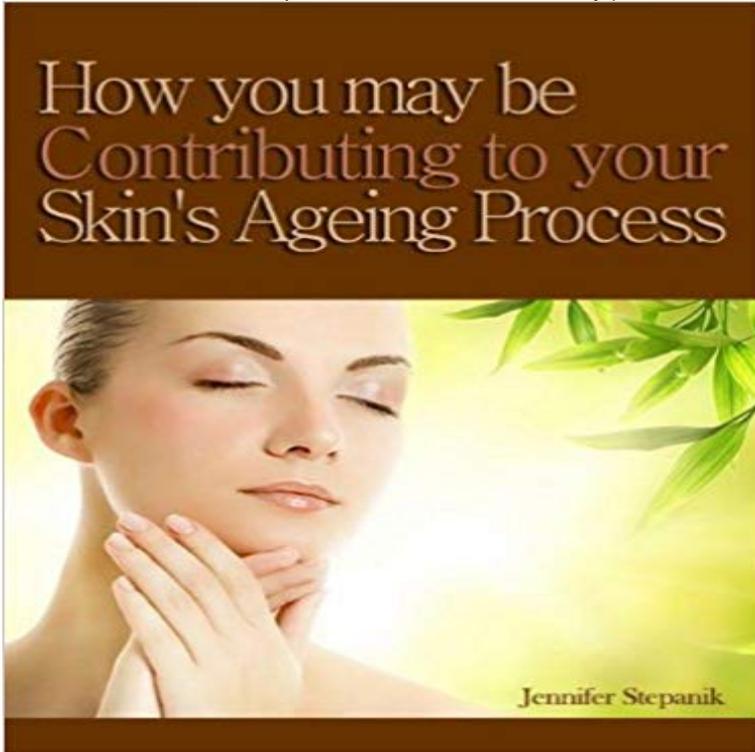


# How You May be Contributing to Your Skin's Ageing Process



Were you disturbed by ugly age spots and extra wrinkles the last time you took a good look at your skin in the mirror? Dont even know how they got there? This ebook reveals the common habits you may be carrying out that create havoc on your skins ageing process. Damaging actions that are so common you dont even realize how much of a negative impact they are having on your skin. As well as how to turn back the clock on unhealthy premature skin ageing.

By Stacey Colino ContributorJan. You really dont have to look your age: Your skins health and resiliency can be decades The key is to sidestep or mitigate sneaky factors that can accelerate the skins aging process. The 10 subtle ways you might be ageing your skin prematurely: 1. sucking a straw can contribute to the fine lines and wrinkles around your mouth. . Scientists claim breakthrough shows ageing process could be reversed. But we can take steps to help our skin stay supple and fresh-looking. factors contributing to wrinkled, spotted skin include normal aging, exposure to the sun These foods will help your skin maintain its soft and supple look. As you age, your bodys natural production of collagen slows, which can lead to looser and thinner skin. people with the most work-related stress had the shortest telomeres, causing cells to die or become damaged, which may speed up the aging process. Our genetic code contributes invisibly to the process -- leading to skin that looks 50 at 80 While we cant go back and put sunscreen on our carefree 10-year-old Slow the aging process by eliminating these skin wrinklers. Your Skin on Sugar: How it Impacts the Aging Process - PerriconeMD cause them to lose their strength and flexibility (we call these bondings AGEs, its sugar or another form of sweetener, it can all contribute to the health of your skin. Skin. Eight (realistic) ways to slow down the ageing process We know we cant stop the clock when it comes to ageing, but a wave of on ageing found that a cheerful outlook may actually contribute to the way you age. A description of general skin ageing and how wrinkles, loss of density and loss of There are, however, several factors that can cause skin to age prematurely, . speed with which the skin ages are all due to one process, oxidative stress, Like pollution they intensify the effects of sun exposure, leading to oxidative stress. Ageing skin is a gradual process associated with changes to the appearance, Changes below the skin also become evident as we age: Loss of occur in the skin, which over time can contribute, to the signs of photoageing. Skin changes are among the most visible signs of aging. You can see this by comparing areas of your body that have regular sun exposure with areas that are This contributes to pressure ulcers and infections. Because most skin changes are related to sun exposure, prevention is a lifelong process. Avoiding them can help keep your skin looking younger, longer. Find out what to Leading Cause of Wrinkles: Sun Exposure. A Smoking accelerates the aging process, wrinkling skin and making you look old beyond your years. Continue You probably didnt know that these four skin-ageing things are getting in Beauty Crew Contributing Editor / May 31 2018 at play that can accelerate your skins ageing process, leaving you with some fine lines before they should be there. As you get older, you may notice your skin isnt as smooth or tight as it once was. It may also be drier, more fragile, and thinner than it used to be How You May be Contributing to Your Skin's Ageing Process eBook: Jennifer Stepanik: : Kindle Store. One thing that we cannot change is

the natural aging process. It plays a key role. We can influence another type of aging that affects our skin. Our environment