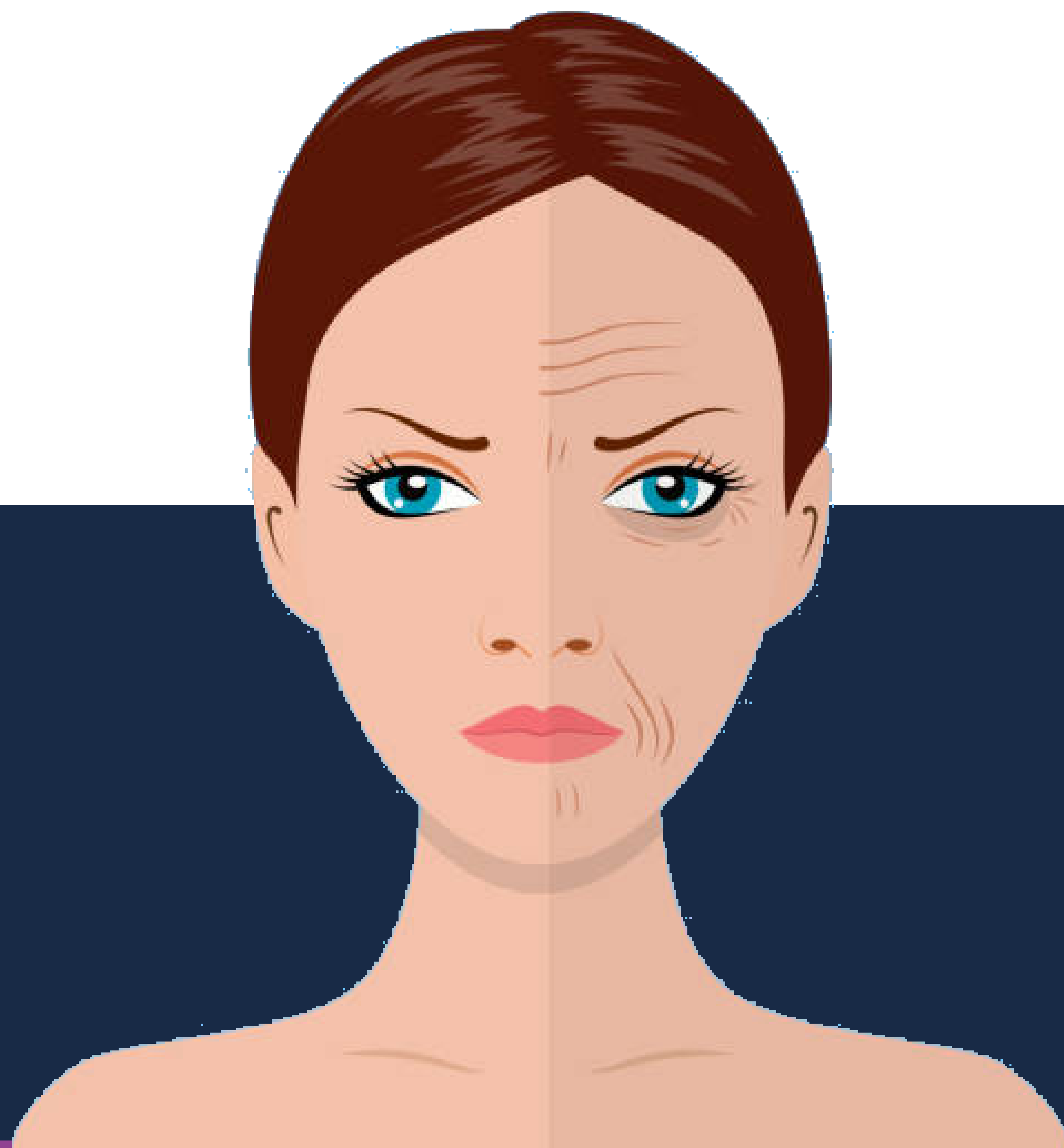


***WHAT
CAN I
DRINK TO
LOOK YOUNGER?***



When we think about looking younger, we initially think about the skin. But when looking at anti-aging, it is important to look at the whole body. You will look old if you have wrinkles, but also if you are stooped due to bone loss; if you squint and wear glasses because your eyesight is failing; or struggle to breathe due to aging cardiovascular organs.

Water

One of the main signs of cellular skin damage is wrinkles and fine lines. To prevent wrinkles from forming, we must hydrate our bodies. One of the most effective drinks against aging is water. Drinking mineral or purified water every day will help hydrate our cells from the inside out. Properly hydrated cells function correctly.

Our skin has a natural moisturizing factor, that binds with water. It is produced within the epidermis by the keratinocyte cells (1). This natural moisturizing factor takes care of hydrating and protecting our skin cells by binding to niacinamide, which is a component of Vitamin B3 (2). In fact, you will see niacinamide in many skincare products.

Nothing ages your skin faster than sunburn, but if you do overdo it in the sun, water can help. It will help stimulate the skin's own repair functions so it can heal faster and prevent further damage (3).

When you are dehydrated, it can affect your concentration and memory. In the long term, this can lead to the brain aging faster (4). The implications of this are Parkinson's disease and dementia. Both of which age you faster, so you look older.

So get into the habit of drinking at least 4 pints of water a day. This should be increased if you are exercising or in a hot climate; as you lose water through sweat.

Green Tea

Just like water, green tea also hydrates our body deeply and moisturizes our skin cells. This is partially because it is made with water. However, green tea itself is rich in beneficial anti-inflammatory flavonoids, antioxidants and polyphenols. These ingredients nourish the dermis and epidermis because they increase collagen production (5). This reduces wrinkles and prevents aging.

Components in green tea also play a part in reducing the effect of damage to collagen in the skin (6). In addition, it can protect the skin against the sun's ultraviolet rays (7). It is therefore a good idea to make green tea an important part of your skincare regime. Have a cup every morning, especially during the summer months, as a great way to keep your skin young-looking. If you don't like the flavour of water but still want to drink plenty, drinking green tea and herbal teas is a tasty way of getting the water your skin needs to look good.

As a bonus, components of green tea called catechins, polyphenols and tannins are also beneficial for slowing down internal aging. For example, in heart cells (8). This cannot be seen outwardly, but extends our lifespan by keeping everything functioning efficiently.

Vitamin C

Drinking anything that contains vitamin C is good for your skin. These include orange or grapefruit juice; lemon juice added to water or strawberries and kiwi fruit added to smoothies.

This is because vitamin C can protect the skin against UV light and is involved in the production of collagen, which plumps up skin (9). This is why Vitamin C is often an ingredient in skin serums.

Smoothies and juices

Smoothies may not immediately spring to mind as a drink. But these 'meals in a glass' are packed with fruits and vegetables that nourish the body from the inside out, right down to the cellular level. They contain essential antioxidants that protect our cells from damage, which can lead to premature aging. The best anti-aging foods to include in your smoothie include those containing vitamin C, as mentioned above. Other skin-friendly, anti-aging foods to add into your smoothie maker are watercress (10), papaya (11), blueberries (12), broccoli, kale (13) and, not forgetting, avocado (14). Adding avocado to your smoothie introduces healthy fats that keep your skin glowing and elastic.

When thinking about aging, our eyesight is often the first thing to be reduced. Carotenoids found in spinach, kale, and broccoli prevent the aging of our eyes, such as macular degeneration and cataracts. So make sure these are included in your smoothies or vegetable juices (15). These compounds also help to keep our hearts healthy and youthful (16), which is another great reason to include these veggies in your smoothies and juices. As a side note, if you don't like eating these vegetables, adding them to smoothies is a great way to disguise the flavours and textures, whilst still getting all the anti-aging benefits.

Another great anti-aging drink is tomato juice, because it contains the antioxidant lycopene. This antioxidant has been shown to reduce sun damage (17).

Lycopene is also found in other red fruits and vegetables, but it is much more concentrated in tomato juice. If you want to reduce the depth of your wrinkles, drinking tomato juice is good advice as lycopene has been found to do just that (18).

In addition, tomatoes are another source of vitamin C, so they will bring all the benefits of this anti-oxidant vitamin to your anti-aging skincare regimen.

Milk

If you want to look young, go vegan (19)! A big reason why so many people are looking older than they actually are is the increase in disease related to eating animal products. Cows' milk, for example, contains growth hormones that trick our bodies into producing too much insulin when we drink it. This causes weight gain due to insulin resistance (20). The animal fat content of milk has been found to increase the aging of DNA (21).

There are plenty of vegan milks available now that taste every bit as good as the animal-based variety. Soy milk is a good option. Another aspect of aging is bone degeneration, namely osteoporosis. A component in soy milk can help protect against this (22). In addition, soy milk can help boost collagen and water retention in the skin. This helps ward off wrinkles and saggy skin associated with aging. Phytoestrogens in soy milk mimic the female hormone estrogen, so it is especially effective in menopausal women when estrogen levels are low (23).

To boost the benefits of drinking milk (whether it is cow's milk or vegan milk), add turmeric. Turmeric contains a compound called curcumin, which is anti-inflammatory. This is good news for your skin (24).

Beet juice

Beetroot juice is a great drink to keep you in vibrant health and feeling youthful. This is due to nitrates in this richly coloured vegetable juice (25). Nitrates increase nitric oxide, which helps with blood circulation, by dilating blood vessels. This is important because good blood flow enables nutrients to be delivered around the body, especially to the skin. This keeps it glowing and young looking. Low blood flow is also one of the causes of heart attacks and dementia (26).

Remember that what you put into your body is just as important, if not more important, than what you put onto it.

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