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Anti-Aging Secrets - The Truth

By Teresa King

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The time comes when men and woman start noticing that they are aging. We all go through it. We don't have to surrender too soon nor do we have to like it. However, we must do whatever we can do to age with dignity.

Aging is a Multi Billion Dollar Industry. The money is spent by people who desperately try dangerous poisons to keep their face firm or pay for cosmetic surgery and jars of "amazing creams."

The fountain of youth is forever elusive. We all shall age.

However we can age far more gracefully, if we do the things that are necessary to keep our eyes, skin, hair, and mind alive and well.

When I was 32, I was volunteering for visiting older women in their homes. Most of them were in their 70's. I went to knock on the door of an apartment and a woman that I would have guessed was about 57 opened the door. She had twinkling blue eyes and then as I watched her walk, I realized she was older.

As we age, we tend to not be as spry as we used to be.

(This can be helped, too)

Amazed to find out she was 76 which was even older than I had reassessed her age... I asked her, "how in the world did you keep the wrinkles from around your eyes?"

Her answer was her mother had told her to start early at age 25 to start putting mineral oil on her eyes and had done that all her life as a habit.

Amazing - is all I can say. She had lovely smooth skin.

So, I went home and started doing it too. Later, I read it was not good for you. So, I stopped using mineral oil.

Recently, I found an interesting article about Mineral Oil.

It did not have a title, but it makes a whole lot of sense!

Here it is: The start of the article.

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The notion that mineral oil and petrolatum (Vaseline) are bad for skin has been around for some time, with Aveda being the most visible company to mount a crusade deriding these ingredients. According to many companies that produce "natural" cosmetics, mineral oil and petrolatum are terrible ingredients because they come from crude oil (petroleum) and are used in industry as metal-cutting fluid (among other uses) and, therefore, can harm the skin by forming an oil film and suffocating it.

This foolish, recurring misinformation about mineral oil and petrolatum is maddening. After all, crude oil is as natural as any other earth-derived substance. Moreover, lots of ingredients are derived from awful-sounding sources but are nevertheless benign and totally safe. Salt is a perfect example. Common table salt is sodium chloride, composed of sodium and chloride, but salt doesn't have the caustic properties of chloride (a form of chlorine) or the unstable explosiveness of sodium. In fact, it is a completely different compound with the harmful properties of neither of its components.

Cosmetics-grade mineral oil and petrolatum are considered the safest, most nonirritating moisturizing ingredients ever found.

(Sources: Cosmetics & Toiletries, January 2001, page 79; Cosmetic Dermatology, September 2000, pages 44-46).

Yes, they can keep air off the skin to some extent, but that's what a good antioxidant is supposed to do; they don't suffocate skin! Moreover, petrolatum and mineral oil are known for being efficacious in wound healing, and are also considered to be among the most effective moisturizing ingredients available.

(Source: Cosmetics & Toiletries, February 1998, pages 33-40).

**The end of the article.**

Written by Paula Begoun.

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The thing is we have mass information at our fingertips for defying age. Many are in very high priced bottles and formulas, but the truth is:

Beauty of the skin, starts from inside your body!

Your body needs, fresh air, exercise, a proper diet, minerals and vitamins and it needs protection from the sun.

It needs fish oil fats. As you age, your body does not process the vitamin D it gets from the sun very readily, so you need more D. (not too much.. 200 to 400) You don't want to overdose on D! More is not better.

Your body needs more calcium for your bones about 1,200 mgs. BUT, if you add calcium, be sure to add half as much magnesium.

(If you add 1,200 calcium, then do add 600 mg magnesium.)

As we age, we don't utilize B vitamins as readily either. You may want to add 2 mgs more of B6.

Many people just put skin cream on their skin, thinking it is going to make it soft and smooth. Skin cream on the skin feels soft and smooth, but if you want your skin to benefit from that cream, you need to dampen your skin first then add the cream.

The cream will help retain the moisture in the skin.

If you are on too low a fat diet, you will wrinkle way faster than you were genetically set up to do.

How many skinny Hollywood stars do you see with wrinkle free skin? (Well, you'd have to see them without all the camera makeup, but, I will guarantee, many of those models who try ever so hard to stay beautiful, have very dry skin. Dry skin ages faster than oily skin)

(It's one thing I tell younger people when they are upset with their skin and blemish problems, when you get older, that excess oil will keep your skin younger, longer.) Of course, being young, aging means nothing to them now, but it will!

You can spend all the money in the world on expensive bottles of this and that, but if you are not getting enough healthy fats from your diet, you will dry up. The body needs oil.

The body needs at least 2 Tablespoons of healthy oil, per day. If you are on a 10 percent fat diet, you are not getting 200 calories of oil in your diet.

If you are on a low calorie, low fat diet, eating 1,500 calories per day, on a 20 percent fat diet, you are not getting 2 Tablespoons of oil in your diet!

Imagine how well your car would perform if you did not oil the engine!

You need around 25 to 30 grams of fiber per day. You get these easily with a bowl of beans, and eating a good share of fresh fruits and vegetables. You get it from high fiber, cereals and grains, too.

When you start to increase your fiber, be sure to drink more water. It takes time to teach your body to get back into the habit of good healthy fiber.

Fiber will help you lose the weight you need, too.

It takes fat with it when it leaves the body. It keeps your digestive tract clean and it keeps you feeling fuller longer.

Drinking lots of water keeps your body hydrated. It is said you need 8 - 8 ounce glasses of water per day.

However, if you are trying to lose weight, it is said that you need one 8 ounce glass per ten pounds of weight, per day.

An easy way to learn to get that water down is to drink it half a glass whenever you think of it.

Be careful about drinking a lot of water when exercising.

Runners have fallen dead in their tracks from losing too many electrolytes while perspiring and dosing down with water. If doing that kind of exercise, make sure you get the necessary electrolytes that your body is losing. Your body needs salt!

If you keep pouring water in and your body is sweating it out, how are the minerals getting replaced?

Many runners use Gatorade or a sports formula. It's a very smart idea.

If you are stiff and sore with age, it's hard to think exercise, but exercise is the answer! Limber up with short walks and increase them.

Most of the time it is because you started a sedate life style over the years from an injury, or you just you didn't have to work so hard, or you have painful arthritis, and soon before you know it, you are completely out of shape.

The bright side about getting in physical shape is: Your body craves it, and it will give you some fast results.

You will need to start walking and building up your muscle tone. Muscle tone will keep your skin from looking so saggy, too.

If you want to defy age, you need to move the body. Get the proper nutrients in your body, and take good care of your skin.

Your skin needs to be protected from the harm of the sun.

Many of us baby boomers loved to get dark suntans when we were young. We did not have a clue of what the sun was doing to our skin. Use good sun-screen protection.

Aging Lips - As we age, our lips begin to not be as full as they used to be. The upper lip starts thinning first. Keep them moist and protected from the sun, too. You can keep a younger appearance by keeping them lubricated and using lip balms or cocoa butter. Make sure when you purchase lipstick that you keep the lips moisturized first.

We were also taught to shave our legs wrong! Shave your legs down from knee to ankle. This does not irritate your skin as much as up from ankle to knee.

Article on Skin Care

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## The Skin Care Scoop Irritating Ingredients

We do many things to our skin and buy an assortment of skin-care products that can cause serious irritation. Yet it is far easier than you may think to eliminate these culprits from our routines. With that in mind, here is a list of typical skin-care and makeup ingredients to avoid or use cautiously because the skin can react negatively to them.

(These are of greater concern when they appear in the beginning of an ingredient list).

\*Acetone

\*Alcohol or SD alcohol followed by a number (Exceptions: Ingredients like cetyl alcohol or stearyl alcohol are standard, benign, waxlike cosmetic thickening agents and are completely nonirritating and safe to use.)

\*Ammonia

\*Arnica

\*Balm mint

\*Balsam

\*Bentonite

\*Benzalkonium chloride

\*Bergamot

\*Camphor

\*Cinnamon

\*Citrus juices and oils

\*Clove

\*Clover blossom

\*Coriander

\*Cornstarch

\*Eucalyptus

\*Eugenol

\*Fennel

\*Fennel oil

\*Fir needle

\*Geranium

\*Grapefruit

\*Horsetail

\*Lavender

\*Lemon

\*Lemongrass

\*Lime

\*Linalool

\*Marjoram

\*Melissa (lemon balm)

\*Menthol

\*Mint

\*Oak bark

\*Orange

\*Papaya

\*Peppermint

\*Phenol

\*Sandalwood oil

\*Sodium C14-16 olefin sulfate

\*Sodium lauryl sulfate

\*TEA-lauryl sulfate

\*Thyme

\*Wintergreen

\*Witch hazel

\*Ylang-ylang

These ingredients are extremely common; you would be surprised how often they show up in skin-care products for all skin types. Skin doesn't have to hurt, tingle, or be stimulated even a little to be clean. (If the skin tingles, it is being irritated, not cleaned.) The major rule for all skin types is: If a product or procedure irritates the skin, don't use it again.

Exceptions to the rule: When you initially begin to use an AHA or BHA product or Retin-A, Renova, azelaic acid, or Differin, stinging or tingling can occur. You may need to cut back if it is more than a little tingling, or stop altogether if these symptoms persist for more than a few weeks or worsen with repeated use.

This article was written by: Paula Begoun from

<http://www.cosmeticscop.com/>

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Good Daily Habits to Start Now!

Keep your skin clean. Do not scrub your face. The face does not need scrubbing. And, neither does your back. In fact, the more you scrub on it, the more acne you can get and more trauma to your skin.

A warm face cloth with a non-chemical soap, patted. Then a good gentle rinse. You next dry your face by patting with a soft clean towel. You can actually not use soap on your face at all, especially if you have dry skin.

USE Alpha Hydroxy Acids (AHAs) as a perfect exfoliate for your face. A good cream should last a long time and not be expensive. Use it at night when you wash your face before going to bed.

It is derived from fruit, milk and sugar cane and when used on the skin it helps remove the dead skin cells, which will give your face a much younger, fresher look.

Easy effective and cheap ways to do a mask are:

Use an egg yolk and honey mask. Just mix one egg yolk with a little honey and spread it on your face and neck. When it dries, rinse it off. It makes your skin feel very soft.

Another one:

Use plain egg yolk. It is good for acne, too.

Mix it up. Spread it on your face for 20 to 30 minutes. Rinse it off.

Another one:

Take plain egg white, beat up the egg white, then spread it on your face until dry about 20 minutes, rinse off with water. This leaves your face refreshed and helps clean the pores.

You can make masks of many things that are right in your kitchen, such as oatmeal. Grind it up. Mix it with some skimmed milk and let it dry. Rinse well. Milk can attract bacteria so you don't want to leave it on your face.

Ancient Chinese Secrets from Ning Hua:

Wrinkles Reduction

Two tablespoons of fresh cucumber juice, and same amount of egg white (about one egg), stir well, then apply on wrinkles every night after cleansing. In the morning, rinse off thoroughly using warm water. Keep using for a month, your skin will be firmed, your wrinkles will disappear.

Pigment Fading:

5 teaspoons Fresh tomato juice with 1 teaspoon honey, apply on the pigment, rinse off thoroughly. Keep using for 10-15 days, your pigment will fade away.

Fruit Mask:

Juice apple, cucumber and pear, mixed with flour, add a teaspoon of water, stir thoroughly. Apply after cleansing, avoiding eye and mouth areas, leave on for 20 minutes and rinse off thoroughly.

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**Hair:**

Shampoo your hair every day or every two days. This gives it a proper massage and keeps it bouncy and alive looking. Droopy thin hair without luster can add age to a face.

Use any shampoo that helps with PHP balance. Use a light conditioner, if you need to. Never use a brush on wet hair, it breaks it.

Do brush your hair out at night.

Get a proper haircut for your face! Long heavy tresses can really drag your face down. As you age your hair grays, you can decide to have your lovely gray, or enhance it, or slightly darken it. Do not try to put the DARK hair you had when you were young, it will only make you look like an old person trying to look young.

Accept age, yes, fight gravity as long as you can, but wearing too much make up and trying to wear clothes for people half your age, will only accentuate your age.

Men, change your hairstyle some. If you have been wearing a part on the side for the last 20 years, try getting some bangs. You can dye your beard and mustache. Keep them trimmed. Remember, most women admire gray hair in men.

Beards can show your age fast with the gray in them, but as in the advice for women, trying to have it really dark as it was when you were young will only make it look like you are dying your beard. Make it a subtle change.

Bald? Hey, blame your mother's side of the family. Bald patterns come from mom. Then once you get over blaming someone, wear your bald-head with pride. There is no reason to try to cover the baldness up. Remember, bald men look wise and fun.

Taking your hair and growing it long on the sides and trying to twirl it around the top of the head is not a pretty sight. It fools no one. Keep what hair you have neatly trimmed and if you want to add a little color to what hair you have, go ahead, but do it with a color that doesn't scream DYE.

NEXT Aging Considerations are:

### **Stress:**

Stress causes elevated cortisol, which can lead to depression, osteoporosis and even memory loss.

Our body needs to be able to fight stress in "true" stressful situations where we need to react fast and efficiently, however, if you are stressed all the time, you are wearing your body down. So, you must learn how to relax.

You need to take walks and a few minute breaks throughout the day for a time out for you. You can start learning how to dance, or start a walking group, or join one. You could think about learning a few tricks with meditation such as yoga.

If you can't walk, swim. If you can't swim, do whatever you can to exercise that is more than you are doing now!

## Oxygen

You need oxygen to keep your lungs filled with fresh air. Your body needs oxygen. You can add live plants to your home. Plants give you oxygen. You need two to three plants per room. Adopt a plant today.

## Proper Rest:

You need to sleep. It is always best to be on a schedule:

It's a known fact that those that are happiest and age more gracefully have these things in common:

- √ A Proper Diet
- √ A Regular Schedule
- √ Have a Spouse
- √ Have Spirituality
- √ Proper Sleep
- √ Hobbies and
- √ Friends

If you are getting interrupted sleep throughout the night, you need to find ways to stop that interruption.

Apnea is known for making a person gain weight and age faster because the body is just not getting enough sleep.

Sleep is the body's time to repair itself.

If you sleep in a room with a person who snores, you may need to make some different arrangements.

If you are waking up to use the bathroom, try what they use to help children control their bed wetting.

A teaspoon of honey before going to bed - brush your teeth though. Don't drink liquids two hours before going to bed.

Those two things should help.

### **Laughter:**

Did you know an adult on the average laughs 15 times per day, while a child laughs 400 times per day? Think about it, then find things that make you laugh!

Also, if you find you have more frown lines, figure out why. It takes more muscles to frown than it does to smile.

Wake up in the morning and stretch those smile muscles.

If you live alone and you are feeling lonely, give yourself a hug. It is perfectly okay to love yourself.

### **Quit Smoking:**

I'm not going to give you a lecture on smoking. We all know it is very harmful. However, smoke will wrinkle your skin fast. When you smoke, you constantly squint against the smoke. This causes more wrinkles around your eyes.

### **Get New Glasses:**

Again, if you are peering as through a haze, you are straining your eyes, this causes aging faster, too. Exercise your eyes. You can do this by making them go cross-eyed, by lifting them up toward your forehead, and moving them to the side as if trying to see as far as you can over your shoulder. Do this a few minutes each day and get those eyes exercised.

### **The Aging Mind:**

You should never quit learning. You should always find things that interest you and push you to keep your mind alert.

### ***Good Antioxidant Supplements:***

Take extra vitamin C. 500 mg can really give your body a boost.

Get more vitamin E. Get at least 100 units.

Take a good supplement, as it is hard to get all the nutrients our bodies need from food alone.

### **Here is the quick recap of this report:**

Start walking

Eat Properly

Don't scrub your skin

Moisturize your skin with water before applying your cream

Get Stress out of your life

Drink Water

Get enough good fat (not saturated fat)

Lose weight if you need to

Quit Smoking

Get Rest

Use AHA for exfoliating your skin

Get Proper Nutrition through extra supplements that you need.

Get on a Schedule

Keep your mind alert

If you decide to spend money for a tuck here and there, make sure you have a reputable surgeon, and make sure your reasons are not some deep psychological need rather than just making you want to look a little better, so others will love you more.

Beauty is inside you. That's where it is. If others can't see it, that is their loss, and don't ever forget that!

We all age, but we can all be radiant at any age. Start today!

***Last but not least:***

I cannot for the life of me think of a better hobby than gardening.

It gets you exercise, it has you grow the abundance of fruit and vegetables that your body needs and it makes you feel good to see new life.

Wear a beautiful hat when gardening, get creative and make that sun bonnet the talk of the town! (Of course, if you are a man, you might really pull in some talk . . . still you need to protect your head from the sun, too.) Don't let pride leave you with a sunburned head, and sun damaged skin.

***Teresa King***

<http://www.fazzles.com>

Disclaimer: I am not a doctor or a psychologist. The above is advice given using common sense and from various things I have read and tried in my own life.

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