

10 TIPS ON LONG- LASTING BEAUTY

By Lian Monley



We all want to age gracefully and maintain the beauty and vitality of youth for as long as possible, don't we? So be aware that cosmetic surgery may play a role in helping to minimize the physical effects of aging, but over-reliance on it can produce unwelcome results.

The following suggestions will help you to infuse your skin and hair with health, so that they glow with long-lasting beauty. As clichéd as it sounds, good health is the true elixir of youth. But beware: some nutritional and healthcare programs may be sabotaging both your health and your youthful complexion.

1. Never diet

Malnutrition and extreme fat loss caused by dieting is a guaranteed recipe for premature aging. Deep in our hearts we all know diets don't work—they wreck our metabolism and destroy the skin's elasticity, making it prone to wrinkling, scarring and sagging. Feeling stressed and cranky due to food cravings does not make you feel or look beautiful.

2. Choose your skin care products wisely

Cosmetics are designed to make your skin look and feel good at the cosmetics counter. There, lines and wrinkles become less noticeable as wetting agents puff your skin up

while optical diffusers hide blemishes and give your skin a false glow.

The fact is, however, that many of the chemicals in skin care products slowly degrade and damage your skin over time, leaving you more reliant on cosmetics. Most face creams are designed for stability and a long shelf life, which is at extreme odds with your skin's health as living tissue.

3. Avoid sugar

Sugar speeds up chemical reactions producing something known as Advanced Glycation End-products, also known as AGE's. Glycation involves the cross-linking of proteins and sugars to form non-functioning structures in your body and AGE's are responsible for making your skin stiff, inflexible and more wrinkled.

AGE's also damage other proteins in blood vessels, eyes, lungs and tendons and are also implicated in Alzheimer's Disease. Try to avoid all foods that cause spikes in blood sugar, such as fruit juice, breakfast cereals, soft drinks, white bread, pasta and rice crackers.

4. Eat plenty of protein

Your skin cells are built from fat and protein and a deficiency of this nutrient shows up first in your hair, skin and nails. Aim to eat a handful-sized serving of protein 2-3 times daily. Good protein choices include small fish, organic chicken and eggs, free ranged beef and lamb as well as organic organ meats, such as liver.

5. Get enough of the right kind of fat

Animal breeders know the secret of a glossy coat and healthy skin—plenty of fats and oils. Fatty acids in fish and cod liver oil, coconut oil, egg yolks, organic butter, avocados, nuts and seeds will all improve the texture, tone and appearance of your skin. Symptoms of essential fatty acid deficiency include dry but oily skin on the face, dry brittle hair and dull skin that has lost its lustre and glow.

Avoid polyunsaturated vegetable oils such as canola, sunflower, corn, soy and safflower oil which increase free radical damage. Free radical damage literally rusts your body from the inside out.

6. Take a good antioxidant-rich supplement

Antioxidant defenses in your skin drop by as much as 80 percent between the ages of 15 and 60. Skin-friendly antioxidants include the minerals zinc and selenium, Vitamins A, C and E, as well the herbs turmeric, rosemary and grape seed. Antioxidant-rich foods include green tea, berries, raw chocolate and fresh herbs such as parsley and basil.

7. Drink plenty of pure, filtered water

Dehydrated skin looks much older than it really is.

8. Get a good night's sleep

Not only does lack of sleep make you look hollow-eyed and haggard, it really does age you faster. Your body heals, repairs and regenerates while you're sleeping.

9. Give up alcohol, caffeine and cigarettes

Smoking is a definite no-no if you want to slow the aging process. Enjoy coffee and alcohol in moderation. The key words are enjoy and moderation. There is nothing enjoyable or moderate about ditching a healthy breakfast for a take-away coffee or drinking a bottle of wine with dinner every night of the week.

10. Be patient

Your body and your skin can only rebuild and regenerate at a set pace. Remember the tortoise and the hare? Tortoises live for well over 150 years while hares live for about 10 years. Slow and steady wins this race.

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