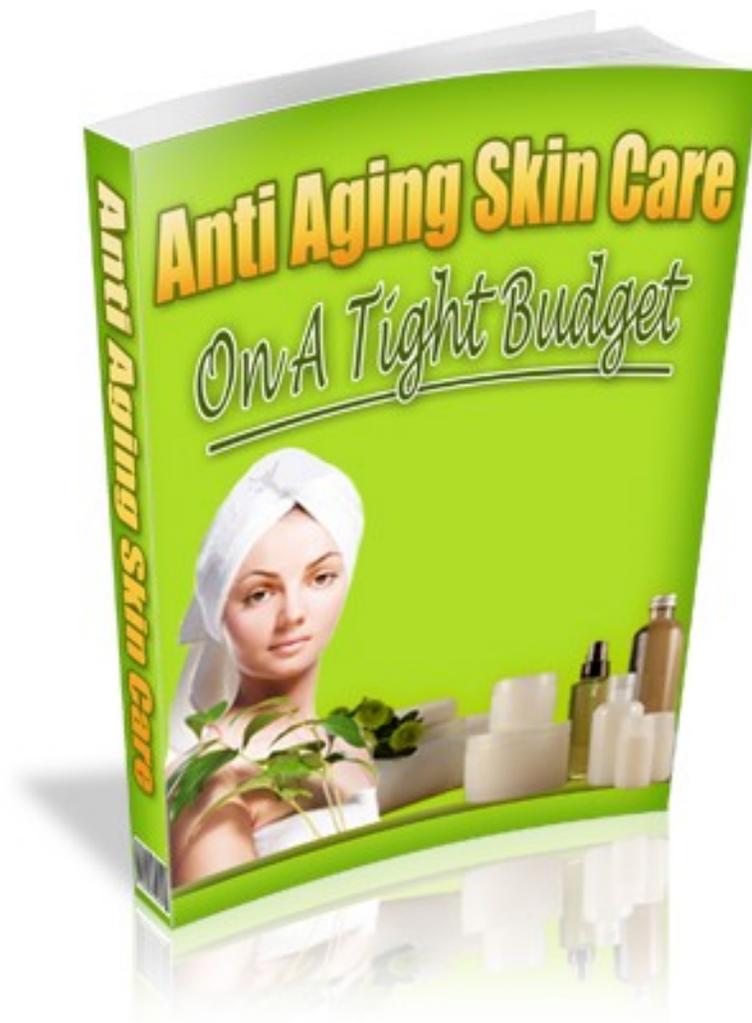


# Anti Aging Skin Care on a Tight Budget



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## Introduction

In today's society, the focus on staying "forever young" has become more and more important to thousands of people. Facing the later years of life can be an awakening for many people as they see their skin and bodies showing the signs of years of wear and tear. Most people don't start thinking about the aging process until it's often too late.

But the truth is – we all start aging the day we are born. So, doesn't it stand to reason that we should begin to take better care of ourselves early in life?

Absolutely! But it doesn't always happen.

That's why this e-Book will become a valuable resource for you as you face the many changes in your body and skin as you grow older. Knowing what to expect, how to prevent it, and how to remedy aging problems are all part of the secrets and tips you'll find in this book.

But more importantly, knowing how to take better care of yourself and ward off the early signs of aging without going broke is the best part! Valuable tips and information on the use of natural and low-cost products will be revealed. When people begin to think about the aging process, they are quick to purchase the most expensive products available or the latest trends in anti-aging products.

Unfortunately, money doesn't always buy youth – and many people don't have the money to even try it. Natural methods towards taking care of your skin and body are your first line of defense.

There are many inexpensive natural remedies, vitamins, and other products that can help. And there are also many homemade recipes that can make a huge difference at a fraction of the cost of those expensive products.

Taking care of yourself as you age is extremely important and we'll provide you with information on the things that accelerate the aging process and ways to slow down the process.

Join us as we open the doors to information and secrets that will help you live a healthier, happier, and more beautiful life. We can't promise to halt the aging process, but we can promise to provide you with low-cost tips and remedies that can contribute to healthier skin and a healthier body as you age.

***Don't waste another minute. Start taking care of yourself today for a better tomorrow!***

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## Part 1: The Aging Process and the Magnitude of the Problem

Beautiful people are everywhere – on the beaches, in the malls, at restaurants, in the movies, in magazines, in catalogs, and on the Internet. Do you ever wonder how they maintain such beauty and energy when they are probably near or beyond middle age?

How do some people avoid the effects of aging while others fall prey to the negative effects of getting older?

First of all, it's essential to understand and accept the fact that aging is a part of life and that it begins when you are a baby. Many of the aging processes are impossible to avoid, but there are many factors that can be positively impacted with simple lifestyle changes, natural remedies, and non-invasive procedures.

Aging is inevitable.

But how you handle the aging process and what you do to take care of your body can make a huge difference in how quickly you age. There can be a big difference between your biological age and your “physical age.” That goes both ways.

Consider the following:

1. If you don't take care of yourself, eat poorly, and get little exercise, you may find that your physical age gives the perception that you are much older than you really are.
2. Conversely, if you live a healthy lifestyle, eat nutritiously, get plenty of exercise, and use natural remedies and products to care for your skin, then you may look years younger than your true biological age.

Dr. Jay Olshansky, Ph.D., professor of epidemiology at the University of Illinois at Chicago School of Public Health and well known expert on human aging and longevity, stated,

***“Aging is the accumulated damage to the building blocks of life (protein, carbohydrates, and fats) and, in particular, damage to the DNA that accumulates and contributes to the diseases and disorders that we associate with aging. The damage begins when we are conceived and we begin to see signs of this damage after puberty.”<sup>1</sup>***

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<sup>1</sup> <http://www.cbsnews.com/stories/2002/07/18/earlyshow/living/beauty/main515590.shtml>.

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Getting older is a mystery that scientists are continually trying to unravel and understand. It is difficult to explain why one person ages faster than another or why one person's health is better than another given similar lifestyles. Aging is affected by many different factors including:

1. environment
2. the food you eat
3. exposure to sun
4. level of activity or exercise
5. mental well-being
6. exposure and resistance to disease



Although these are many of the factors that impact your health and affect the aging process, they are not the only things. Genetics play a big role in the process too. They are extremely predictive of what you can expect in your life.

For example, when people have parents and grandparents who lived well into old age and were healthy and active, chances are good that they will live a similar life.

But this is no guarantee!

Genetics can play an essential role in your longevity. But they can only be as effective as you will allow them to be. Abusing your body, not taking care of yourself, and ignoring the signs of aging can shorten your lifespan and accelerate the aging process.

A major cause of more rapid aging is related to illness and disease. Chronic disease is particularly hard on the body. Diabetes, heart disease, arthritis, obesity, high blood pressure, and many other diseases can negatively affect an individual in many ways. Without taking preventive steps to avoid the onset or exacerbation of the disease, it can lead to premature aging and a potentially early death.

There are also many lifestyle factors such as smoking, drinking, and inactivity that have a significant impact on how quickly a person ages – poor habits affect the skin, hair, nails, internal organs, and overall body.

And finally, you can expect your cells, tissues, internal organs, and other processes to undergo changes as you age. The biological changes within the body cause the function of the body to decline in many ways as you age.

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Some of the changes occurring as a result of the aging process include:

- Cell reproduction slows down
- Hormone production decreases
- Blood pressure may increase
- Cholesterol levels may rise
- Collagen becomes less fluid and plentiful
- Free radicals begin to sabotage your body
- Your immune system becomes weakened

Although this may all sound daunting and impossible to overcome, there are ways to counter and prevent many of the problems and signs of aging. Taking proactive steps to take better care of yourself is the most important thing you can do to deter the effects of the aging process.

We'll explore the effects of aging further and provide you with information on how to take better care of yourself. Keeping your skin healthy and resilient and taking care of your body will make a difference between your biological age and your "physical age," or how old you actually look.

## **History of Aging**

You may think that the emphasis on anti-aging processes, procedures, creams, and lotions just started in the most recent decades. But actually, people have been studying and obsessing over aging for many years.

As humans have evolved over thousands of years, so has their attention to their health and well-being. Attention to hygiene, skin-care, hair care, and other ways to care for the body have continually improved. The explosion of the cosmetic industry and the myriad of creams, ointments, and oils to care for the skin have turned into a multi-billion dollar business annually.

In the early 1930s, the Josiah Macy Foundation supported surveys that reviewed research on how to prolong human life and reduce disabilities and chronic diseases that resulted from old age. They were intent on conducting research to learn more about the aging process and how to avoid some of the problems associated with aging.<sup>2</sup>

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<sup>2</sup> <http://images.antiagingconference.com/files/1103/aagateway/history.asp>

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There are many studies currently underway that are revealing that premature aging may be caused by chronic stress. There have also been many new procedures developed for surgical enhancements and cosmetic procedures to turn back the hands of time and reverse the effects of aging.<sup>2</sup>

The past 50 years has seen an incredible surge in products introduced to the market, along with more procedures, surgeries, treatments, methods, and processes to make the skin and body look and feel younger.

And that has come with a cost in many ways.

Cosmetic companies have often tested unsafe products on animals. Some products have been released to the market that have negative effects for humans and that are sometimes unsafe for the environment.

But research continues.

The anti-aging research has been ongoing for many years and it will continue as long as there is a market for anti-aging products – which will likely be until the end of time! People are enamored with beauty and youth and if there is discovery that can promise them a timeless life, then they are ready and willing to try it.

Anti-aging is all about prevention, slowing, or reversing the effects of aging and helping people live longer, healthier lives. The scientific research, medical advances, genetic engineering, and exploratory treatments all contribute to the massive market of anti-aging.

## **Causes of aging**

Normal, healthy skin has good elasticity and firmness, and is most often a healthy, unblemished color. There are three major components of healthy skin that keep it looking younger:

1. Collagen (for firmness)
2. Elastin (supplies elasticity and rebound of skin)
3. Glycosaminoglycans or GAGS (essential to keeping skin hydrated)

These three components are abundant in young, youthful skin. As the production of these things begins to decline as we age, the skin takes on a different color, tone, and appearance.

People age in different ways and at different paces. It can depend on a variety of factors including environment, heredity, and personal care. There are two basic types of aging.

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They are known as intrinsic aging and extrinsic aging.

### **Intrinsic aging**

Intrinsic aging is also known as internal aging, similar to intrinsic values or internal values. This is a very natural aging process that involves the breakdown of the collagen production process. Collagen is essential elasticity of the skin and is a major component of young, healthy looking skin.

After the age of 20, a person typically produces 1% less collagen to keep skin healthy and youthful each year. When this process naturally begins to slow down, new cell production is decreased and the skin is not as pliable and supple as it was in earlier years.

As the aging process progresses, the skin becomes much more fragile and begins to thin. Wrinkles begin to form and the skin becomes less supple and glowing.

The process of intrinsic aging begins as early as our 20s and continues from that point forward. A breakdown of collagen has more to do with aging than just creating wrinkles as most people assume.

It can also lead to:

- Dry, itchy skin
- Hair loss
- Thinning and/or transparent skin
- Extra hair growth
- Loose skin around the neck, face, and hands
- Graying hair



These are just some of the effects of intrinsic aging, but these effects can be devastating to some people. Unfortunately, there is little you can do about this process that is caused by genetics.

You may see a person with gray hair in their 20s, while others may never see gray until their 50s or later. Some people may seem to have firmer skin around their neck and face well into their 40s while others will experience a looser skin in their 30s.

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