

# ANCIENT SKINCARE SECRETS



Simple Tricks to looking years younger



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## INTRODUCTION

Congratulations on your introductory offer with Naturacel!

Utilizing these tips alongside with your Naturacel will help you achieve the BEST your skin deserves.

Whether you are looking to prevent aging, reduce fine lines, look 10 years younger or simply have radiant and glowing skin - this e-book we will help you along your path to aging gracefully! From ancient history's greatest secrets to the latest modern trends from industry professionals, you'll learn how to look and feel your best.

For maximum benefits it is pivotal to use Naturacel for at least 3-6+ months. The natural antioxidants within Naturacel really allow your skin to renew and repair to its original state over time.

Each person, when looking in the mirror, probably envisions some changes that they think would improve their reflection. Those changes may be more attainable than you think.

This book will guide you through what to eat, what skincare products to use, how much sleep and exercise to get, and many more small lifestyle changes that will help you to change that reflection you see in the mirror.

Age is just a number, but how you look and feel is really who you are.

## CHAPTER 1: Positive Thinking

Women of all ages tend to be more concerned with their outward appearance than in years before. The media's portrayal of beautiful retirement age actors with a baby-smooth face and not an inch of extra skin to spare has created an unrealistic image for women to strive for. These celebrities have unlimited money to get any procedure they want, professional hair and makeup artists to be sure they always look like a million bucks, and a wardrobe that would put our collections to shame.

Women (and men) must create realistic images of themselves whatever their age and like what they see in the mirror to be happy in their lives. Let's face it we are not all movie stars. If we were, you wouldn't be reading this book. You would have all of this anti-aging work done for you and life would be grand. However, since that's not the case, lets get to it.

The power of positive thinking has been recorded as far back as 3000 BC by ancient civilizations including the Greeks, Egyptians, Polynesians, and many others, and though modern science has turned some into skeptics, this method of self-improvement is still being used all over the world today.

As children we are taught that everyone is beautiful inside and out. We learn to accept other's differences, and love everyone, including ourselves. During adolescence this all goes out the window. Puberty, high school peers, and your recently developed self-esteem all have an impact on how you view yourself, and how you think others see you. It is through these important years that we discover ourselves, develop a strong personality, fall into a personal style, and really begin our lives. These years can be extremely rough, or extremely pleasant, depending on your situation. If you brought heartache and low self-esteem with you into your adult years then thinking positively may be the hardest thing you have to do throughout this aging process. If you had a wonderful youth and have enjoyed all aspects of your adulthood thus far, this task will be much easier for you.

Look in the mirror. What physical features are you happiest with? What problem areas would you like to work on?

If you are happy with your appearance right now then you need to accept that gaining a few lines will not make you any less beautiful. These are your badges, earned through the years of living, and creating memories to treasure along the way.

If you are already unhappy with your appearance then take heart in knowing that it can change, and that you can learn to love yourself again. It will not be easy, but by taking care of yourself and getting healthy, you will feel good, and when you feel good you look good!

## CHAPTER 2: Ancient Skincare Secrets

From ancient Egyptians to the French royalty, there are many skincare secrets we can pull from history and still utilize today! Whether you covet a particular civilization's beautiful skin, or the way they never seem to age, you can find their natural secret method here.

As early as 3000 BC when records begun, ancient Egyptians apparently understood the benefits some wonderful ingredients to improve their appearance and defy aging. The most popular Egyptian secret is to add whole milk and honey to your bathwater to soften and moisturize the skin. They also made their own cleanser from natron (a modern substitution would be baking soda) and water. The Egyptians also utilized Dead Sea salts as an exfoliating scrub, usually mixed with honey and natron as well. It is no surprise that they were so diligent about their appearance, we have to remember they were to be entombed for the rest of their... well, not their lives, but you get where we're going with this!

As well as the Egyptian skincare secrets, they also had another anti-aging practice up their sleeve that they didn't even know about... fish! The river Nile had an over-population of fish, and for this reason it was a staple in Egyptian meals. It is thought that this large intake of fish could have been what helped keep these Egyptian queens so beautiful and youthful as the Omega-3s in fish have been shown to improve these areas, but we'll get into that later.

African cultures have been using Rooibos for hundreds of years, which is an anti-allergen found exclusively in South Africa that can significantly minimize the symptoms of allergies in skin when made into red bush tea. The antioxidant content in Rooibos can protect skin against environmental free radicals and toxins. We'll talk more about free radicals later on, but this plant is also known to treat skin conditions such as inflammation, rashes, eczema and dermatitis.

Did you know that to this day Indian women make their skin radiant on their wedding day with a traditional mixture of chickpea flour (to absorb oil), turmeric (a great anti-inflammatory and antiseptic), and almond oil (to moisturize)! Their face and bodies are instantly exfoliated, softened and brightened. For a more Western approach, start with the following basics for glowing skin. This skincare tip dates back to 300 BC! The ancient Indians also pride themselves on the use of herbs in every day life. For a great stress reliever without any side effects try the Indian herb Ashwagandha instead. You can find it in supplement form and take it as needed, or as a daily dose. This could improve concentration, lower stress levels, and even guide you down the path to living happily without vices.

Many people do value using natural ingredients to improve their health, as opposed to introducing more chemicals to their body, so for this reason these ancient skincare tips can be extremely beneficial! For more information on the reasons these tips worked, and for other methods to combat aging, please continue reading!

## CHAPTER 3: Nutrition & Water

You have probably heard countless news stories about the long list of foods that are good for anti-aging. If it's good for you it can't hurt, and your overall health has an enormous impact on your skin's appearance! Here are the top foods to implement into your diet or use externally to naturally get the best anti-aging benefits.

**Berries:** Darker berries tend to provide the best anti-aging benefits because they have the highest concentration of antioxidants. However all berries contain flavonols and anthocyanins which promote cell health and protect against disease. Not only that, but they are also an excellent source of vitamin C, which is good for your skin and helps repair damaged body tissues and has been linked to skin cancer prevention. It is said that blueberries may even help slow or reverse neurological degeneration, improve memory, restrict the growth of cancer cells and reduce inflammation.

**Dark Chocolate:** Awesome! Not all chocolate is equal when it comes to anti-aging. Dark chocolate provides the greatest benefits and eating it has been shown to help protect the skin against the harmful effects of UV exposure and reduce the inflammation once exposure has occurred. It also can increase circulation in the skin and improve its ability to retain moisture, which can reduce the appearance of wrinkles and help you look younger!

**Beans:** Besides causing flatulence, beans are an excellent source of low-fat protein, contain fiber (which can help lower cholesterol), are rich in antioxidants, and are chock full of all sorts of vitamins and minerals, including iron, vitamin B and potassium.

**Fish:** Eating fish, or taking fish oil supplements, provides the body with omega-3 fatty acids that help protect against heart disease, reduce inflammation, decrease the risk of arrhythmia and lower blood pressure. Omega-3 fatty acids are found largely in coldwater fish, including salmon, herring, tuna and sardines. Fish is also a great source of protein and, unlike other meats, is low in saturated fat. The American Heart Association recommends eating omega-3-rich fish at least two times per week.

**Vegetables:** Vegetables are one of the best sources of antioxidants available with the highest concentrations found in - green, leafy vegetables such as spinach and kale. Two of the antioxidants found are lutein and zeaxanthin, which have also been shown to protect against the negative effects of UV exposure. Vegetables are a fantastic source of vitamins and minerals, including vitamins A, C, K and E. Studies have shown that a diet full of vegetables can help prevent cardiovascular disease, lower high blood pressure and, after a heart attack or stroke, lower cholesterol and unclog arteries. Eating lots of veggies (and fruit) could even reduce the risk of cancer in the digestive tract (including the colon and stomach) by up to 25 percent.

**Lemon:** Lemon is great for all skin types, not just aging skin. Lemon juice applied topically on acne scars can help lighten and fade them over time. Apply-e freshly squeezed lemon juice to areas of scarring with a cotton swab or pad in the evening after washing. Avoid covering your whole face in lemon however because it is very drying. Lemon juice is also a natural antiseptic. When lemon juice is used as part of a facial mask, it can help to clear dirt and bacteria on the surface of your skin that can cause pimples and breakouts. Look for masks that contain lemon, and Vitamin C, to get clean, clear, bright skin.

Research is being conducted on the benefits of lemon peel itself. Dr. Oz suggests that the oil in the lemon peel is great for stress relief, and if ingested in black tea it may help prevent cancer according to BBC News. You can make your own lemon essential oil by adding lemon rind to olive oil, then to reap the stress relief benefits, put a few drops in a spritz bottle and spray it throughout your house, or add it to the water in your humidifier in the winter.

**Green Tea:** Recent studies have demonstrated that topical green tea formulations reduce sun damage, and may even help prevent skin cancer. Green tea appears to exert sun damage protection by quenching free radicals and reducing inflammation rather than by blocking UV rays. Therefore, green tea may synergistically enhance sun protection when used in addition to a sunscreen. Because of its ability to reduce inflammation, the use of green tea can also be assumed to slow down the development of some signs of aging. Whether green tea can actually diminish wrinkles and skin sag is uncertain. Your NaturaCel is chocked full of green tea extract, so you're already on the right path!

The list goes on and on. Any food listed as a super food or an antioxidant-rich food will be a great addition to your diet or skincare routine, and improve the health of your skin and the rest of your body. Don't forget to drink as much water as you can handle each day. The recommended daily intake of water is eight 8oz glasses of water a day. In addition to flushing toxins from skin, water keeps you skin hydrated to prevent drying and wrinkles, and is extremely vital to your skin's appearance!

## CHAPTER 4: Vitamins & Supplements

Regardless of the quality of your diet, you can still greatly benefit from vitamins and supplements. One of the most important supplements for anti-aging is fish oil. According to Dr. Oz, your Body Mass Index (BMI) can be reduced by as much as 30% by consuming 1 to 3 mg of fish oils daily! What an astronomical number, and weight loss and BMI improvement are only one of *many* benefits of fish oil, including those we discussed previously.

Fish oils are polyunsaturated fats containing Omega-3s. Fish don't manufacture the Omega-3s, they ingest them when they eat. Over the past 20 years fish consumption has dramatically declined among Americans contributing to our ailing health. The good news is we can receive the benefits of fish oil by taking supplements.

The benefits of Omega-3 include:

**Skin:** It provides protection from the sun, and also prevents wrinkles, lines, increases hydration, and blood circulation as well as regulating new cell production and assists in skin cell repair.

**Disease:** Omega-3 lowers triglycerides and bad cholesterol (LDL) while increasing the good cholesterol (HDL) to prevent plaque and hardening of the arteries therefore aiding in the prevention of heart attack and stroke. It also prevents dangerous heart rhythm abnormalities and lowers blood pressure. It is also said to lower or slow the risk of prostate, colorectal and breast cancers.

**Inflammation:** Heart disease, arthritis, autoimmune diseases, joint pain, diabetes, cancers and psoriasis are all characterized by high inflammatory markers in the blood. Fish oil knocks down inflammation and swelling throughout the body.

**Brain function:** Fish oil helps mental cognitive skills like learning, memory, focusing, recall, and problem solving, and increases serotonin levels in the brain reducing mood swings noted in many mental disorders.

Omega-3 is shown to increase the life of cells, therefore creating an anti-aging benefit from the inside out. A University of California study shows encouraging evidence that fish oil, along with a balanced diet and adequate exercise, can be the key to living a longer and healthier life.

Other important vitamins and supplements for anti-aging purposes include:

**Vitamin E:** Proper intake of vitamin E helps prevent and limit the damage caused by free radicals and oxidation.



**Vitamin C:** Improves the firmness and production of collagen, giving your skin a more firm and youthful appearance. This connective tissue is also important for healing wounds. For an extra large dose of vitamin C, try an acerola cherry supplement. This fruit is recommended and has been used by Mexican culture for hundreds of years, due to the overwhelming amount of vitamin C (up to 3000mg per 100g!).

**Vitamin K:** Helps with the leaking of capillaries around the eyes, which results in the pooling and clotting of blood. Researchers believe that vitamin K aids - the constriction of capillaries by breaking up the tiny blood clots that form the circles.

**Niacin (B3):** Helps as you age by increasing your skin's ability to retain moisture. Moist skin not only looks healthier, it actually helps you stay healthier by providing a strong, unbroken barrier against viruses, bacteria and other antigens.

**Vitamin A:** An antioxidant that helps neutralize the damaging effects of oxidation caused by free radicals.

**Coenzyme Q10 (CoQ10):** A substance that's necessary for cells to function, that our bodies produce naturally, but production decreases overtime. Taking it will improve your overall health.

**Carnitine:** Produced in the liver and kidneys, and stored in the heart, brain, muscles and sperm, it is a nutrient that helps the body turn fat into energy, which is critical in your elder years!

**Human Growth Hormone (HGH):** HGH is made in the body's pituitary gland, and while it is important for normal growth in children, many books and articles have touted the hormone as a Fountain of Youth that reverses the effects of aging. At this time there is no conclusive evidence or in-depth research to support this claim however.

Ancient Chinese medicine dating back to approximately 2100 BC suggests using Ginseng to improve health and prevent aging. Ginseng can tone up the main internal organs, settle nerves, and improve eyesight and mental agility. Regular use can reduce body weight and prolong life. Modern research has discovered other beneficial effects of Ginseng, including its antioxidant, anti-aging, and anti-fatigue functions. The Chinese would add it to their food, or most commonly, brew it into tea. Now you can buy a supplement from any pharmacy or health food store to gain the benefits, though many still drink Ginseng tea!

Always consult your physician before loading yourself up on vitamins and supplements. You can also just take a multi-vitamin and hope for the best. It is definitely the less expensive route, and you don't have to worry about taking too much or too little of any one vitamin.

## CHAPTER 5: Resveratrol

From the time resveratrol was discovered to have beneficial properties it has been living in the limelight. Dr. Oz has mentioned this wonder chemical in multiple shows, and its been splashed across news pages for many years.

The antioxidant ability of resveratrol is known to be both potent and efficient. One study demonstrated that resveratrol was 95% efficient at preventing lipid peroxidation (a process that results in cell damage), compared to 65% for vitamin E and 37% for vitamin C.

Topical application of resveratrol to protect against UVB-mediated skin damage as well as inhibit UVB-induced oxidative stress has been observed in a number of additional studies. It has also been shown to prevent UVA damage and abnormal cellular proliferation.

Certain studies in mice suggest that taking a resveratrol supplement can slow down the aging process and enhance motor coordination in older mice. In addition, mice fed a high-fat diet in combination with doses of resveratrol didn't gain as much weight, ran further on the treadmill, and lived longer than the group of control mice.

Several lines of evidence point to a role for resveratrol and other wine phenolics in chemoprevention of cancer as well as possible therapeutic roles. Direct suppression of breast cancer cells, melanoma, and many others by resveratrol has been reported.

So where can Resveratrol be found? It naturally occurs in many foods including cocoa powder, baking chocolate, dark chocolate, roasted peanuts and peanut butter, and the skin of red grapes and red wine.

Since 600 BC French wine has been a staple beverage in what we now know as Europe. It was around the same time that French women took their love for good wine to another level by putting freshly cut and mashed grapes on their skin to make it feel softer and more youthful. Turns out they had the right idea all along and were using Resveratrol long before Dr. Oz knew about it!

However, implementing Resveratrol from food alone will not help you take off years of aging. NaturaCel contains Resveratrol and applying topically rather than ingesting this ingredient is more beneficial and will make noticeable changes. We would advise to do both, but remember you should continue with this plan rather than expecting an overnight change.

## CHAPTER 6: Sun Protection & Skincare

If you grew up in the 70s, you probably spent hours upon hours soaking up the sun, all summer long. If you're growing up now, you and most of your friends have probably visited the local salon to "get your tan on". Regardless of your methods, the sun is DANGEROUS. Even in the regulated temperature, exposure, and time of a tanning bed, you are still being exposed to dangerous UV rays, which can cause sunburns and skin cancer.

To help keep you safe in the sun, it is first important to understand how sunscreen works. In general, fair skin burns more quickly than darker skin. If you have the type of skin that would burn after 20 minutes in the sun without protection, then the proper application of a sunscreen with SPF 15 would allow you to spend up to 300 minutes (15 times longer) in the sun without getting a burn. However, this does not mean that your skin is protected from all UV effects. It is important to note that while sunscreens can help reduce sunburn, they are not as effective against the other harmful effects of UV rays, like premature aging of the skin and depression of the immune system. The SPF represents the length of time that sunscreen-protected skin can be exposed to UVB rays before a minimal redness appears, compared to the length of time it takes on unprotected skin. The SPF varies depending on the nature of the ingredients in the product. Since the SPF refers only to protection against UVB, it is important to choose a "broad spectrum" sunscreen that also protects you from UVA radiation.

Always use a broad spectrum sunscreen with an SPF of at least 15. Look for claims on the label indicating that the product is resistant to removal (e.g., water resistant, very water resistant, waterproof). Always use the recommended amount of sunscreen and respect the waiting period between application and exposure to the sun. If you are sweating heavily or swimming, reapply sunscreen often to get the best protection.

It is said that 80% of premature aging in skin is caused by sun exposure. Even with SPF applied you should stay out of the sun whenever possible, within reason of course, 15-20 minutes of sun exposure a day is a great source of vitamin D, but don't forget to wear hats, sunglasses, and UV clothing to protect the parts of your body not covered in sunscreen!

If you already have some dark spots from the sun, try the old Korean secret of using rice water. After soaking rice to ready it for cooking, Korean women use the starchy, milky water to wash their face. Because rice is high in PABA, ferullic acid and allantoin, which are all high in antioxidants, and have natural anti-inflammatory and skin-protecting properties, and will gradually lighten dark spots.

SPF isn't the only important product to put on your skin. As your skin ages your skincare routine needs to adapt and change with it. No longer will simply a wash and go, laissez faire attitude work for you. It is sad but true. Here is everything you need to know about skincare products for anti-aging.

**Exfoliate:** To help keep a radiant youthful glow, be sure to exfoliate twice a week. Don't be too forceful and tug your skin too much as it could cause sagging.

**Cleansing:** Find skincare products that work for you and stick with them. Be sure to remove your eye makeup with a gentle makeup remover. Next use a cleanser - cream cleansers tend to be less drying, so if you have dry skin they will be your best bet. Be sure to gently pat your face dry, don't rub as it can irritate blemishes, spread bacteria, or the roughness can cause sagging and wrinkles.

**Toning:** Many people skip a toner in their routine, but when your skin is starting to age you will find a good toner will help with exfoliation, wipe away residue or impurities, improve your skin tone, and balance out the skin's pH level for smoother texture. Not something you should continue to skip, it has too many benefits if you choose the right one!

**Moisturize:** Achieving the slightly dewy, almost glistening look gets harder with age, but the right moisturizer can help keep skin supple. There are a few important properties you will need in your moisturizer to keep your skin healthy. Your skin tends to get drier the older you get, so always moisturize!

### **Ingredients:**

- **Hyaluronic acid:** Essential for combating dryness and improving the skin's ability to hold onto water. It also plumps up the complexion resulting in the reduction of fine lines.
- **Vitamin C:** Reduces the signs of premature aging, brightens skin and protects against oxidative stress.
- **Niacinamide:** Helps fade dark spots, enhances the skin's moisture barrier and has soothing properties.

NaturaCel contains ALL of these ingredients plus the Resveratrol we talked about earlier! Be sure to also use it around the sensitive eye area. It is very important to keep your eyes looking radiant because they are one of the most beautiful features of the body. If you take care of them you can minimize any damage to the sensitive area. NaturaCel can really help to brightening up your eyes and bring youth back to your appearance.

Wrinkles were as much a problem for Victorian women in the 1800s as they are today. To combat skin aging Victorian women mixed onion juice, white lily, honey and white wax together and then applied it as a night cream to cure fine lines. Dark spots or blemishes could also be cured by adding a little flour of sulphur to milk and then dabbing on the affected area. Yuck! Like the French, they utilized wine in their skin care, but they used white wine instead to wash their face and prevent oily skin. We don't recommend pouring your premium bottle down the sink in this way however.

## CHAPTER 7: Sleep & Fatigue

How many hours of sleep do you get a night? Chances are its not enough. Between mid-night bottle feeds, or trips to the bathroom, staying up late to finish homework, or getting up early to get the kids to the school bus, your sleep is probably severely lacking. Don't worry 50-70 million other American adults are with you.

There's an old saying that tells women that they need their "beauty sleep". This is entirely correct. The problem with losing sleep is that it cuts your body's repair time short. While you're fast asleep, your body is hard at work, repairing the havoc you wreaked on your skin that day. Human growth hormone production increases, which plays a huge role in healing cells and tissues throughout your body, including your skin. Without this repair time, fine lines become more prominent, dark circles crop up and your complexion turns pale, dull and droopy.

The stratum corneum (outer-most layer of skin) needs this repair time especially, because it plays two important roles when it comes to healthy-looking skin: It locks in moisture and prevents foreign microorganisms from getting in. Not getting enough sleep affects the skin barrier's ability to do its job and can lead to dehydration, which, in turn, makes fine lines more noticeable. Days on which you haven't consumed enough water you may feel listless and blah... dehydration has the same effect on your skin.

Not only does losing sleep have physical effects on your skin, but it has mental ones too. Fatigue results in extra stress hormones, leaving you feeling agitated, and over long periods of time stress hormones can lead to increased wrinkle development and acne!

To save yourself from sleep deprivation, develop a regular bedtime schedule and stick to it. You also should avoid caffeine 4 to 6 hours before bed, limit alcohol and heavy meals before sleep, get regular exercise (this is great for the skin too; increases circulation and delivers much needed oxygen and nutrients to the skin) and try to wake up at the same time every morning, even on weekends. Easier said than done right? But it is extremely beneficial. Keep sane and save your skin all at once, GO TO BED!

## CHAPTER 8: Exercise

Some people are natural go-getters. They get up at 5am and head to the gym before breakfast, and then come home and get showered, get the kids out the door to school, and head off to a long day at work. If this is you, you are already on your way to aging gracefully. If not, you're not alone. Here are some tips on how to integrate exercise into your life, and prevent the aging process.

### **I'm already fit, why exercise?**

We're not talking about helping you burn calories and lose weight, though those are definitely benefits of exercise and will help keep you healthy! For the prevention of aging we want to focus on combating the loss of stamina, muscle strength, balance, and bone density that increases with age.

### **Where do I begin?**

The first thing to do is to find time in your schedule to exercise. If you don't have a set day(s) and time, exercising will always be pushed further and further down the to-do list, and your health will suffer. Don't forget, exercise doesn't have to mean buying a lot of expensive gear, or hauling your butt to the gym. You can join a group fitness class, or take more walks with your dogs, or play soccer with your kids (or grandkids!). Don't forget to set reasonable attainable goals for yourself and celebrate them when you get there! Exercise shouldn't be a chore, it should give you satisfaction in knowing you're getting healthier.

Dating back to the 1500s, t'ai chi ch'uan (or tai chi for short) has been an influencing factor in the health and fitness of Chinese societies. Tai chi has been used for hundreds of years to improve overall fitness, burn calories, strengthening, slimming, toning, and tightening. It also aids the digestive system and respiratory systems, lowers the heart rate, decreases blood pressure, calms the nervous system and creates a state of calm, similar in benefit to meditation practice. Finally the slow-motion movements of tai chi aid in kinesthetic memory, better known as muscle memory, and improve balance and coordination. If you're looking for a slow-paced, extensive workout that you can do alone at home or in a group class, tai chi may be for you!

### **Other important thoughts...**

Exercise also will improve your sleep, your state of mind, and your self-confidence. You really can't deny the overwhelming benefits of exercise at any age, especially in your golden years. And as always, remember: Water, water, water, water, water. Drink water.

## CHAPTER 9: Things to Avoid

It may seem overly obvious to point out that stress and anxiety cause you to age more quickly, but you'd be surprised at how big an impact they actually have. Scientists are now stating that stress can age your face by as much as a DECADE. Do you want to look 50 at 40? We didn't think so...

Scientists have been thoroughly studying telomeres for almost ten years now. Telomeres stop DNA from fraying, which is an incredibly important function because when it frays, the cell stops being healthy. Frayed skin cells will stop functioning properly and will appear aged. The biggest enemy of these telomeres is stress, so the more you stress the more you age.

As adults in the 21<sup>st</sup> century, we often look for a quick fix for anything and everything. "There's an app for that," right? Sound familiar? But when it comes to your skin care and aging, while an anti-aging product like NaturaCel will repair and prevent aged skin, your best line of defense is to heal yourself. Get out of stressful situations, relax, breathe, and take care of you. All of you, not just with quick fixes, but start from the inside out, including your mental health.

Don't fret, if you've been leading the stressful life and are afraid your telomeres - may be at the end of their rope, take comfort in knowing that you can fix this, no app required. By reducing stress, the erosion of telomeres can be halted and they can be stimulated to grow again essentially reversing the signs of aging!

We may have a lot more control over the aging process than previously thought, and you can improve your health immensely by reducing your stress. Take a yoga class, or a daily walk in the woods to disconnect from work and family stress. You may find you feel like a brand new person, a 20-year younger person even!

It's also time to ditch the vices. You've probably heard for years about the horrible effects that smoking and drinking have on your body, but the evidence is only getting stronger and the reality is getting harsher. Smoking will not only increase your risk of cancers, heart disease, COPD, emphysema, and Crohn's disease, but it is also damaging to your skin and appearance.

A smoker's skin is normally thinner due to poor circulation, and there are visible signs of premature ageing, with lines and wrinkles more established. A recent study suggests that the skin is between 25% and 40% thinner in smokers, than non. A subtle gauntness of the features, with prominence of the underlying bony contours, and a grey pallor are also very common among smokers. Because cigarette smoke contains more than 4000 toxins, it causes the blood vessels in the top layers of the skin to constrict, so thickening and reducing the oxygen levels in the blood. This also reduces the levels of collagen in the skin, further complicating compacting the problem of fine lines and wrinkles.

Smoking is also said to affect the endocrinal system (the glands that secrete hormones) and changes body shape, increasing the waist-to-hip ratio. Many people complain they were skinnier when they were smoking and gain weight when they quit, however smokers tend to be pot-bellied with spindly legs, due to the imbalance of hormones.

Alcohol can be equally as damaging when in excessive amounts or for extended periods of time. It can reduce the level of Vitamin A in the body, which leads to two problems - lower skin cell turnover which makes your skin look sallow as dead cells accumulate on the surface, and a decreased ability to fight free radicals which accelerates the deterioration of collagen and elastin causing wrinkles.

Alcohol is also extremely dehydrating causing the skin to loose circulation. This is the reason why people's faces get flushed when they drink. It is also thought that this may worsen the symptoms of rosacea. If you're a smoker and drinker, it's time to make some changes for your skin's sake. It's never too late to change!



## CONCLUSION

If you follow the time tested ancient secrets, or even just the modern day tips in this e-book alongside with your NaturaCel morning and night as part of your regular skincare routine for 3 to 6+ months, you should have no problem achieving radiant skin well into your golden years. Remember to be happy with whatever you see in the mirror, you've earned those wrinkles as trophies through your life, you should embrace them as such!