense of well being, and a longer life. Sex triggers the release of endorphins in the brain and generates a natural ‘high’. A good round of sex also burns calories. All this possibly explains why you ‘feel good’ after sex. No matter what your age, rock and romp to look young and feel good!
- ***Your brain*** is a muscle. Use it or lose it!

Ultimately it is all in the mind. Your attitude determines your altitude – so instead of being fixated on looking young, go about working on feeling young. As Sophia Loren said,

“There is a fountain of youth: it is your mind, your talents, your creativity you bring to your life and the lives of people you love. When you learn tap this source you will truly have defeated age”.

