

Alternative and Natural Methods to Make your Skin Wrinkles Free

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EDITORIAL NOTE

The most prevalent signs of aging is wrinkles. Unfortunately, they are easily seen when they are on and around the face. These wrinkles make you appear older than you really are. This is the reason behind the people exert a lot of effort to locate effective remedies. Here are some natural alternatives to help reduce wrinkles.

Adding more vegetables and fruits to your diet will provide many benefits. If you are looking for anti-aging results from you diet, one should choose foods with a lot of anti-oxidants in them. Anti-oxidants inhibit free radicals which are the leading cause of premature aging.

Drinking more water makes the skin healthy. Dehydration causes dry skin, leading to wrinkles. Drinking more water helps your skin stay moisturized. It also helps your body remove waste products which can add to premature aging. One should try for a minimum of eight glasses per day.

Even though sun protection feels good, you should avoid prolonged exposure to sunlight as often as possible. Sunlight has harmful ultraviolet rays which will harm your skin, causing wrinkles and many other skin issues.

Medical studies show links sleep deprivation to cortisol production. Cortisol is produced by your body. It destroys skin cells while also producing wrinkles and age spots on your skin. However, adequate rest will cause the body to make human growth hormone, which helps create more elastic softer skin.

Using natural moisturizers that are prepared at home is the best benefit. They also have a proven track record of effectively

hydrating skin and smoothing wrinkles. The ingredients will vary. Pineapple, ginger, coconut, castor oil along with many more items can be used.

We have probably heard some of the benefits of green tea extract, but what is it exactly no one knows! It is extract derived from green tea, which is made using the leaves of a *Camellia sinensis* plant. While this plant is the basis for other teas, special preparation processes makes it become the green tea. It claims many uses. People say it lowers cholesterol, increases metabolism, prevents heart diseases, helps to lose weight and it is an all-purpose anti-oxidant. Users report elevated energy, weight loss, lower cholesterol, and increased concentration. As an anti-oxidant studies have shown that green tea extract is more powerful than vitamin C. Green tea extract has even been shown to have positive effects on cancer cells in preliminary studies. It has not been proven to prevent or treat cancer in humans yet. There is promising research that suggest that it can have a wide range of medical benefits. These include controlling cavities, blood pressure, cholesterol and heart disease. The research also suggests green tea extract can improve bone density and cognitive function. This indicates that taking green tea extract has positive benefits on overall health. Also should keep in mind that it has not been proven to be a cure all wonder drug at this time.

So, Aging is not in our hands but being healthy can help you look younger. These are natural ways which can be easy and cheap alternatives to high dollar anti-aging surgeries and procedures. Try them first to see what kind of results you can achieve.

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