



Top 10 Anti-Aging Secrets

By Linda Everglade

It is possible to slow down the aging process. Knowing which foods to eat and supplementing your diet with anti-aging nutrients we can delay the negative effects of aging. Here we let you in on our top ten anti-aging secrets to help you maintain a glowing, supple and wrinkle-free complexion way into old age.

Eat Healthily

Diet goes a long way to combat the effects of aging. Our skin (our body's largest organ) reflects what we put into our bodies. Yes, you really are what you eat. Make every meal count. The food you eat needs to provide your body with all the nutrients you need. As a rule you should be eating at least 2 portions of fruit a day. Fruit is filled with water, antioxidants and fibre.

Nuts and seeds are great anti-aging foods. They contain essential fatty acids (EFAs) which humans cannot produce in their bodies and need to be provided through food. EFAs help our bodies to manufacture cell membranes thereby protecting the cell from damaging substances. Damaged cell membranes are vulnerable to harmful free radicals resulting in poor cell growth and renewal and accelerated aging. Another great source of EFAs is oily fish such as salmon, mackerel and cod and of course, let's not forget the delicious avocado.

Good quality proteins like fish, eggs and free-range (hormone free) meats are vital for combating anti-aging. Proteins help our body repair itself and manufacture new cells. Without adequate protein your body will age faster and appear more weathered as it won't be able to carry out its repair function.

Anti-Aging Super Food List

- Nuts (raw walnuts, almonds, cashew nuts)
- Seeds (pumpkin seeds, sesame seeds, supermarket seed mix)
- Berries (all berries contain antioxidants, but blue berries are perhaps superior)
- Water (distilled if possible)
- Green Tea
- Avocado
- Oily fish (salmon, cod, tuna, mackerel)

- Green vegetables
- Melons

Exercise

Apart from the fact that being fit promotes longevity, exercise in itself can actually help to slow down the aging process. Researchers have determined that exercise has a positive effect on the aging of DNA cells. They've found that people who exercised vigorously at least 3 hours each week had longer telomeres (the protective ends of your chromosomes that shorten as you age) and were 9 years younger than couch potatoes who did no exercise. Shortened telomeres contribute to aging related diseases like high blood pressure, mental difficulties, cancer and more. This is because there is more stress on your body's tissues to function correctly. Researchers believe that exercise helps reduce damage by free radicals, allowing your body to invest its resources in maintaining health instead of repairing damage.

Antioxidants

Free radicals cause havoc on a cellular level. That's why we need antioxidants, to neutralise these little packets of destruction. First under attack is your body's supply of collagen, the protein that keeps your skin supple and elastic. Free radical damage causes the normally fibrous collagen to become firm and stiff, which presents itself most visibly as a loss of elasticity and hardening of the skin. Free radicals are found in diets high in "bad" fats, refined carbohydrates, and chemicals such as artificial sweeteners, additives, and preservatives. Smoking, drinking too much alcohol and overexposure to direct sunlight also results in the presence of free radicals in our bodies.

Fruit and vegetables contain more antioxidants than any other foods, especially if eaten raw. Fruits like berries and pomegranates are heaped with superior antioxidants.

Supplements

In order to combat the effects of aging we can supplement our diet with vitamins and antioxidants. Here are some of the most recommended.

A nutrient supplement such as [AIM Barley Life](#) or [Garden Trio](#) is essential for overall cellular health. This will give you all your antioxidant requirements in a single drink. The juice powder contains all the nutrients your body needs to function optimally, particularly pro-vitamin A or betacarotene.

Vitamin C is vital for the growth and repair of collagen. Take a good vitamin C supplement daily and you'll notice the difference in your skin in a matter of days!

Essential fatty acids and vitamin E is needed to protect your skin cells from damage leading to premature aging. AIM Ginkgosense contains an amazing anti-aging substance called DHA, which together with ginko biloba protects your cells from aging.

[AIM Proancynol2000](#) combines seven antioxidant compounds (green tea extract, rosemary extract, grape seed extract, N-acetylcysteine, alpha-lipoic acid, lycopene, and

selenium) in one easily absorbed tablet. It protects our cells against free radicals by pairing them with antioxidants, which although naturally present in our bodies, diminish with age, environmental factors and unhealthy lifestyles.

[CellStar](#) is an anti-aging juice using pomegranates and blue berries due to their superior antioxidant (known as anthocyanidins). This antioxidant has been found to improve the integrity of collagen, prevent age-related memory loss and other degenerate diseases.

Your skin relies on collagen for suppleness and elasticity. To stimulate the production of collagen, use a product such as [Frame Essentials](#), which contains glucosamine known to protect body tissue and musculoskeletal health.

Water

Drink plenty of distilled or mineral water to replenish lost fluids in the body and hydrate your skin. In addition, drinking water removes toxins from the body which may have a negative effect on your general health and longevity.

Hormone Imbalances

Hormones can play havoc with your skin. Hormone imbalance can result in any of the following skin conditions - dry skin, acne, eczema, dull, grey looking skin, oily skin and pigmentation. Have your hormone levels such as testosterone, oestrogen, CoQ10, and HGH checked by your doctor. Correct imbalances through natural treatments. [AIM Renewed Balance](#) is a natural progesterone cream which can be applied to thinning areas of skin.

Detox

To keep your skin looking young and elastic, it's a good idea to detox every couple of months. If you can't manage a full detox, eat raw fruit and vegetables for two days, while drinking plenty of water. This poses minimal stress on the body and allows it to effectively get rid of toxins while still giving you enough energy to go about your daily routine.

Stress

The aging effects of stress are well documented. It decreases blood flow and nourishment to the skin, sometimes causing a sallow appearance, hair loss, or brittle nails. Stress causes free radicals which damage your body on a cellular level. In a nutshell, stress prevents our bodies from operating optimally and robs it of essential nutrients. If you know you are under an inordinate amount of stress, compensate by supplementing with anti-aging nutrients and antioxidants to protect, repair and rejuvenate your skin. [Composure](#) is made up of calming, strengthening and rejuvenating herbal extracts which bring immediate relief to stressed faces.

Allergies, Food Sensitivities and Intolerances

Get tested for food allergies or intolerances as these can mess with your eating habits and prevent you from achieving a nutritionally optimal diet. Gluten and wheat intolerance can leave you feeling bloated and may cause conditions such as irritable bowel and constipation. Cow's milk or dairy sensitivities can cause eczema and asthma. Get checked if you think you may be

suffering from a food allergy. A blood test will allow you to remove the offending substances from your diet and by eating healthily and supplementing you can look and feel fantastic again.

Scientific Breakthroughs

Scientists and medical researchers are constantly coming up with new theories and treatments to promote anti-aging. Here are 3 that are considered the best of the last decade...

Fractional CO2 Laser Skin Resurfacing: The natural aging process, combined with exposure to sun and pollution, destroys collagen, the main protein of connective tissue that keeps skin plump and line-free. Laser resurfacing uses beamlets of energy light to bore tiny holes in the skin, which promotes the body's natural collagen production. Fractional CO2 laser resurfacing does this in a way that prevents damage to the top layer of skin, offering maximum results with minimal recovery time. Powerful results without side effects.

The New Wrinkle Injections: Injections used to volumise the skin and fill in fine lines. It gives a sculpted, lifted, youthful look without surgery. In addition it stimulates the natural production of collagen.

Antioxidants: These skin-care nutrients fight aging by destroying free radicals, the unstable molecules that occur from sun exposure or pollution and that can literally gobble up the skin's collagen supply.

References

Longevity Guide by Mark Stibich, Ph.D.

10 Ways to Slow the Aging Process by Jon Herring and Dr. Al Sears MD.

Anti-Aging Newsflash (August) by Sally Creed

WebMD Feature Article "Top 6 Anti-Aging Breakthroughs" By Colette Bouchez

Please note: People who are under physician's care or are suffering from a chronic disorder should first consult with their physician before undertaking any changes in diet or beginning any nutritional program.

All names, products, information, graphics, and logos, etc. related to AIM products and programs are the property of AIM International, Inc. - Used with permission.