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## Dr oz anti aging skin secrets

Have you ever wondered why some of your friends seem to be aging better than others? As well as looking younger and having higher energy levels, some people appear to avoid the disease as they grow older. The causes of aging are a complex combination of different factors. Some of them you can't influence or control, but there are positive steps you can take to slow down the natural aging process. Improving your diet is now widely considered one of the safest and easiest ways to maintain your youth. Billions of dollars are spent annually on creams, injections and surgery in attempts to stop the aging process. Changing eating habits is a cheaper and more effective solution. Switching to anti-ageing diets can improve your moods and energy levels and make you feel stronger and leaner. Eating the right foods can help your cells and organs function more efficiently, and it can reduce wrinkles and excess body fat associated with aging. The following facts will help to understand the key elements of anti-ageing diets. 1. Sugar is one of your worst enemies. Governments around the world are under pressure to introduce legislation to control the amount of sugar used in food production. One can of soda may include more than all daily recommended intake. Excess sugar poses a health threat at any age, but it becomes even more severe when you enter your older years. As well as significantly increasing the risk of diabetes, sugar can lead to heart disease and cancer. Cutting back on sugary foods, soda and processed foods is one of the foundations of an anti-ageing diet. 2. Fresh fruits and vegetables fight against aging. Eating a mixture of fresh fruits and vegetables is the key to preserving your youth. Eating raw vegetables can benefit the most, but steaming or boiling also helps to preserve valuable nutrients. Berries, cherries, plums and grapes are particularly rich in natural chemicals that can fight diseases associated with aging. Broccoli, tomatoes, cauliflower and spinach should also be featured in your diet when you are growing up. If you really don't like eating fruits and vegetables, experiment with soups and smoothies to increase your daily intake. 3. Spices are better than most anti-wicking tablets. Adding spices to your dishes is an easy way to enhance the benefits of fighting aging. Ginger, turma and cinnamon all have proven health benefits. Some studies suggest that life expectancy in Asian countries is improved by the fact that spices are used in cooking every day. 4. Blood sugar control slows down the aging process. Processed foods, sugar and some types of grains lead to higher blood sugar levels. This causes insulin in the body, and can also cause weight gain, joint inflammation and energy loss. In the long run, high blood sugar can lead to diabetes, strokes, heart disease and many other serious health problems Eating healthy fats and protein-rich foods can help keep your blood sugar healthy. As well as lean meat and fish, walnuts, almonds, avocados and lentils are great for maintaining the stability of blood sugar. 5. Limiting and controlling inflammation is good for the mind and body. The entire volume of problems caused by inflammation in the body, found out only in the last few years. As well as physical illnesses, inflammation is now thought to contribute to Alzheimer's disease, depression and other mental illnesses. Inflammation is a slow process, but it is accelerated by a poor diet. It is known that processed foods containing chemicals and additives increase inflammation. This post comes from the TODAY Parenting Team community, where all members can post and discuss parental decisions. Find out more and join us! Because we're all in this together. Credit: Corbis The best internal and external secrets of fighting aging. Credit: Getty Images We've all been there: That disappointment moment when you catch yourself shamelessly looking at your hairdresser, dermatologist, or dentist and thinking, How the hell does she shoot it? What is the secret of her gorgeous hair, complexion without pores or flawless teeth? Well, we decided to go straight to the source and learn how to get this sufficiency—naturally. We asked the most sought-after stylists, aestheticians and MD-md industries to divulge their tricks for stopping the clock. If there is no fountain of youth, their unexpectedly simple advice may be the next best thing. Advertising Advertising First, every morning, I massage organic sesame oil from a health food store all over my body. Working it in wakes me up and really gets my blood circulating. In addition, oil moisturizes my skin, giving it a healthy glow. Then I jump into the shower oil naturally cleansing the frozen skin cells. — Lisa Hadley, founder and creative director of the Mayflower Inn and Spa, Washington, Conn. Credit: iStockphoto Anti-Inflammatories are the best anti-Ageuers out there. From improving heart function and immunity to helping grow hair and skin looks resilient, they really do wonders. I take three 500 milligram capsules of omega-3 fish oil in the morning and at night. I watch labels that say: Molecularly distilled for cleanliness, which means pesticide-free. — Arlene Lockleman, MD, Medical Director, Age Defy Dermatology and Wellness Center, Campbell, Calif. Advertising I avoid stained teeth, drinking coffee quickly. If you swallow it for an hour, it keeps covering and retaks. The same goes for other staining liquids such as tea and dark juices. — Eliza Mello, DDS, cosmetic dentist, New York I stopped using foundation every day because it settles in wrinkles and makes them more noticeable. I start with a concealer exactly where I need it (area under the eyes, imperfections, etc.) And it with the application of tinted moisturizer. - Joanna Schlip, celebrity makeup artist for Formula Doctor Because I'm a plastic surgeon, companies send me so many skincare samples - and some of them have 10 different steps! But I'm realistic, so there's no way I'm going to sign up for some huge beauty system that costs hundreds of dollars and requires a commitment that I don't want to make. Honestly, here's my daily skincare routine: I go home, wash my face with a pharmacy detergent, put on moisturiser and fall into bed. I believe this simple mode works well for me. — Karen M. Horton, MD, plastic surgeon and reconstructive microsurgeon at the Women's Center for Plastic Surgery, Advertising in San Francisco Advertising The number one ingredient I avoid in my diet is processed with sugar. The reason: This speeds up the aging process by binding and eventually weakening collagen in your skin, which can lead to premature wrinkles and sagging. I eat a lot of vegetables and fruit every day—and I'm guided by the clearing at all costs! — Ava Shamban, MD, dermatologist and owner of the Laser Institute of Dermatology and Skin Care, Santa Monica, Calif.... Scrub with him insteadIn the soul, I wrapped my hands with soft detergents, add a handful of white sugar and seal it all over my face and body. This makes my skin so smooth and creates a great makeup canvas. Carmindi, the make-up artist of Celebrity Night, I straighten my hair with a flat iron and put it in a loose ponytail right above my forehead- it's not cute, but I don't care about wearing it like that all night. When I take him in the morning, he has such a youthful bounce to it. — Laura Gittleman, Corporate Director of Beauty Services, Canyon Ranch, Tucson, Ariz. Separately, I treat the skin around my eyes. Face creams may be too irritating, but the crafts made for this delicate area work wonders to smooth out fine lines. I prefer to use a gel formula; light consistency keeps my eye makeup looking fresh all day. - Laura Gittleman, Canyon Ranch Advertising I really started noticing signs of aging on my hands, so I started taking care of them with the same routine I use to take care of my face. Every time I exfol or use a mask on my face, I exfil or apply the same mask to my arms. I also use enzyme concentrate both on my face and on my hands. I think it made a big difference. — Kirsten Combes, Spa Director, Mii Amo, Sedona, Ariz. Credit: Getty Images I absolutely believe in massage. Moving blocked energy makes me feel younger on the inside. I especially love reflection and deep sea massage. If you don't have the time or money to get one regularly, you can achieve many of the same benefits by taking 20 minutes each day to stretch, and calm yourself down by breathing deeply in and out. — Lisa Lisa Mayflower Inn and Spa Credit: Getty Images I use an over-the-air vitamin C cream that has a concentration of 30%. It's a great antioxidant that helps my skin recover itself from sun damage. In addition, it has the natural properties of sunscreen in it, so combining it with my daily SPF has a synergic effect. — Arlene Lockleman, MD, Medical Director, Age Defy Dermatology and Wellness Center, Campbell, Calif. Advertising credit: Corbis I snack on anything with apple acid- like strawberries, apples and grapes that act as a natural means to clean teeth and help to split stains. — Eliza Mello, DDS, cosmetic dentist, New York. Credit: Corbis If I run out of the house and don't have time for makeup, I just put a lighting primer all over my face and chest. It contains tiny reflective particles that help bounce light around the skin and make fine lines less visible. — Carmindi, makeup artist and co-creator of natural beauty Sally Hansen, inspired by Carmindi. Credit: Corbis I wear hair layered around my face, even if it's just a bit fringed around my cheeks. This style has a lifting effect on my features; cuts that are all the same lengths draw the eye down and give the illusion of staledness. — Anne Minahan, hair stylist and owner of Riah Salon, New York Advertising Credit: Corbis Instead of using styling gel to control my curls, I twist a nickel amount of conditioner or a mask to treat in my wet hair before drying. The conditioner not only tames flies and friezes, but also provides serious hydration, which I believe is the key to a young-looking hair. — Rita Hazan, celebrity colorist and owner of Rita Hazan salon in New York Credit: Corbis I care about my lavae so they don't brittle and dry- and eventually fall out. My secret: When applying eye cream at night, I'm a little extra on the tips of my eyeloes with my fingers so they stay hydrated and healthy. — Joanna Schlip, celebrity makeup artist

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