

Dos And Don'ts Regarding Anti Aging

The concept or ideal of reversing the ageing process is something that a lot of people have considered for ages. Little success was ever realized with this in the past, but today, they are effective ways of dealing with aging that help keep lots of people looking young even when they are in their sixties or even seventies.

Have you ever observed how athletes tend to live longer and more illness free lives? No? Well, yes they do, and it is because they were athletes. Something about the exercise they did back in their youthful days did something to their bodies that makes them age slower. What better form of anti aging do you need?

Anti aging is a collection of various ways by which mankind may cheat the natural aging process. The inevitable is that at some point, you are bound to give up the ghost. However, the reality today is that through regeneration, genetic and tissue engineering, exercise and the right kind of diet, you can actually live longer and look younger than was thought possible..

I once saw an old couple on the road in the early morning. The man was bent and wizened; the woman was perhaps ten years younger but looked far younger than the man. She was a lot fuller in several parts of her body. I knew immediately from the way she walked and the amount of make up that she had on her face that she was deep into anti aging. And the way her breasts bounced, there was no way they were real - not at that age. But hey, who am I to judge her. If anti aging makes you look and feel good, go on with it.

Alternative medicine is helpful in life extension. It has been found to hold secrets that are long forgotten and neglected by traditional means which yet help you to maintain and retain good health, thus prolonging life.

How long exactly people have been interested in living forever is anybody's guess. However, evidence shows that ancient Egyptians in the least were somewhat interested. Study of the hieroglyphics in the pyramids betrays a lot of mention of the afterlife and even longer life while yet human.

For ages, many attempts have been made to help man in his quest to defeat old age. Scientists and alchemists have attempted various cures through the use of potions and other strange things for consumption. Sometimes they drank, sometimes they ate. Sometimes they injected substances such as gold into their bodies. Their test subjects must have gone through virtual hell.

As people age, they tend to be more positive and in better control of their emotions. This is a result that was procured by Laura Carstensen, PhD after certain surveys. It corroborates accounts and statements made by other professionals in the field of anti aging and life extension.

About the Author

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