



Anti-Aging - Stop That Ticking Clock: Natural Ways to Staying Healthier, Looking Younger

Malini White

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Tick, tick, tick

Can you hear it?

Maybe you have this noise in your head regularly, or maybe it's just an occasional occurrence. Whichever category you fit into, that ticking clock is annoying, sometimes upsetting, and downright inconvenient.

Can you stop it? Well, you can certainly do a lot to dull the ticking!

It doesn't matter how old we are, whether we are approaching 30 or heading towards the 50 mark, society forces us to feel the ticking clock of aging more than ever before. Blame celebrity surgery and diet fads, blame movies and unrealistic scenes, or simply blame what we read in newspapers, but whilst earlier we were all about 'growing old gracefully', these days we are bombarded with beauty products promising to make us look younger, pictures of celebrities who seem to be going backwards in age rather than forwards, and all manner of cosmetic surgery types which promise to say goodbye to old age, and make us look younger than our children.

It's exhausting, I'm sure you'll agree!

Forgive yourself for feeling a little burnt out from a world full of options and choices, but the fact remains that we all feel the pressure to look that little bit younger, and it's starting earlier as time ticks on. What does this do? It creates a new generation of women who are feeling a little worse about themselves on the inside, and quite frankly, life is too short to feel anything other than confident about yourself.

Is there anything wrong with this?

Well, no not really; I'm sure if you spoke to many other women they would tell you they feel exactly the same way as you do.

Put simply, there is nothing wrong with wanting to be the best you can be, and if that means a little help to boost your confidence and make you smile much easier, then really, where is the harm? Of course, we need to balance this up with the cases where people go too far, and end up going under the surgeon's knife countless times for procedures they never really needed in the first place. We are looking at natural and easy ways to maintain that youthful glow for longer, whilst promoting good health on the inside and the outside.

At the end of the day, it's normal to want to look a little younger, provided you still grow old gracefully. Happily, to help us with that we have all manner of lotions, potions, and natural methods to help us feel a few years less than what we really are – and the key word there is 'feel'. If you feel younger, you'll look it on the outside.

What are we going to talk about?

In this e-book we will explore just what you can do in order to slow down that ticking clock, turn it back a little, and perhaps even keep it still and static for longer. We won't go down the drastic route, as we're certainly not going to be heading towards the cosmetic surgeon's knife just yet, but instead we'll talk about how you can help your body become the healthy temple it deserves to be, through diet, exercise, and a few other tricks of the staying young trade.

We'll explore how all of this impacts on your emotional health too, because there's no denying that the idea of getting a year younger past a certain point does tend to have an impact on the way we think and feel, and that's totally normal; what isn't normal is when it starts to take over and becomes an obsession. It's important to balance it all up with a realistic outlook, because quite frankly, you can be a beautiful, confident woman, no matter what your age.

A lot of looking younger comes from how you feel, and if you feel healthy and full of energy then you are going to glow, which come on, always makes you look younger no matter what your age; that's what we're going for really, a way to keep that glow.

So, if you're wondering how you can boost your confidence, help yourself feel younger on the inside, and look it on the outside, read on and learn a few secrets to take away with you.

Turn the page and stop time!

Tick, tick,

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Andrew Gillon:

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