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## 7 Habits that make you age faster

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If the image in the mirror makes you startled wrinkles appear earlier than expected , consider the longstanding habits themselves .

From the daily menu to sleeping positions , all of which could be the culprit accelerate aging . Here , the experts on Health has launched synthesis and leading practices that shorten the lifespan of useful advice that people can refer to .

Some fats help maintain a youthful body both inside and outside , **dietician Franci Cohen said from New York** .

Omega - 3 fatty acids benefit the heart are often contained in salmon , mackerel , walnuts and flaxseed . It also helps prevent wrinkles and protect the brain . According to the experts , we should supplement their diets fish at least 2 times a week .