

Five steps to fight aging skin and stay young

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Does the sound of ticking clocks vex you to nightmares of looking in the mirror and seeing the gnarly skin of dried up prune? Or do you dream of the firm peachy skin of your youth without wrinkle? Skin produces less collagen as we age, which can result in a loss of elasticity, rough skin, and wrinkles. We can't travel back in past time to reclaim youthful skin, but we may replenish, restore, and minimize premature aging. No one super food diet or product can reverse time completely, but lifestyle habits may help slow the aging process and support

a healthy glow. Pick your own anti-aging plan and discover what can do for you. When time and bad habits age your skin beyond your years, it's time to slow the process with these simple steps.



1. Practice simple good skin care

Cleanse, moisturize and exfoliate regularly to keep skin healthy and hydrated and minimize the look of lines and other signs of skin aging.



2. A diet for gorgeous skin

The best 'get-flawless' skin regimen, it's not a trendy spa treatment. It's a way of eating. Fish, for example, is a great source of essential fatty acids like Omega 3 and Omega 6, which reduce inflammation in the body, and keep our skin healthy and radiant. Have smoked salmon for breakfast, eat tuna fish sandwiches for lunch and swap hamburgers for salmon burgers. You need about 2 grams of omega-3 acid daily. If you aren't getting enough omega-3s from your diet, consider taking fish oils supplements.



Add coconut oil to your diet. Coconut oil has an impressive anti-aging property. By increasing your body's antioxidant levels, coconut oil can help stop the damage to your skin caused by free radicals. OVER the long periods of time, the skin can look firmer and younger, and your wrinkles can be drastically reduced. All you need is a tablespoon of coconut oil every morning. If you are not fun of pure liquid oil you can easy switch for capsules. MaxiZest's Pure Organic Coconut Oil Capsules are a rich source of Medium-Chain Triglycerides (MCT's). This unique combination of natural fatty acids support your immune system, heart and brain function, boost energy levels and promote healthy skin, hair and nails. * These capsules are cold pressed and are packed with 100% pure extra virgin organic coconut oil, rich in Medium Chain Triglycerides (MCTs) to help maintain healthy blood sugar and cholesterol levels and lower blood pressure*. It also contains lauric acid, a powerful anti-microbial to combat viruses, bacteria, and fungi at the cellular level. *



3. Refresh your fitness routine - improve your balance

Think about new activities you want to try like yoga, Pilates, or running. Almost any activity that keeps you on your feet and moving will help preserve your body's balancing system. In particular, exercises that force your muscles to bear weight and overcome resistance will help support your joints and improve your stability. You can try T'ai Chi. Studies have shown that T'ai Chi, a gentle form of ancient Chinese martial arts, improves balance, flexibility, cardio-respiratory fitness, muscular strength, boost mood and endurance. Slow, steady motions of the head, eyes, body, and limbs are performed in coordination with breathing. Studies cited by the National Institute on Aging demonstrate a connection between physical exercises and better brain function.



4. Feed your skin with vitamins

Retinol, a type of vitamin A is considered the most effective over-the-counter treatment to smooth the skin and prevent wrinkles. Look for skin cream or serum containing retinol, such as MaxiZest's Retinol Serum. This product is an advanced correcting formula that contains a powerhouse of natural, plant-based ingredients such as maximum strength 2.5% Retinol (vitamin A), an organic herbal infusion, botanical hyaluronic acid, vitamin E, green tea and jojoba oil. These ingredients work synergistically together to reverse the signs of aging, leaving your skin much more hydrated, softer and suppler. Specially formulated as an effective anti-wrinkle anti-aging serum for face, eyes, fine lines and under eye dark circles. This effective moisturization system softens and heals your skin from the inside out. The molecular structure of this anti-aging face serum allows for deep penetration where collagen and elastin are activated to improve skin texture and color to leave you with an amazingly even skin tone. This product is gentle enough for daily use and is the perfect face serum for oily skin. It is also suitable for all other skin types including sensitive skin and is recommended for both men and women. MaxiZest's Retinol Serum 2.5% is carefully formulated using only the highest quality, pure and natural ingredients.



5. Give yourself a break

Find ways to take the edge off your stress. Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.



- **"Beauty sleep"** A good amount of sleep is needed to have a healthy and radiant looking skin. Lack of sleep can cause stress and worsen skin condition. Get at least 6-8 hours of "Beauty sleep."
- **Stay positive.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.
- **Exercise.** Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
- **Meditate.** This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation's close relatives, yoga, and prayer can also

relax the mind and body.

- **Unplug.** It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.

About company

MaxiZest is a fast-growing health and beauty company that provides natural, safe and affordable skin and health care products that really work. Their number one goal is to help customers obtain a glowing, renewed, youthful and vibrant skin from the outside and a healthy body from within. MaxiZest is committed to providing high-quality products, made with the finest natural and organic ingredients for long-term health and beauty solutions.

“We are so confident in the quality and effectiveness of our products that we offer a lifetime money back guarantee, as opposed to the industry average of 30 – 60 days” – Leon Flemming - Head of Customer Service. All MaxiZest products are proudly manufactured in the USA under stringent “Good Manufacturing Practice” (GMP) guidelines in FDA-certified facilities. They are naturally free from parabens, do not contain any fillers or sulphates, are 100% Cruelty-Free and never tested on animals.

**** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.***