

Current research indicates that aging is caused by a combination of genetics and environmental influences, particularly free-radical damage. Aging may be inevitable, but the rate of aging is not. Follow these guidelines to stay healthy and maintain a youthful appearance. For best results, combine a healthy diet with VitaMedica's *Anti-Aging Formula*.

- 1. Eat more nutrient-dense, whole foods, especially organic vegetables and fruits every day.** The less processed, the more likely your foods will contain the nutrients and fiber that are vital for the healthy functioning of your body and skin.
- 2. Avoid packaged and processed foods.** These foods often contain large amounts of sodium and are made with partially-hydrogenated fats. Increasingly, research is demonstrating the negative health effects of dietary sodium and partially-hydrogenated fat.
- 3. Replace simple carbs with slow carbs.** Refined sugars elevate blood insulin levels which can have negative long-term health consequences. Replace simple carbs like bagels, pasta, bread and desserts with ample fruit and vegetable consumption. Learn to shop the “perimeter” of the food store where healthier foods are located.
- 4. Hydrate your body.** It is important to drink plenty of high quality water each day. As an organ of elimination, the skin requires ample water to maintain proper function and get rid of toxins.
- 5. Exercise regularly – aerobic, resistance and stretching.** Make sure that you get an adequate balance of aerobic, resistance or weight training and stretching exercises. Yoga is excellent for both strength and flexibility.
- 6. Protect against sun exposure.** One of the symptoms of dermal environmental damage is dryness. In addition to its many other harmful effects, the sun can dry out the skin. Avoid direct sun exposure and use a moisturizing sun screen product with adequate SPF for your exposure.
- 7. Be aware of facial expressions.** Repetitive facial expressions can cause deep frown lines that contribute to an aged appearance. Speak with your physician regarding use of injectables / fillers such as BOTOX®, Restylane®, Radiesse® and Juvederm®.
- 8. If you smoke – stop now.** Aside from all of the health problems smoking creates, this habit looks unattractive, creates wrinkles (especially around the mouth), causes the skin to look sallow and can give the fingernails a yellow tint.
- 9. Limit alcohol and caffeine intake.** Both alcohol and caffeine dehydrate the body, contributing to dry skin. Alcohol also interferes with nutrient metabolism and is a factor in capillary fragility and breakage.
- 10. Get enough sleep.** Inadequate sleep can lead to skin that looks ashen and contributes to puffiness around the eyes. Be aware of your body position during sleep – optimal is lying supine (on your back).

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