

Turn Back Time

**Safe & Natural Ways To Turn Back The Hands
Of Time And Look & Feel 10 Years Younger!**

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You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this book.

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Introduction To Turn Back Time

Have you found yourself thinking about just how quickly the years have gone by, and how all you're left with are the lines, curves and wrinkles that reflect a lifetime of memories?

It's not vanity that finds us lost in memories as we analyze the reflection in front of us, it's the constant reminder that our time is running out and that we need to enjoy every moment, while we still can.

If you're anything like me, you don't want to be reminded of the years that have gone by through your reflection in the mirror. We all have our memories, both the good and bad, securely locked away in our memory bank where they belong.

We don't need to see the lines on our face, the age spots on our skin or the wrinkles that seem to be popping up like a forgotten field of wild flowers to be reminded that we're aging – each and every day.

Just because we're getting older doesn't mean that we need to look our age...right?

And what does age really mean? After all, age is just a number, isn't it?

All around you, you'll see men and women in their 50's, 60's, even 70's who are living full and active lives, while looking years younger than they really are.

In fact, I can't tell you how many times I have been wrong when guessing someone's age – because even though they were actually older than me, they looked years and years younger!

Did they uncover some fountain of youth that I didn't know about? Were they hiding some secret regimen that kept them looking fresh-faced, youthful and energetic well into their prime?

While still in my early forties I decided to do all that I could to put a stop to the sudden aging process that I found sprawled across my face, neck and hands. I caught myself staring at the lines of my fingers one day and decided right then and there that it was time to take action and figure out exactly how they were able to look so young, so vibrant and so incredibly energetic, while I watched Father Time continue to draw his age lines across my skin.

Sure, I guess you could say that in a way they were battle lines, and that I should be proud of each and every one. But in reality, I was fed up with looking and feeling ancient when I knew that there was simply no reason to feel that way. I knew that I could take matters into my own hands, change the way I looked and felt and not only enjoy life again but I could finally look the way that I used to once again.

I missed the old me, and while I was never a vain man by any means, I felt

it was my duty to do all that I could to look and feel my best. Yes, aging is a natural process but it doesn't mean that we have to look old while we're still in the prime of our lives.

So, here I was, about to wage war on Mother Nature, to fight a fierce, relentless battle against Father time and I had absolutely no doubt that I'd win.

And I did – In fact, I still am as it's an ongoing process but I have never felt or looked better in my entire life.

There's aging – and there's *aging well*. I choose the latter.

Now it's your turn to join me, and I have no doubts that once you've read this complete guide to looking and feeling up to 10 years younger, you will win your personal battle once and for all.

It's time you got yourself back on track so you can get back to living the life that you were meant to live.

I'm here to show you how.

The Power of Positive Thinking

Whether you realize it or not, a lot about the way we look and feel begins from within. *It's an internal battleground.*

Have you ever seen people your age that look far younger and wondered why they have such a tremendous glow of vitality and youthfulness? Even their skin looks softer, younger and more vibrant than when they were years younger!

What I discovered about anti-aging is that turning back the hands of time begins internally. It's in the way you think about aging, and in the positive attitude and energy you project into your daily life that really counts.

You see, positive thinking rejuvenates the way you look and feel both about yourself and those around you. It also helps to reduce stress levels in your life (ultimately, eliminating stress lines and anxiety-induced age spots) so that you feel and look better on the inside & out.

Positive thinking will boost your self esteem as well, helping you feel far more confident about the way you look and when you feel good about yourself, it will soak into every other aspect of your life – from your relationships with friends and family, to your career.

The power of positive thinking isn't always so easily obtained however,

especially if you tend to think negatively. Staying away from the “dark side” involves completely re-training your thought process and habits.

For example, if you experience stress or anxiety at your job and it usually causes you to shut down internally, to become less productive, or to lash out at others – you will need to focus on doing the opposite. Every natural reaction you have to go down the same path needs to be blocked, making a conscious effort to turn every negative into a positive.

It will take some work, especially if you’ve been falling into the same negative-response cycles for years, if not most of your life, but it’s well worth the effort. Not only will you minimize your chances of adding unnecessary wrinkles and age marks to your skin (all of which are caused by stress and anxiety), you will feel better on the inside, too!

All of your thoughts and feelings play a part in the way you look and feel. Thoughts and feelings that are turned into a positive can serve as powerful sources of creative energy and will help you feel attractive and productive.

For Negative Thinkers:

If you are prone to negative thinking but you’re interested in experiencing true vitality that comes from projecting positive thoughts and cleansing your soul and spirit, you may want to consider meditation. Meditation can help you clear your mind and focus your energy on being positive.

It is also a fantastic stress & anxiety reliever, and is absolutely free to try out from the comfort and privacy of your own home.

Yoga isn't just for women:

Many men feel that yoga is only for the ladies. Typically men feel that the overall benefits of yoga are singularly for women alone. This is a common misconception, as yoga has no bounds when it comes to gender. We all benefit!

How to Begin

When you begin your first yoga session, you will see that it is not only a form of exercise, but it is also a way of life. There are many ways that the physical yoga can help the body and mind obtain true vitality and youthfulness.

Increases your flexibility - Because yoga will work areas of the body that would not normally be used when you workout, you will be able to attain a more flexible movement. Yoga also allows the body to move in a more fluid manner and will decrease your chances of injuring yourself while you work out. Because you are less likely to injure yourself, you will be able to have better and stronger workouts. You will also be able to be more flexible when you do exercise!

Internal Organ Massage - Not only do you need to exercise and stimulate the tissues of your body such as your muscles and tendons, you also need to stimulate your internal organs as well to be as healthy as you can be. By using yoga poses, you will be working your internal organs as well as improving your flexibility. This will help stall aging, help to keep your immune system strong and help to prevent illness.

Cleansing your body - when you practice yoga and put all the aspects of it together, you will increase the circulation that will aid in cleansing toxins from your body. We unknowingly put many bad things into our bodies each and every day, it is vital to cleanse the body and purify it as much as possible to attain good physical health. This will also give you more energy than you would normally have without yoga.

When men start to practice yoga, they will become stronger and will be more flexible. By adding yoga to a workout, men can help build an endurance that will give them an edge if they play a sport. Because of the nature of sports, not all sports will require use from the same areas as other sports may require.

Yoga gives an all around workout that will help the unused portions maintain the same strength as those that are used in a daily basis.

If You Talk Positively To Yourself, The Negative Thoughts Will Go Away

People are their own worst enemies and don't even realize it. Take a deep look inside and think about who is holding you back. Is it a boss that you perceive to be difficult or is it you convincing yourself you are going to fail?

Where do you stand in the overall picture? When you are hit with a challenge to you accept it and dive into it head on or do you already have yourself convinced that you are going to drop the ball before you ever even pick it up?

Many people create a negative setting without ever realizing that they are

doing it. When you are constantly exposed to something, it becomes normal and you no longer realize you are doing it. You have created negativity as a normal way of life.

You need to use self-enrichment techniques to recognize and get your thoughts back in line with being positive. Train yourself that when a negative thought comes into mind, you need to counter it with a positive one. Over time, it will be as natural as the doom and gloom that used to control your life.

Staying positive is more than just thinking it. You need to keep that thought in your head and you can do so by constantly repeating it over and over until the negative one goes away.

Over time, you will start to change your mindset as you become more adept at self enrichment techniques, and those negative thoughts that doomed you to failure will become positives that convince you that you can make it happen!

Let go of all the negativity and replace them with positive affirmations.

Changing your thought process can change your life!

Top Anti Aging Products For Men

When you hear the words “anti aging”, it’s likely that you instantly think of women in cheesy commercials splashing facial cream and lotions all over themselves in a vain effort to look younger.

In reality, us men think about the aging process as well. In fact, for many of us it’s almost an obsession and we’d do just about anything to look and feel years ago, especially once we approach mid-life.

And no, it doesn’t mean that you are having a mid life crisis just because you want to look and feel your best. It’s normal to be concerned about the way you look and feel, especially as we get older and we have more time to dedicate to taking care of ourselves.

Through the years, our time and focus is shared between family, children, our spouse and our job, leaving very little time left for us. Worrying about the way we’re aging is hardly a priority when we’re in our twenties or even thirties but by the time we hit forty, we’re starting to look at it all a little differently. We realize that if we don’t take action now, we’re going to look like our grandfathers’ long before our time.

Thankfully, there really are many different ways of combating the aging process, or at least, slow it down.

Here are a few products that will help you turn back the hands of time:

Multivitamins

As we get older our bodies require additional vitamins, nutrients and supplements. Not only do they help boost our immune system but they contain micronutrients that feed our cells, resulting in healthy skin and bones. In addition, many common vitamins such as Vitamin C and E also help repair cellular damage, resulting in a slower aging process.

You can get plenty of multivitamins just by consuming large amounts of fruits and vegetables, or you can take a multivitamin supplement.

Hair Revitalizer

One of the greatest signs of aging is thinning of the hair, and if we're not careful, we might find ourselves sitting not-so-pretty with a big ugly bald spot on the top of our heads.

While a receding hairline is hereditary (and there's little that we can do to avoid it without hair implants), you can take steps to avoid looking older than you are.

First of all, if you have multiple bald spots or you find your hair thinning to the point where it's starting to show your age, consider shaving your head.

A shaven head is sexy, masculine and will hide the fact that you're struggling in the hair department. Since a thick, lustrous head of hair signifies vitality, rather than looking old and weary with a patchy brow, shave it off to a nice even thickness.

And please – lose the toupee and/or combover! Nothing speaks “middle

age” like these do!

When it comes to hair products, hair revitalizers will help restore thickness and combat hair loss, by stimulating the scalp and encouraging hair growth.

If you are in the early phase of hair loss, these products can minimize thinning giving you a nice, thick mane once again.

Note: The frequency in which you use hair revitalizers will vary based on each individual product. Pay special attention to instructions and contact the manufacturer in the event you are unsure. If you have experienced a sensitive scalp in the past it’s best to contact your family doctor prior to using any new hair products.

Exfoliant

If you find that your skin is looking dull with lines running from side to side, a skin exfoliant is just what you need.

An exfoliant roughs off dead skin leaving you soft and clean. It also helps to unclog pores, minimizing eczema and acne, while leaving your skin brighter and younger-looking.

Tip: You should never exfoliate more than twice a month (every two weeks is fine). When looking for skin exfoliants, choose products that contain fine grains to avoid over-sloughing.

Use Eye Cream

Nothing will make you appear older than your time as lines under your eyes will. Those dark wrinkles and age spots appear when your skin becomes dry, and is the first place where wrinkles tend to appear.

To combat this, consider using an eye cream twice a day (once in the morning and once before bed).

Eye creams and moisturizers are designed to restore nutrients to the skin cells around your eyes and to hydrate the area that has been dried out. Not only will this leave your skin feeling smooth but it will minimize the appearance of age spots and wrinkles.

Antioxidant Moisturizers

Look for moisturizers that contain high levels of resveratrol and vitamins E, C and A as they will hydrate the skin and keep it looking youthful and fresh.

Antioxidant moisturizers will help fight the aging process by hydrating the cells above and below your skin while refueling your skin cells.

Increasing Energy To Look & Feel Younger

One of the things that make us look and feel old and tired is in a lack of energy. When our body slows down, so does our mental process, and it almost feels as though we kick start our life clock so that it runs in overdrive, aging us far before our time.

The signs of aging become evident, our minds and bodies feel dreadfully old despite the fact that time hasn't really gone by that fast. It just FEELS as though it has.

So, how can we increase our energy levels so that we look and feel decades younger?

We need to create energy in order to increase energy!

Fitness and a healthy diet go hand in hand when it comes to turning back the hands of time so you can look and feel at your very best.

As men, we need to work hard to maintain muscle and to encourage continued growth, so try to incorporate a work out plan that fits into your day to day life.

A physical activity that builds stamina, flexibility and core strength will make you look and feel younger than ever before. In fact, countless studies

have shown that men who work out regularly and who engage in physical activities including biking and walking, decrease their risk of heart disease by up to 70%!

To start, try working out once or twice a week for 20-35 minutes, increasing to every other day while each session lasts longer than the last. Eventually you'll be able to weight train regularly while working on different muscle groups every second day.

Working out regularly is THE secret weapon to combating aging and looking at your absolute best. In fact, there's no other way that's quite as effective. So, pick up a set of weights and get moving. You'll shed years AND pounds!

Muscle building tips:

The basic principles of weight training are pretty much the same as those of strength training. It involves a manipulation of the numbers of reps, sets, tempo, exercise types, and weight moved to cause desired increases in strength, endurance, size, or shape.

The specific combination of reps, sets, exercises, and weight depends upon the desires of the body builder. Sets with fewer reps can be performed with heavier weights but have a reduced impact on endurance.

Equipment used in weight training includes barbells, dumbbells, pulleys, and stacks in the form of weight machines or the body's own weight as in

push-ups and chin-ups. Different weights will give different types of resistance.

Weight training also focuses on form performing the movements with the appropriate muscle groups and not transferring the weight to different body parts in order to move great weight.

If you don't use good form in weight training, you risk muscle injury, which could hinder your overall progress.

Another form of weight training is **resistance training**. Resistance training involves the use of elastic or hydraulic resistance to contraction rather than gravity. When your muscles are resisting a weight, the overall tone of that muscle will grow over time.

Tip: Invest In Yourself

Most gyms offer the services of a personal trainer that comes with the membership fee. These trainers can suggest specific workouts for you to begin with, however the routines featured within this guide will help you develop a solid workout quickly and easily.

Here is a sample three-day workout.

Day 1 – Back, Chest, and Abs

Do three sets of 12-15 reps each.

Bent over barbell row

Stiff legged barbell dead lift

Barbell bench press

Incline dumbbell press

Dumbbell flies

Crunches

Day 2 – Legs and Shoulders

Do three sets of 12-15 reps each.

Barbell squat

Seated calf raise

Front dumbbell raise

Side lateral raise

Upright barbell row

Lunges

Barbell squats

Day 3 – Biceps, Triceps, and Abs

Do three sets of 12-15 reps each

Barbell curl

Incline dumbbell curl

Lying triceps press

Barbell tricep extension

Front dumbbell raise

Dumbbell hammer curls

Crunches

About an hour before your workout, you should eat some protein and carbohydrates. This is to make sure that you have enough energy to make it through your entire workout.

By doing this, you are putting your body into an anabolic state that will provide the necessary energy and power to effectively work your muscles.

Do NOT rest for more than a minute in between reps, or your muscles will get cold and all your previous work will be for nothing. The idea is to maintain the burn, taking only very short breaks in between sets.

It's a good idea to sprinkle your workouts with some cardio exercises to help get your blood pumping. This could be a little time on a treadmill or walking. The cardio is good for your body and you'll be focusing on that most important muscle of all – your heart!

Easy Ways To Look & Feel Younger

Your Diet

Do you want to slow down the aging process so you can look and feel younger than you ever thought possible? Then begin with a healthy well-balanced diet and a good exercise routine.

It's no surprise that this would be one of the most important steps involved in keeping your skin vibrant and healthy looking, while ensuring that you look and feel younger than ever before.

Quit Smoking

Did you know that smoking can leave your skin dry and leathery looking? Smoking causes the blood vessels in the outer layers of the skin to narrow.

This in turn reduces the natural amounts of elastin and collagen in the skin causing the damage to take place. Anti-aging face creams can help reduce the damage but not smoking is the only way to prevent this type of damage from occurring in the first place.

It's recommended that you use anti-wrinkle creams that contain all natural organic, plant-based ingredients. These help to nourish the skin naturally to promote the growth of collagen and improve the elasticity in the skin to keep it firm. They are safer to use than some of the synthetic ingredients found in many products that can often do more damage than good. All

natural skin creams will keep the skin properly hydrated while providing the safest, healthiest treatments money can buy.

Use Antioxidants

All natural anti-aging face creams contain antioxidants such as vitamin E, which will help rid the body of toxins and free radicals that cause damage to the skin. The best creams will penetrate the surface area and treat the problems right from the source, which is why they are more effective than many other brands.

If you are like most people and want to have healthy, young looking skin, then it's time to take action. Make good informed decisions and take the time to take care of your body!

The Skin You're In

Men tend to have oilier skin and their pores are larger than a woman's. Just as there are many skincare products on the market for women there are just as many for men. Products range in price as well as what they actually achieve.

Skincare for men has come a long way since the days of first invention. Many of the products are available in local drugstores. For those looking for pricier products a visit to a local salon or barber shop would be in order. Many men are getting facials along with expert skincare analysis.

Your skin is one of the first things that people notice. Whether showing up for a job interview or vacationing there is no hiding it. Your skin is part of you and will always be. Taking care of your skin is a vital part of showing people who you are.

As in choosing any product, care must be taken when choosing a product. Certain allergic reactions can occur and one must do a patch test prior to using. As with any product, many ingredients can cause irritation.

Caution is given when buying a skincare product with any type of crushed shell or seed. Studies have proven that this combination can and will cause damage to the skin. These products have a tendency of ripping the skin rather than cleaning it. You are trying to protect your skin not tear and rip it.

Certain seasons also warrant different types of products needed. Summer is the time when the sun is at its hottest. Your skin needs protection from the sun as to not burn or getting skin cancer. Winter is the time when many need the extra moisturizers.

Get started on a healthier way to care for your skin so you can prevent further aging and get that healthy glow back.

The Importance of Sunscreen

It doesn't matter what your age is, you are never too old or too young to protect your skin from the damaging rays of the sun. No one knew the impact that the harsh UV rays of the sun could have on your skin years ago. Now that the effects are very well known, it's vital that everyone take steps to protect their sensitive skin, especially the face, from the sun to prevent or reduce the amount of damage it can do to your skin.

Keep in mind that your skin is always exposed to the sun even on cloudy days.

The UVA and UVB rays are always there. It's recommended that you use a sunscreen that has at least an SPF of 15 or more everyday to protect your skin and to help reduce wrinkles. It will also help to protect against sunburn, which can badly damage your skin, and in some cases, cause skin cancer.

As we age our skin has a tendency of drying out. This in turn can cause more wrinkles to appear. Moisturizers can help to hydrate the skin and it can work as a barrier to help keep the natural moisture of the skin in. This will assist in slowing down the aging process and help the skin to keep that healthy glow.

Everyday you are exposed to chemicals and toxins that contain free radicals. They're in the foods we eat and the air we breathe. They can do lots of damage to the skin by breaking down the collagen within the skin and the elastin that keeps it firm. This causes the skin to wrinkle and sag.

Using facial products that contain antioxidants will reduce the damage that occurs and help keep the skin firm and wrinkle free. Supplements are also available.

Alpha Hydroxy Acids

Alpha Hydroxy Acids or AHA is used in facial peels. These are designed to peel off the dead skin and leave a healthy glow in its place while reducing the appearance of fine lines.

There are many different types of face peels available that range from mild treatments you can do at home to harsher ones that your dermatologist can perform.

Both Nutrition and Hydration are Vital to Skin Care

Proper nutrition and hydration are vital to keeping your skin young and healthy looking. It's true, what you put in your body really does affect how you look on the outside.

Always eat a good nutritious diet and stay hydrated. Limit the amount of caffeine and alcohol that you consume because these can cause dehydration.

Combat Aging Through Hydration

Are you drinking enough water each day?

Chances are, you aren't coming anywhere close to the recommended daily intake, and your mind and body are suffering because of it.

Drinking a good amount of fresh water each day can make a huge difference in the appearance of your skin, as well as in the way you look and feel. In fact, hydration offers dozens of different health benefits, and is one of the easiest ways of looking younger and feeling better.

Water will keep your skin hydrated and improve the texture and brightness, helping to minimize unsightly wrinkles and fine lines. It's a natural anti-aging remedy! 😊

Dehydration, on the other hand, will lead to parched, dry and wrinkled skin that reflects the signs of aging.

The amount of water in your system plays a role on virtually every aspect of your overall health.

Lack of water can also cause intense fatigue, premature aging, excessive weight gain, higher cholesterol, constipation, loss of memory, and of course, high blood pressure.

Your body needs water to perform at its maximum potential, and without water, your body begins to dehydrate which immediately takes its toll in more ways than one, including by making you look years older than you are.

You may not even realize that your body is dehydrated, or that you are so heavily affected by lack of water in your system. Perhaps you suffer from chronic migraines, feel tired despite sleep, forget things all too easily, or you find it difficult to digest food without constipation or stomach cramps.

All of these ailments may be the cause of your body not receiving enough water and when it comes to high blood pressure, lack of water first affects your kidneys, which are alerted to the lack of water in your body, triggering your brain to constrict arteries and veins. This leads to increased blood pressure.

Studies conducted by Doctor Goldmar Alexander from California focused on “water fasting”, in the treatment of high blood pressure, and resulted in over 90% of participants successfully lowering their blood pressure to a healthy standard by the end of the 7 day treatment program, while looking vibrant, youthful and healthier than before treatment.

Increasing your water intake will also detoxify your body of harmful chemicals and toxins, further improving your overall health. You should be drinking 8 8-oz glasses of water each day for optimum cell creation and body function. If you are active, you should double your liquid intake to make up for what you’ll burn.

Even if you aren't used to drinking a lot of water in a single day, you can begin to take steps towards increasing your overall consumption levels, first by making a conscious effort to drink more throughout the day, and then by continuing to monitor your water intake until it becomes a natural habit or tendency to crave more water.

In fact, even if you've never been one to drink a lot of water before, your body will naturally adapt to the increased levels of water, and before too long, you will begin to CRAVE more water!

Your body will 'self regulate' and when it feels that it hasn't received enough water for the day, you'll notice the signals and be able to nourish, and rehydrate your body without having to monitor or 'remember' to drink more.

Tip: Add a small amount of apple cider vinegar to a glass of water each day to thin out your blood levels, decreasing blood pressure!

When you eat right, drink plenty of water and get the proper amount of rest your body needs, can combat the signs of aging while making sure that you stay on track.

Obtaining A Youthful Appearance

When it comes to ways in which you can help to restore a youthful facial appearance the words "facial rejuvenation" comes to mind.

Here are a few common techniques, popular with both men and women:

- Botox and fillers that are injected into the face.
- Resurfacing procedures such as chemical peels, laser treatment and microdermabrasion.
- Surgical transformations that include facelifts, neck lifts, brow lifts, eyelid surgery, nose jobs and chin and face augmentation.
- Tropical tretinoin and tazarotene that were designed to help enhance the production of collagen and reverse some of the damage caused by sun exposure.

There are two main things that are associated with the normal facial aging process. These are listed below:

Intrinsic – This is the result of skin laxity and the normal age related fat and bone loss, often referred to as atrophy.

Extrinsic Factors – These include things found in the environment such

as being exposed to chemicals, sunlight, ultraviolet lights and cigarette smoking.

All of these combined together are known to contribute to the biological changes that are associated with aging. They create a facial change pattern that can be predicted, which can actually be compared to a child's balloon filled with helium. When the balloon is first blown up, it has a tight smooth flawless structure.

Over time, the internal volume of helium begins to diminish and the balloon starts to lose its shape. Instead of a tight smooth surface, it starts to sag and wrinkles begin to appear. The change is noticeable right away. When similar changes begin to take place on your face, it's understandable why it can be very distressing, even with all the treatments that are being promoted on today's market.

There are three ways in which physicians can treat facial aging. One is called augmentation and it's designed to stretch the skin back to its normal shape. The second is a reduction process designed to make the skin "fit" and the third is a combination of the two.

Before any rejuvenation procedure can be chosen there are several factors surrounding the facial aging and it's severity that must be taken into consideration.

Individual fine line or deep rhytids wrinkles can be managed very well through the use of Botox or by using injectable fillers. There are other options available that can provide similar results but there is nothing

available at the current time that is better than these methods. They are great for eliminating or reducing the wrinkles caused by the underlying muscles that control facial animation.

Wrinkles not caused directly by facial movement can be treated by using superficial or deep fillers. These include collagen, poly-L-lactic acid, hyaluronic acid, bone cement and silicone particles. In some cases, the persons own fat may be injected. Aside from using these to management wrinkles they are also used for scars and procedures such as lip augmentation.

Wrinkles caused by sun damage or ones that cover large areas are usually caused by a biological change in the skin. This is when the rejuvenation methods would be the most beneficial. These include the chemical peels, laser resurfacing and microdermabrasion methods. They will help to restore the intrinsic biologic properties the skin lost when it was being damaged.

During these treatments the skins surface layers will be removed by light associated with heat, chemicals or physical sanding methods, which will stimulate rejuvenation. Many of the skin creams advertised today contain glycolic and other mild acids that are used in chemical peels because they are designed to help treat the skin and reduce wrinkles.

If the severity of the aged skin continues, then a combination of injections and resurfacing procedures may be used. Sometimes these are combined with surgical rejuvenation often used in a staged fashion.

For very severe forms of facial aging surgical management may be needed. These can be done through implants referred to as additive methods, tucks or excisions referred to as reductive methods or a combination of both.

Rhinoplasties, commonly known as nose jobs, are a great example of where a combination of reduction and augmentation are used together.

These methods will provide the patient with the most rejuvenation possible and are used when there is a great deal of damage to repair. However, it's important to realize that these procedures are accompanied by some scarring and it's possible that some numbness will be felt temporarily. Usually the scars are fine and gladly accepted but there are always exceptions where this is not the case.

If you simply want to improve fine lines and enhance the general appearance of the skin, then topical tretinoin and tazarotene can be used.

The problem with these methods is that they must be used continuously to maintain the improvement. Occasionally, these methods will be combined with some of the other procedures listed above in order to enhance the overall effect.

Even though aged and damaged skin can be treated and enhanced by the methods listed above, the best option is prevention. There's no doubt that you will continue to hear more about these treatments as time goes by.

Nevertheless, limiting your exposure to the extrinsic risk factors such as

the UV rays of the sun that cause damage, is the best way for anyone to care for their skin.

The best way to reduce the signs of aging is by taking steps to avoid the things that can damage your skin and by choosing a healthy lifestyle that will keep your body strong and fit.

Turning Back The Hands Of Time

Everyone wants to look as young and healthy as they can for as long as possible. It's only natural and that is one of the reasons why anti-aging skin care products have become so popular.

The demand for these products has grown considerably over the last couple of decades and it continues to climb. These products help to protect the collagen, which makes up twenty-five percent of the skin's protein. Collagen and anti-oxidants are closely related when it comes to healthy looking skin.

Vitamin C is one of the most well known forms of anti-oxidants around. However, it is unknown at this time exactly how much vitamin C our bodies need daily despite all the research that has been done.

There are many skin care treatments that are based on vitamin C. The problem with these is that each time they're used, they come in contact with the air and this can cause them to become oxidized.

It's for this reason that many of the skin care treatments used now are created to mimic the effects that vitamin C has on the skin. These are less expensive to produce and are believed to be more stable when exposed to the air. Many treatments are using vitamin E and lipoic acid as alternatives to the vitamin C treatment but they are not quite as effective.

Both vitamin E and lipoic acid are found in the body naturally. Lipoic acid helps to generate the energy that gives the body life and it's found in every cell locate within the body. Vitamin E is located in the blood and it's a fat-soluble anti-oxidant.

There is another group of compounds that have been extracted from a variety of different plants and used in health care products designed for anti-aging creams. These help reduce the signs of aging and they are called phytochemicals.

It's also believed these have a positive effect when it comes to helping prevent prostate, colon and breast cancer.

Scientists have known for a while that vitamins B5, B6 and B12 have anti-aging properties. This is a field in which the research has the potential to improve life, as we know it. Making products to reduce the signs of aging is just the beginning.

As new discoveries are being made the aging process is becoming easier to understand. This opens the door for advanced products that would be more effective when it comes to reducing the effects age has on the skin or when it comes to reversing some of the damage done.

In time, it's believed that this type of research will make it possible for scientist to discover new anti-aging skin care products that will be more effective and cheaper to manufacture.

For now, eating a healthy well-balanced diet, exercising regularly, getting a

sufficient amount of rest and drinking plenty of water is the best things you can do to help reduce the effects of aging.

It's the key to a younger looking you 😊

Sleep Soundly And Reduce The Signs Of Aging

We all need adequate sleep, not just in how long we sleep but also in the actual *quality* of our sleep.

You should try to get 7-9 hours of sleep each night in order to perform at your best, and to look and feel refreshed and vibrant.

Make sure that you maintain a consistent sleep schedule, going to sleep at roughly the same time each night and waking up at the same time every morning. Even on weekends when you don't have to wake up at the same time, you still should. It's the easiest way to stay on track.

Adequate sleep will ultimately make you look and feel younger and it will also extend your life expectancy while boosting your immune function so that you're able to fight off harmful bacteria and viruses.

When To Sleep?

An optimal sleep pattern involves 7-9 hours of sleep, with our sleep schedule beginning at 10pm.

It's been proven that physical repair to both our immune systems as well as organs and tissues begins shortly after we fall asleep and continues for up to 5 hours, ending around 3am (if we go to sleep at 10 pm in the evening).

This natural repair system takes care of many other potential illnesses and ailments as well including eliminating cancer cells, viral deficiencies, repairs immune cells, tissue, eliminates bacteria and other harmful agents.

Our sleep pattern involves psychic repair as well, where our brain releases chemicals that improve our state of being, as well as enhancing our ability to fight off colds and flus with a stronger immune system.

About 4 hours from the time we initially fall asleep we shift into what is called REM sleep (rapid eye movement) which takes our minds on a journey between light sleeping into deep sleep (where you are most likely to dream).

This period of our sleep cycle is very important and helps to relieve anxiety and stress as well as process activities, thoughts and emotions that we've experienced throughout the day. It helps to rejuvenate our mind power and refresh our minds for a new day ahead and it's also very important in regards to anti-aging.

Get A Quality Mattress:

One thing to keep in mind is that your mattress will have a significant impact on your quality of sleep. Of all the investments that you make in your household furniture, a good firm mattress should be at the very top of your list. Make sure that it offers adequate support especially for your lower back.

Note to those suffering from insomnia:

As we get older, our body chemistry changes and some of the things that

we require in order to fall into deep sleep are not being produced quickly enough.

The primary hormone in our body that triggers sleep and tells the brain that it's time to wind down and prepare for rest is called cortisol. This hormone follows a 24-hour consistent cycle, awakening in the early morning hours and tapering off as the evening draws near.

When the levels of the cortisol hormone rise, we experience a surge of energy, which explains why we all have more creative periods during the day where we are most productive and at top performance. As the cortisol hormone tapers off and begins to drop, our energy follows suit and we begin to experience fatigue.

In the event that you are having trouble getting a good nights' rest, you should consult your family physician to discuss possible cortisol supplements.

Increase Stamina To Feel 10 Years Younger

Physical, mental and sexual stamina is incredibly important to men who want to live fulfilling, satisfying lives.

It's also important to their partners, who know that with stamina, comes a happier and more positive outlook on life. They want us to feel good about ourselves, and our ability to perform both in and out of the bedroom.

But with aging, comes yet another hindrance. Our

Here is a few ways to increase your overall stamina so that you can look and feel younger!

Weight Training

This goes beyond losing weight. If you want to build up stamina, you will want to incorporate muscle building and weight training into your daily routine. In fact, the more often you lift – the better.

Weight and resistance training will help to increase muscle mass that leads to an increase in endurance. Three sessions of weight and resistance exercise each week will directly impact endurance and stamina levels, increasing your ability to perform other tasks.

Keep Your Heart Rate In Check

According to recent studies; your maximum heart rate is 220 minus your age. So, in a 35 year old, your heart rate should be 185. During a work

out you want to target between 50-80% of your maximum heart rate, in order to build up stamina and endurance. Consider engaging in heart-pumping exercise that trigger a spike in heart rate, such as jump rope, running, tennis or swimming.

Vary Your Routine

In order to continue challenging your body, and to build up incredible stamina, you need to change things up – and vary your routine. Consider alternating between jogging, tennis, weight training and cycling, engaging in a broad range of physical activity.

Not only will this improve your overall physical performance, but you'll build up incredible endurance through ongoing cardio-based activities.

Final Words

We all want to look and feel as youthful, energetic and vibrant as possible and thankfully, there really are things that we can do in order to combat the aging process so that we can look and feel our very best.

Our quality of life is directly affected by the way that we feel about ourselves, and so by taking care of our bodies so that we look the best that we possibly can, we'll ultimately live happier, longer and far more fulfilling lives.

As men, we all too often overlook the importance of nourishing our bodies and restoring our skin. One of the most common signs of aging begins with the lines on our face and the wrinkles on our skin, so start by purchasing a good moisturizer and get into the habit of rehydrating twice a day. You'll never look so good!

Work out regularly to promote the regeneration of aging-free radicals. Remember that weight training, healthy eating and maintaining a steady weight based on your age and height is one of the most important things that you can do for yourself.

Not only will you look amazing, but also, you'll increase your life expectancy rate!

To looking and feeling younger than ever before!

Your Name

Resources

Skin care products for men and women:

<http://www.Kiehls.com>

Skin care products exclusively for men:

<http://www.menscience.com/>

Muscle building workouts & routines:

<http://www.muscleandstrength.com/workouts/main.html>

Work out equipment:

<http://www.LiveStrong.com>

Fine Men's Grooming Products:

<http://www.GroomingLounge.com>