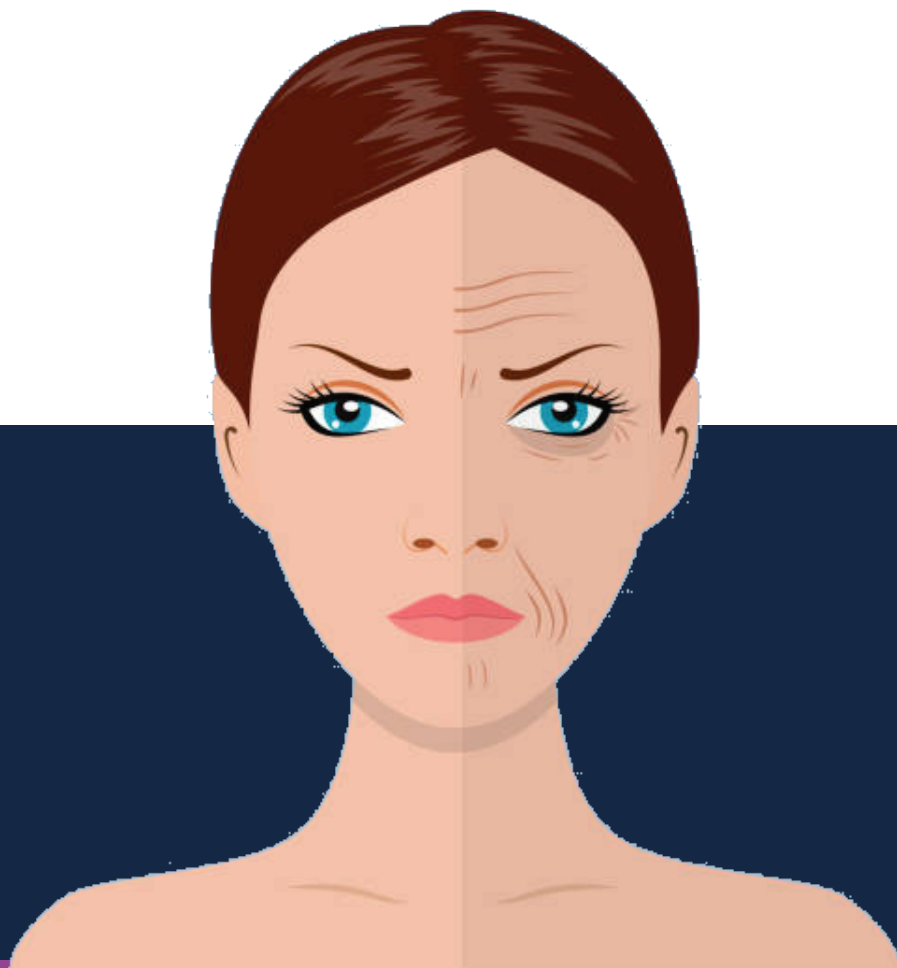


***ANTI-AGING
SECRETS:
STAY YOUNGER
AND LIVE LONGER!***



Anti-Aging Secrets: Stay Younger and Live Longer!

When we are young and vibrant, we don't tend to think about aging. We hear our older relatives moaning about how fast time goes. But with the arrogance of youth, we ignore their wise words. That is, until we realise that we are in our forties! We post on social media: "How did that happen? How can I feel twenty inside but look forty outside?"

We can moan that the years have been cruel, but is that true? Were the years really cruel or were we just a bit lax in caring for ourselves? Rude with good health and taking it all for granted.

If you are twenty and reading this, I can almost hear your eyes roll. Yes, I know you think you know it all. But why not take a moment to look around you? Look at your older relatives. Which ones look the best? Which ones don't look their age? Why not ask a few questions of those that have aged well? Do they smoke? How much alcohol do they drink on a regular basis? Do they have a skin-care regimen? Do they drink much water? Have they been "under the knife"?

I know you don't want to hear it, but aside from good genetics, the forty and fifty-somethings that look a decade younger than they are, have given nature a helping hand. They have taken care of themselves and are now reaping the benefits, basking in the compliments and looking forward to aging gracefully. And you can too.

So, how can we slow down the aging process? How can we defy Father Time? Believe it or not, it is possible and there are lots of ways that will help us to do just that.

We are going to look at the best anti-aging foods, anti-aging treatments, and how to make changes in your lifestyle to keep those wrinkles at bay. But first, let's take a look at some of the ways in which we age:

How We Age.

There are many factors that contribute to the overall process of aging. Some are external, some are internal. Some are beyond our control, such as genetics. However, there are many things we can do to influence how quickly we age and how well we age. These are some of the ways in which we age:

External Factors

UltraViolet Light from the Sun

We all love to relax in the sun and get a tan. Unfortunately, exposure to the sun's ultraviolet radiation can damage our skin, leading to wrinkles, age spots, and other skin problems. UV rays break down the elastin in your skin, which keeps your skin stretchy and elastic, whether the sun is out or not. Even when it is cloudy, you need to protect your skin with SPF.

Having said that, Vitamin D (which we get from the sunshine) is incredibly important for keeping you healthy. As many as 41% of elderly and aging people are deficient in this important nutrient (1), which is vital to protect against disease. It is, therefore, advised to spend 15-20 minutes in the sun, without sunscreen, to gain the anti-aging benefit of this important sunshine vitamin. Just remember to slap on the sunscreen if you are out in the sun for any longer than that.

UV rays also dry the skin out and cause age spots and wrinkles. In fact, UV exposure is credited with being the main cause of skin aging (2). Protect your skin with a full spectrum sunscreen, of at

least SPF 30, every day to improve the texture of your skin. If you don't like the greasy feel of sunscreen, you can get a moisturiser that contains SPF. But don't forget your nose and ears. When thinking about protecting your face from the sun, all parts of your face are important.

While we are talking about protecting your face, don't forget to protect your eyes. Wearing sunglasses stops the effects of UV rays and will also stop you squinting, which causes wrinkles and crow's feet. For extra protection, pop on a sun hat for a bit more shade on your face.

Smoking

Smoking not only causes deep wrinkles, crow's feet, saggy facial skin, eye bags, age spots and makes lips look less full. It also increases the risk of premature death. The chemicals in cigarettes, called carcinogens, cause inflammation and damage the lungs and heart. Smoking also increases the risk of developing age-related diseases such as cancer and heart disease (3). Compare anyone who smokes with someone who doesn't. Ignoring all other aging factors, the person who smokes will look much older than the non-smoker. The best advice if you want to age slowly, keep a younger appearance and live longer is to avoid smoking in the first place.

Alcohol

Drinking too much alcohol on a regular basis makes you look older due to puffy eyes, dehydrated skin that looks grey and lack-lustre, and a ruddy complexion (4). It can also damage the liver, increase the risk of developing cancer, and lead to premature aging.

There is no reason why you should not enjoy alcohol in moderate amounts. Choose quality red wine for the resveratrol, which has been proven to protect the heart. Try to have at least three,

preferably four, alcohol-free days a week and alternate alcoholic drinks with water or soft drinks.

Stress

Stress can lead to wrinkles, frown lines, crow's feet, and other signs of facial aging. This is due to the effect of the stress hormone, cortisol, which causes the collagen and elastin in the skin to break down. Chronic, or long term, stress causes inflammation and damages DNA, contributing to the aging process and the development of chronic diseases (5). Stress can also lead to a lack of sleep, which can make us look older than we are too.

Long-term stress can also cause us to look older as it makes our hair lose its colour and go grey faster (6). The best way to overcome this is to colour, tint or highlight your hair. While on the subject of hair, the style you choose for your hair can also affect how old you look. Long hair can age a woman over 40, and as upsetting as it may be to wave goodbye to your long locks, a short style that frames your face and highlights your cheekbones will be much more flattering (7).

Internal Factors

The natural process of aging increases as we get older. This is due, in part, to the fact that our cells start to deteriorate and lose their ability to divide and repair themselves.

Free radicals

Free radicals are unstable molecules that can damage our cells, leading to the development of age-related diseases. These are caused by smoking, pollution, toxins from cleaning chemicals and cosmetics, and foods such as sugar, red meat, alcohol, processed cooking oil and processed meats such as bacon and ham (8).

Hormones

Hormone levels decline as we age, which can lead to a variety of health problems. Many women feel no ill effects from this. However, many going through the menopause are not so lucky. Symptoms of the menopause include insomnia, irritability, osteoporosis and even depression (9), the effects of which all combine to make women look and feel older.

The male hormone, testosterone, decreases as men age, leading to a loss of muscle mass, reduced strength and bone density, and a decreased ability to burn fat (10). These combine to make men look older. Weight training and exercise can overcome this to a certain degree (11).

Vitamin D and calcium work together to boost testosterone levels, which then all come together to reduce the risk of falling in the older generation (12). As mentioned earlier, you can get Vitamin D from the sunshine but also from foods such as eggs, fish, (especially salmon and sardines), and fortified foods (13). Calcium is in dairy foods, leafy greens and also in tinned sardines, pilchards and mackerel, where the bones are also eaten.

While we are discussing the risk of falling, it is worth mentioning that as we age, our bones get weaker and less dense. This is more prevalent in women. Keeping our skeleton healthy is really important for anti-aging because as our bones deteriorate, we become stooped and lose height (14). Even if our skin looks fabulous, a stooped demeanour gives an overall appearance of being elderly. In order to keep bones strong and reduce the risk of falling, it is advisable to do weight-bearing exercise and eat vitamin D and calcium-rich foods.

Telomeres

Telomeres at the ends of our chromosomes are responsible for the aging process in our cells. The shorter they are, the faster we age.

One of the main things that can shorten your telomeres is stress (15). Meditation is a great way to manage stress and slow down the aging process on a cellular level (16).

Mitochondria.

Mitochondria are in nearly every single cell in our body. These tiny organelles are the power packs of our cells that provide us with energy. As we age the mitochondria reduce in size and quantity which is a natural aging process (17). However, certain things can speed up this process, such as smoking and the overuse of some medications including non-steroidal anti-inflammatories, antibiotics, and aspirin (18). To keep the mitochondria healthy, and slow down the aging process there are a few things that you can do. Firstly, strength training that increases muscle mass has been shown to be effective (19). Bearing in mind what has already been mentioned, cut down or cut out smoking, limit the use of medication if possible, and reduce the amount of toxins that you are exposed to. These include cosmetics, pollution, and pesticides (20).

The Best Foods

Now that we have an understanding of how we age, let's take a look at the best foods to help us stay young, vibrant and healthy. Actually, first of all, it's a good idea to look at what you should be avoiding. Or at the very least, only have it now and then.

First of all, stop calling a visit to that fast food chain a "treat". There are much better ways to treat yourself that are better for you and will keep you looking young. But more of that later.

Again, I can imagine you are rolling your eyes! And yes, I realise broccoli doesn't taste as good as a Big Mac. But a Big Mac speeds

up the aging process from the inside. And worse still, it is full of stuff (salt, sugar and bad fats) that keeps you coming back for more! I, for one, don't want to be at the beck and call of people raking in the cash at the expense of my health!

The foods that will age you faster, inside and/or out, are:

Fries, burgers and nuggets: As many as a third of Americans eat fast food every single day (21). Unfortunately, those foods are fried in processed oils that contain omega 6 fatty acids. These are pro-inflammatory. In other words, they cause inflammation. The effect of inflammation on the body ages us both internally and externally. Processed oils, especially those that are used over and over again, compound the effect of this and can drive us to an early grave (22).

Sugar and processed carbohydrates

Sugar is one of the worst foods you can eat if you want to look after your skin. The best way to illustrate what happens to your skin when you eat a lot of sugary foods, is to compare it to a banana. Peel one and leave it out for a while. You will notice that it goes brown; this is due to the sugars in the banana, and the browning is the Maillard reaction. In our skin, the Maillard reaction causes something called cross-linking, which affects the elastin and collagen. Cross-linking makes our skin stiffer, less supple, and less soft (23). Sugar also affects our bodies inside by attaching to cells, especially red blood cells, and stopping them from working properly. This causes advanced glycation endproducts (ironically called AGEs), which can cause cellular aging within the body and lead to diseases such as diabetes (23).

One of the worst culprits is that can of Red Bull. Like the advert says, "it gives you wings". Yes it does! It gives you your angel wings because drinking these kinds of so-called energy drinks on a regular basis can increase the risk of life-threatening diseases such

as diabetes, obesity, cancer, heart and kidney disease (24). While we are on the subject of energy drinks, now seems like the perfect time to talk about caffeine.

Caffeine

We all love our cup of Joe in the morning, but too much caffeine can affect our sleep, which adversely affects our skin. A high intake of caffeine shortens those telomeres that we have been talking about, causing us to age faster (25).

Caffeine is also a stimulant that behaves in a similar way to adrenalin. Adrenalin is a stress hormone, and as we have already discussed, stress can lead to premature aging. If you really can't give up coffee, decaffeinated, organic brands are a much better option to keep aging at bay.

Bacon, sausage and processed meats

As delicious as these meats are, they are full of sulphites and salt. If eaten on a regular basis, they can affect our skin and make us look older than our biological age. Salt also makes the skin retain water, which can give us a puffy, unflattering appearance (26).

Why staying slim makes you look younger

Being overweight is one of the fastest ways to age and increase the risk of premature death (27). So it makes sense to try and stay within a healthy BMI (under 25), eat a healthy diet more often than not, and do regular exercise. We all know this. Sadly, we don't do it. Then we wonder why we end up suffering from lifestyle diseases such as cancer, cardiovascular disease, diabetes, etc. All of which make us look and feel old.

Having said that, if you lose too much weight, especially in your fifties and sixties, you can look gaunt, drawn and tired. This is because the skin has lost its elasticity. So a little bit of fat on the face can plump up the skin and make you look younger. This is one of the reasons people reach for fillers in the fight against aging, which will be discussed later.

One of the most important things you can do for your anti-aging strategy is to eat plenty of fruits and vegetables. These foods are packed with nutrients that help keep you looking young. Some of the best anti-aging fruits and vegetables include:

Leafy Greens: Leafy greens such as kale, spinach, and lettuce are high in antioxidants and vitamins A, C, and E, which help fight free radicals and the effects of aging (28). They are also low in calories and high in fibre, making them a great choice for weight control. Spinach and kale are high in lutein and vitamin C, both of which help keep your skin looking healthy and youthful (29).

Berries: Berries are high in antioxidants, which help protect the skin's collagen from damage, due to oxidative stress. They are also low in sugar and calories, making them a healthy choice for maintaining a healthy weight. Blueberries, in particular, are rich in antioxidants, which can help protect your skin from UV damage and oxidative stress (30). Compounds in blueberries keep blood vessels and circulation healthy, which keeps the skin looking fresh, young and healthy as nutrients and oxygen are delivered to it more efficiently (31).

Any fruit that is high in vitamin C, such as citrus fruits, blueberries, kiwi fruit, strawberries and even tomatoes, is beneficial for the skin. This is because vitamin C plays a part in maintaining collagen in the skin (32). A bowl of fruit salad is a great, skin-friendly

dessert instead of sugary puddings. Berries also make a healthier alternative snack than crisps and sweets/candy if you want to stay looking younger longer.

Orange Vegetables: Orange vegetables such as carrots, sweet potatoes, and butternut squash are high in beta-carotene, an antioxidant that helps protect our cells from damage. They are also great for maintaining eyesight, which obviously gets worse the older we get (33). Not being able to see properly and squinting, which in itself causes wrinkles, make us look and feel older. There is also the perception that wearing glasses makes us look older, although this effect is quite small, bearing in mind that frames these days are much more flattering (34).

Red fruits: Tomatoes and watermelon are high in lycopene, which helps protect your skin from UV damage (35). You still need to take care when out in the sun and wear sunscreen, but lycopene can reduce the effects if you do happen to get caught out on a sunny day.

Cruciferous Vegetables: Like leafy greens, cruciferous vegetables such as broccoli, cauliflower, and cabbage are high in cancer-fighting compounds called phytochemicals. They are also a good source of vitamins C and E. Broccoli is rich in antioxidants, which help fight free radicals that can damage cells and lead to premature aging (36).

You don't have to eat only fruits and vegetables to stay young though! There are plenty of other anti-aging foods that can help you look and feel younger. Some of the best ones include:

Fatty Fish: Fatty fish such as salmon, trout, herring, sardines and mackerel are high in omega-3 fatty acids, which help protect our cells from damage, especially from UV rays (37). If you do forget to use sunscreen and get burnt, having Omega-3 fatty acids in your diet will help protect the skin, potentially help it heal faster and reduce the risk of developing skin cancer a little (38).

Including plenty of omega 3 fatty acids in your diet can help keep skin soft and hydrated and reduce the effect of irritants that can cause itchy and dry skin, all of which damage the skin and make it look older (39).

Nuts: Nuts are high in antioxidants, fibre, and healthy fats. They are a good source of protein and minerals such as magnesium, potassium, and zinc that can help keep you looking young. Walnuts also contain anti-aging omega 3s.

Avocado: Avocado is high in healthy fats, such as the monounsaturated fat, omega 9, which is also in olive oil. They can help keep your skin hydrated and increase the collagen that keeps it smooth and young-looking (40).

Green Tea: Green tea is rich in antioxidants, which can help protect your skin from UV damage, skin cancer, and acne (41).

While adding these foods to your diet is a great way to stay young, there are also some other things you can do to help:

Sleep

Most people know that getting a good night's sleep is important, but many don't realize just how crucial it is to their overall health and well-being. Sleep is essential for keeping your body and mind

functioning properly. It allows your body to rest and repair itself, and it helps keep your brain healthy and alert.

Not getting enough sleep can have a number of negative consequences, including making you look tired and old. One of the most obvious signs that you're not getting enough sleep is dark circles under your eyes. These are caused by blood vessels dilating, which makes the blood underneath your skin more visible.

Other signs of lack of sleep include sagging skin, fine lines and wrinkles, and a puffy face. All of these are caused by the body's natural aging process, which is accelerated by a lack of sleep.

So how much sleep do you need? Most people need between 7 and 8 hours of sleep per night. If you're not getting enough sleep, try to make some changes to your bedtime routine. Make sure you're going to bed and waking up at the same time each day, avoid caffeine and alcohol before bed, and avoid using electronic devices in the hours leading up to bedtime. Getting a good night's sleep is essential for looking and feeling your best. And best of all, it's free! (42).

Drink water

Water is essential for life. Every single organ in the body depends on water to function properly, including the skin. Water helps plump up the skin and keeps it looking young and healthy.

If you don't drink enough water, your skin will start to look dry, withered and wrinkled. This is because a lack of water causes the skin to lose its elasticity and become less supple. Dehydration caused by a lack of water, can lead to dark circles under the eyes, and a lack-lustre, puffy face.

To keep your skin looking young and healthy, make sure you drink plenty of fresh, pure water every day! (43).

How can you keep your face looking younger?

One thing that is popular is face yoga. Face yoga is a form of exercise that helps keep your face looking toned and youthful (44). It involves a variety of exercises that help tone the muscles in your face, including your forehead, cheeks, and jawline. You are best advised to do it in private, as some of the faces you will pull can look pretty weird. You won't see the results overnight, but dedicating ten to fifteen minutes a day to this exercise will tone your muscles, tighten your skin and keep you looking younger for longer.

We mentioned earlier that people refer to a trip to McDonald's, or KFC as a treat. When we are thinking about the aging process, these are about as far away from a treat as it is possible to get. Something that is much better as a treat for your health, well-being and skin is a trip to a spa. Yes, it costs more, but the investment in your health and appearance is definitely worth it. And you will leave feeling invigorated, relaxed and revitalised.

Spas offer a variety of treatments that can help improve your skin's health and appearance. Some of the most popular treatments include facials, massages, and body wraps. In addition to improving your skin health, spas can also be beneficial for your mental well-being. They offer a relaxing environment where you can de-stress and unwind.

If a spa is out of your budget, there is no reason why you cannot treat yourself at home.

Homemade anti-aging treatments: Cosmetics and anti-aging products may contain chemicals that you would rather not put on your face. Making anti-aging treatments at home is great, if you prefer to know exactly what is being put on your face. It also means you can use natural products. A great home-made face mask is made with avocado and honey. Here is the recipe:

Mix together 1 tablespoon of solid coconut oil, the flesh from half a ripe avocado, 1 teaspoon of Manuka honey and 1 teaspoon of cold water. Warm the skin on your face using a heated, damp face flannel, which opens up the facial pores. Using your fingers, spread the face mask on to your face, taking care to avoid the eye area. Pop a couple of slices of fresh cucumber onto your eyes and relax for 15 minutes. Rinse off thoroughly with tepid water, gently pat your face dry and then apply your favourite moisturiser. Doing this once a week will help your skin look younger, fresh, hydrated, and soft.

There are many more recipes for homemade face masks, hand creams, and scrubs online. Try and use organic ingredients if possible to avoid the aging effect that pesticides, and other toxins will have on your skin.

Relaxing in a mineral bath

If you can afford it, soaking in thermal mineral water has been said to rejuvenate the whole body. It is especially good for the skin as it makes it soft and supple, increases hydration and eases dry, sore and itchy patches (45). Unfortunately, unless you live in Japan or Iceland, where these natural thermal, mineral springs are, this is not really a practical option. However, you can buy Epsom salts or magnesium flakes from your local chemist. Add a handful to a warm bath, grab a good book and relax. This reduces stress, boosts your brain and keeps the skin soft and supple; a triple-whammy for anti-aging.

There are many products that help you fight off the effects of aging. Let's have a look at some of them.

Anti-aging creams

The ingredients you should be looking for in an anti-aging cream are:

Hyaluronic acid, which boosts water retention and plumps up the skin. This helps moisturise the skin, reduce the appearance of wrinkles and fine lines, and increase elasticity (46). Hyaluronic acid is very easily absorbed into the skin. This can bring with it problems, such as bacteria being absorbed along with it (47), which could lead to infections. For this reason, make sure you only apply it to a clean face, with clean hands. Keep the lid or cap on the bottle and wipe away any residue after use.

Retinol is a form of the antioxidant Vitamin A. It comes as an oil, cream or serum, and is considered the gold standard for its anti-aging and skin clearing benefits. It increases cell turnover, stimulates the production of collagen and is absorbed deep into the skin where it works its anti-aging magic. It can cause irritation and dry skin. It should not be used during pregnancy. It can also make the skin more sensitive to UV light. So remember to apply plenty of sunscreen, if you use retinol-based, anti-aging products (48).

Vitamin C is an antioxidant that neutralizes free radicals that cause oxidative stress, which in turn causes premature aging. It is essential for collagen production, and helps support healthy skin structure. To protect the skin's barrier Vitamin C also plays a role together with fat cells, called lipids (49).

Peptides increase collagen production in the skin, which helps it keep its strong structure. They also help reduce wrinkles, fine lines and improve tone, making them a useful weapon against skin aging (50).

These ingredients all help reduce the signs of aging and promote healthy cell turnover!

Anti-aging treatments

There are other anti-aging treatments that are a little more invasive than serums and creams. These include chemical peels, fillers, botox and dermabrasion. You need to carefully consider the advantages and disadvantages of these treatments, as they all come with side effects.

Botox is effectively a bacterial toxin that paralyses muscles and blocks nerves. It temporarily improves the appearance of fine lines and wrinkles (51). It can be painful, cause swelling, leave bruising and can cause an allergic reaction (52). It also comes at a cost and doesn't last forever, so the cost aspect is recurring and worth bearing in mind.

Chemical Peels smooth and improve the skin's appearance, reducing fine lines, wrinkles and age spots. They can also reduce the appearance of scars. They work by 'stripping' off the top layer of skin cells, revealing younger, fresher looking skin. There are three types, depending on how deep the treatment works into the skin. It must be done by a qualified, trusted practitioner and can be expensive (53).

Dermabrasion is like exfoliation, which brightens the appearance of the skin, making it look more youthful. The exfoliation can be done with fine crystals or water. It is quick and painless, and you can see the results immediately. Unfortunately, it has to be done monthly and won't help reduce deep wrinkles (54).

Fillers involve the injections of hyaluronic acid, collagen, fat or silicone into the skin, usually the face (55). They are injected into

the skin to smooth out wrinkles and lines. Some people have fillers to plump up their lips and cheeks or make their faces more symmetrical (56). It isn't cheap, and prices start at around £200/\$260. The effect can be long term, depending on the filler used. Remember, there will be some pain involved, including bruising and swelling (57).

The final anti-aging treatment is a face lift. This involves surgery and anaesthesia and the risks that they bring. The results cannot be guaranteed, and there is an extended period of recovery time, which is painful and sore. For these reasons, this is not for the faint hearted and will also cost thousands of dollars. If you wish to consider this form of holding back the years, you need to do your due diligence and find a qualified and experienced registered cosmetic surgeon. After all, your life is at risk, not just your facial good looks.

Anti-aging for the brain

We have mostly discussed anti-aging with regard to appearance. However, the brain is incredibly important when considering anti-aging. Nothing ages you faster than the loss of memory. Dementia is a particularly cruel aspect of aging, but thankfully it doesn't happen to everyone. So how can you keep your brain younger and fitter?

There are a few key ways:

Exercise your brain: Learning new things is one of the best ways to keep your brain active and healthy. When you learn something, such as playing a musical instrument, it creates new connections in your brain. This helps keep your mind sharp and prevents memory loss as you age (58). Reading, doing crosswords, and other puzzles like Sudoku are other positive steps you can take to keep your mind active (59). If you are technically minded, there

are also lots of apps that you can download on your phone to keep your mind occupied. Having said that, beware of the effects of EMFs and blue light that are emitted by cell phones. This can also impact brain health and negate all the benefits of the brain-training apps (60). A good game of chess with a friend or family member would be much more beneficial than playing it online.

Stay physically active: As well as staying mentally active, exercise is not only good for your body, it's also great for your brain. Physical activity helps increase blood flow, which brings oxygen and nutrients that are essential for healthy brain function. Research has shown that aerobic exercise, in particular, reduces brain shrinkage as we age (61).

Socialize: Staying socially active is another great way to keep your brain healthy. Interacting with friends and loved ones, helps keep your mind active and engaged. It also provides mental stimulation and emotional support, which are both important for healthy brain function. Social interaction stimulates the brain and helps keep it active. Loneliness has been proven to speed up the onset of dementia (62).

The secret to staying young is to surround yourself with friends and family. People who live in safe and friendly communities, are married and have long friendships have longer telomeres. All you need are a few good buddies (63).

Reduce stress: Stress can take a toll on your mental health, including your brain health. High levels of stress can lead to anxiety, depression, and even cognitive decline (64). Finding ways to reduce stress in your life is important for keeping your brain healthy and functioning at its best. Long-term stress can also stop, or slow down neurogenesis. Or, in layman's terms, the production

of new connections in the brain (65). Therefore, if you are stressed, doing puzzles, learning and reading won't be as beneficial in the fight against dementia. Unless, of course, you find reading and doing puzzles relaxing. Otherwise, deal with the stress first.

Eat a healthy diet: We have already discussed eating a healthy diet, but it is worth pointing out here that some foods are particularly important for brain health. Specifically, these are foods that contain omega 3 fatty acids, such as oily fish, walnuts, flax and seafood. Water is also incredibly important to keep the brain firing on all cylinders. Plus, it is important for optimum blood flow to deliver those all-important nutrients to the brain.

Alzheimer's is now being referred to as Type 3 diabetes (66). This is because diet, and particularly insulin resistance, has been shown to play a huge part in brain health. The mechanism of dementia and insulin resistance is extremely complicated. However, reducing processed carbohydrate intake, especially sugar, reducing calorie intake (67) and fasting (68) for 12-16 hours a day can go a long way towards improving insulin resistance. This can help protect you against the onset of dementia and Alzheimer's disease.

Get plenty of sleep: Lack of sleep quite simply makes us look tired, which gives the impression of making us look older than we are. Sleep deprivation can also cause fine lines and wrinkles. Someone who doesn't sleep very well has older looking skin because it loses elasticity and doesn't heal as fast as it should (68). Lack of sleep also causes us to be less focused the next day, which can cause serious memory issues if you don't get enough sleep for a long time (69).

So there you have it! A few ways that you can keep your brain healthy and young. By incorporating some or all of these tips into your life, you can help prevent memory loss and keep your mind sharp as you age.

Aging is a natural process, but that doesn't mean that you have to just let it happen. You have the power to take control of your health and keep your body and mind functioning at their best, and keep looking younger and more beautiful for as long as possible.

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