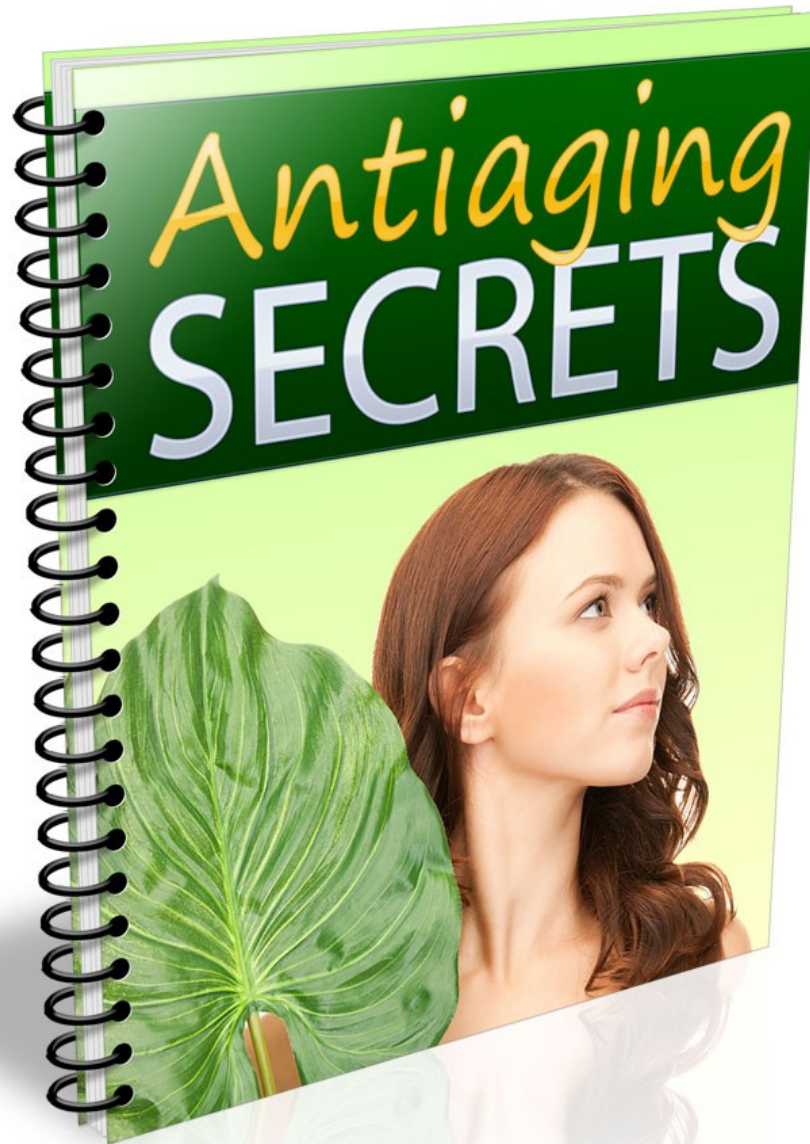


Special Report



Anti-Aging Secrets

<http://www.GettingRidOfWrinkles.com>

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Eyelasticity™ Age-Defying Eye Therapy

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Introduction

As we age, our bodies slowly begin to deteriorate. Our skin wrinkles, our hair turns gray, and body parts start to sag. While a few brave souls embrace these changes as part of life, most of us aren't interested in doing so. We want to fight aging with everything we can!

Many people think aging is something that happens naturally, and there is nothing you can do about it. If you're one of those people - think again! There are plenty of things you can do to delay the effects of aging.

In this report, you're going to learn some of the most important ways to protect yourself from the effects of aging. You'll learn how to take care of your skin, your hair, and the rest of your body in order to keep yourself looking and feeling your best as you age.

Forget "growing old gracefully"! You should fight aging with everything you've got!

So let's get started.

Skin Care

Changes in the skin are among the most noticeable effects of aging. As we get older, the collagen that keeps the skin stretchy and elastic begins to deteriorate. This causes the skin to lose its elasticity, which leads to wrinkles.

Collagen supplements can be helpful. Most collagen supplements are available in both liquid and pill form, and often it comes packages with other supplements such as glucosamine and chondroitin.

Vitamin C is important, because it is needed for collagen production within the body. If you aren't consuming enough vitamin C, your body won't make as much collagen as it could. Add more vitamin C rich foods such as citrus to your diet, and consider taking a supplement.

Proline is an amino acid that is needed to produce collagen. It is found in soy, milk, cheese, beef, cabbage, and other sources. You can add these foods to your diet to boost collagen production.

Avoid products that can dry your skin. Harsh cleansers and medicated pads for acne are two examples of products you should avoid. Dry skin is more prone to wrinkles.

Use a moisturizer every day to keep skin soft and supple. Apply moisturizer after washing your face, but pat skin dry instead of rubbing it. You want your face to be very slightly damp when you apply moisturizer, because moisturizer locks in existing moisture.

Don't use very hot water on your face, as this can also dry your skin. Instead, use water that is approximately blood temperature - around 98.5 degrees F. If you take hot showers, avoid getting the water on your face as much as you can.

Stay out of wind and very cold weather as much as possible. Wind and cold air are very drying to the skin.

Moisturize your skin very well whenever you have to go outdoors in windy or cold weather.

If your home is very cold or the air is very dry, consider using a humidifier to put moisture into the air. This will help prevent your skin from drying excessively.

Consider using a cream that contains antioxidants, retinoids, alpha hydroxy acids, and peptides. These can help your body produce more collagen and reduce damage.

Sun Damage

The sun can have a dramatic effect on the quality of the skin. The more time you spend in the sun in your lifetime, the more noticeable your wrinkles are likely to be.

Fortunately, this doesn't mean you have to spend your entire life wasting away indoors. However, it does mean you need to take extra precautions to protect your skin from these effects.

Wear sunscreen every time you're going to be in the sun longer than ten minutes. If you're going to be outdoors during the hottest hours of the day - typically between noon and 4 PM - wear a sunscreen with a high SPF.

Use hats with wide brims to offer extra protection for your face. The shade will help keep the sun's rays from hitting your face. This will lessen potential sun damage.

To protect the skin on your body, buy clothing with SPF. Some clothing is specially designed to protect your skin from the sun. You can even buy swimsuits that will protect delicate areas from the sun's rays.

Nutrition

Proper nutrition is a vital part of slowing the aging process. The vitamins and minerals found in foods are a crucial component of protecting the body.

Various elements within foods perform different functions. For this reason, it's very important to eat a balanced diet with a wide variety of foods from all food groups.

Antioxidants

Antioxidants are nutrients that are found in many dietary sources. They help protect the cells from oxidation, which can lead to tissue degeneration and many diseases.

Antioxidants work a bit like lemon juice on an apple or avocado. If you add lemon juice to a sliced apple or avocado, it will halt the process by which the fruits darken when they are exposed to oxygen.

Taking in a wide variety of foods will allow you to get all of the antioxidants you need. Some good sources include:

- Berries like blueberries, raspberries, and blackberries
- Red wine
- Green tea and white tea
- Coffee
- Brightly-colored vegetables like broccoli and peppers
- Tomatoes (especially cooked tomatoes)
- Sweet potatoes

Essential Fatty Acids

Omega 3 fatty acids are very important to your body for a number of reasons. Sources of Omega 3 fatty acids include:

- ◆ Salmon, mackerel, and other fatty fish
- ◆ Walnuts and almonds
- ◆ Hemp
- ◆ Flax seeds
- ◆ Spirolina (a type of algae, sold as a supplement)

Raw Fruits & Vegetables

If possible, consider eating a diet that is high in raw fruits and vegetables. Some individuals have given anecdotal evidence that a diet consisting of primarily raw fruits and vegetables can cause wrinkles to disappear and gray hair to turn dark again!

Of course, this has never been tested in a scientific laboratory, but the theory makes sense. You see, as we age, our bodies are depleted of enzymes. It has been theorized that the body has a finite supply of enzymes, and once they run out, we begin to age and eventually die.

Enzymes are essential for the digestion of foods. Most foods contain the enzymes needed to digest them when they are in their raw form. However, those enzymes are destroyed when that food is cooked. Consequently, our body must provide the necessary enzymes to digest those cooked foods.

The body produces about 10,000 different types of enzymes. Their presence is absolutely essential. If one single enzyme malfunctions, you could die!

Unfortunately, those enzymes are eventually depleted. A 60 year old will usually have only 50% of the enzymes of a 30 year old. As we age, enzymes are depleted. As they are depleted, aging becomes more rapid.

A raw food diet is a great way to save those enzymes. Consider eating at least one meal each day consisting of only raw fruits and vegetables. There are many delicious recipes available for raw recipes. You might have a smoothie for breakfast, for example, along with some raw nuts that have been soaked in water for a few hours to activate their enzymes.

Replacing just one meal each day with raw fruits and vegetables could potentially save up to 30% of your enzymes and delay the effects of aging considerably!

Things to Avoid

There are a number of things you should avoid if you want to slow the aging process. These things can significantly speed up the effects of aging, so consider making some lifestyle changes to cut them out.

1. **Sugar** - Sugar damage, known as glycation, causing the accelerated aging of the skin. A little sugar is fine, but when you consume too much sugar, it causes the skin to age rapidly. If you've ever wondered why Asian women seem to age so slowly, this could be one factor. Asian women do not typically consume nearly as much sugar as women of other nationalities.

2. **Smoking** - Smoking is one of the worst things you can do if you want to remain young and healthy. You already know that smoking can kill you by causing cancer, heart attacks, and strokes, but it also causes rapid aging - especially of the skin. In smokers, wrinkles often set in around the early 30s! Smoking also causes yellowing of the teeth, reduces vitamin absorption, restricts blood flow, and causes discolorations of the skin.

Genetics

Genetics definitely play a role in the aging process. If your mother had wrinkles at 40, you will be more likely to develop wrinkles at that age. If your grandmother had gray hair at 50, you probably will, too.

Unfortunately, there's nothing you can do to change your genes. But knowing your genetic history can help you anticipate when certain changes are likely to occur.

If you understand when these changes are likely to occur, you'll be able to figure out how and when to start certain prevention methods. If you know your mother started getting wrinkles at a certain age, you can be certain to start taking precautions several years before that age.

Many people assume there's nothing they can do to slow the aging process - especially if they have parents or grandparents that showed the signs of aging at an early age. This is not true. You can take precautions that they never took.

Ultimately, how rapidly you age is in your hands!

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Clinically Proven To Accelerate Your NATURAL Collagen Production In Just 84 Days!



Kollagen Intensiv has been specially formulated to be your total facial anti-aging and skin rejuvenation solution. Kollagen Intensiv™ includes the very latest medical breakthroughs in natural collagen renewal,

encouraging your skin to naturally increase collagen production for a visible reduction of wrinkles, fine lines, age spots, and more. Skin regains a more youthful appearance.

With Kollagen Intensiv™, there's no need for expensive collagen injections that can run you \$750-\$2,800+ per year.

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