

SAMPLE – Healthy Aging Article

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Getting Rid of Wrinkles Naturally

Wrinkles are natural occurrences in the aging process. They are caused when collagen breaks down in the deeper layers of your skin. Even though the aging process cannot be stopped, you can make your skin look younger naturally without going for chemical treatments and invasive procedures.

Avoid overexposure to sunlight

One major reason for the occurrence of wrinkles is overexposure to sunlight. Exposure to the morning sun is however good for you as it gives you a healthy amount of Vitamin D. In the blistering midday or afternoon sun, it is advisable to wear sun protective clothing and sun block creams to keep the harmful rays of the sun at bay. Overexposure to UV rays can cause damage to the skin as the rays break down collagen and elastin in the skin, causing permanent wrinkles.

Drink lots of water

Drinking lots of water is essential to keep your skin free from blemishes. It is a good detoxifying agent as it flushes out toxins from your body. Water hydrates the skin and it is a healthy habit to drink at least eight glasses of water everyday. Also make sure that you follow a balanced diet. Include fruits and vegetables in your everyday diet as they keep your skin healthy and glowing.

Cut down on smoking and drinking

Habits such as smoking, drinking alcohol and coffee can cause premature aging of skin. Smoking destroys nutrients and the oxygen present in the skin. Smoking results in formation of unattractive lines on the area above your lip. Coffee as well as alcohol robs your body and skin of its nutrients and water, again leading to wrinkle formation.

Take care of your skin

Most chemicals in soaps are usually too harsh for the skin on your face and cause excessive dryness. In order to maintain healthy skin, it is wise to invest in face washes or cleansers. It is even better if you use natural cleansers like milk instead of chemical ones.

Keeping your skin hydrated is the key to avoiding wrinkles. Use moisturizers to keep your skin hydrated at all times. If you already have wrinkles on your face then it is best to use moisturizers and anti-aging creams designed to eliminate facial wrinkles. There are many products available in the market, choose a brand that is reliable and compatible with your skin.