

LIFESTYLE AND POLLUTANTS

1. Stop smoking – that is the worst of all pollutants for your skin
2. Exercise
3. Sleep – get atleast 6 hours daily. Take naps if you get less.
4. Stress – gives you more lines and wrinkles. Also, stress increases the production of cortisol – the body's natural cortisone. Too much of this leads to chronic disease of aging such as high blood pressure, diabetes and osteoporosis.
5. Relaxation – tapes, yoga, meditation, prayer and laughter
6. Drink more than 8 glasses of water a day. Avoid soda because it robs you of magnesium.
7. Drink black or green tea
8. Weight control – losing and gaining weight stretches out your facial skin. Also being overweight gives you more sagging (double chin, etc.)
9. Do not sleep on your stomach.
10. Diet