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Your Daily Habits That Are Aging You

Are you noticing that you are aging faster than your age? It's time to evaluate some of your daily habits. Foods that you eat and even the way you sleep can include years to your face and shorten your lifespan.

Following are some experts' opinions describing the most common age-accelerating habits and ways to reverse this process.

You slouch:

Slumping all day in the front computer can cause your spine to shape an unattractive and potentially to damage and cause hunched posture over time; Dr. Jeremy Smith, MD, orthopedic spine surgeon at Hoag Orthopedic Institute in Irvine, Calif says that. "The spine has a well-balanced S-shaped curvature to stabilize and support us," Dr. says. "Poor posture or slouching deviates the spine from this normal alignment, and as a result, the muscles, disks and bones become abnormally stressed."

You are doing multi-tasks:

If you always have a long to-do list, the tension from your hectic life may be taxing your body. Raymond Casciari, MD, chief medical officer of St. Joseph Hospital in Orange, Calif says that "People think multitasking is good, but you don't actually, get anything done. You just create more stress." Some studies proved that constant stress triggers the release of free radical, the unstable molecules that can damage cells and are liable for aging. Dr. Casciari suggests instead of trying to do it all these, concentrate on one chore at a time.

You rarely pass up dessert:

Your sweet tooth may also add years to your face. Susan Stuart, MD, a San Diego, Calif. board-certified dermatologist says that "Internally, sugar molecules attach themselves to protein fibers in each of our cells." This destructive process, is known as glycation, can be result in a loss of radiance, loss of tone, dark circles under the eyes, puffiness, a loss of facial contours and increased pore size and an increase in fine lines and wrinkles. Pass on the sweet treats if you want to protect your youthful glow.

You cut out all fat from your diet:

Franci Cohen, a certified nutritionist and exercise physiologist from Brooklyn, NY, says that."Heart-healthy omega 3, fatty acids found in fish oil and certain nuts such as flax seeds and walnuts keep skin supple and plump,

thereby preventing wrinkles, and they boost both heart and brain's health as well," The Academy of the Nutrition and Dietetics recommends to include fish in your meals at least twice a week.

You spend most of the day sitting:

According to a study published in the British Journal of Sports Medicine. Study participant who exercised 150 minutes or more a week lived almost 10 to 13 years longer than the inactive bunch.

You don't use eye cream:

The skin around our eyes is thinner than the skin of rest of the face and shows age faster, says Dr. Stuart. Keeping your eye area moisturized can take years off your face. "Eye creams that are most effectual contain Retin A, that a form of vitamin A," says Dr. Stuart. And some other significant factors include the emollients and moisturizers that trap moisture, hyaluronic acid, vitamin C and antioxidants.

You sip drinks through a straw:

Drinking the dark-colored beverages from a straw can put off stains on your teeth, but just as squint can ultimately cause of wrinkles around your eyes, pursing your lips may also bring about premature wrinkles around your mouth.

Your sleeping position is not right:

James C. Marotta, MD, a board-certified facial plastic surgeon and skin care expert says that "The connective tissue and collagen in your face become weaker and less supportive with age." James says that "So when you sleep on the same side of your face night after night, your skin won't smooth out or spring back as quickly as it did when you were young." To keep your skin young and smooth, sleep on your back.

You keep your home toasty warm:

When there is a snowy mess outside, it's alluring to crank up the heat indoors. But whether you light up the inglenook or turn up the thermostat, both suck moisture out of the air, says Dr. Marotta. "This can lead to dry, inflamed skin, which over time has aging effects."

Dr. Marotta recommends placing a wet towel over the radiator or a bowl of cold water in the room as a way to add back some of the lost moisture.