



*Look*  
**YOUNGER**  
**THAN YOUR AGE**

Turning Back The Hands of Time

## What I hope you will take from this short report.

First of all, I don't necessarily like the term anti-age. We are all going to age since it is simply a part of life. The purpose of this report, however, is to point out that we can take steps to age in a way that will allow us to appear younger than we really are. Slow down the aging look might be a way to put it.

The purpose of this report is to educate you as to what are the causes of premature aging and steps that can be taken to slow down and in many cases reverse some of the effects of aging.

Because I am a believer in the use of products derived from natural sources when possible, the problems you read about in this report can mostly be solved using natural based products. In the course of my conversation with you in the future, that is what I will be recommending.

Part of the reason many of us do age poorly is that we are constantly being bombarded by pollutants from the environment or we are polluting our own bodies with bad food and chemical-laden products that we purchase off the store shelf because they are inexpensive or we see ads for them on TV.

I have done the research for you. I have searched for what I believe are the best products derived from natural sources that can help solve this issue of looking old before our time. In future emails, I will not only be making many of these products available to you but giving you many more free tips for slowing or reversing the aging process.

I hope you feel just like me, and that is I want to look and feel as good as I can for as long as I can. YOU can do it.

# Look Younger Than Your Age

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## Disclaimer

We hope you enjoy reading our report however we do suggest you read our disclaimer. All the material written in this report is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some or even many may not work for you. Any information perceived as advice by must be considered in light of your own particular set of circumstances.

Not everyone has the same motivations, available time, or monetary resources available to use this information to its maximum potential. However, the real key to making this work is to **take action** and make changes in your life where this program suggests that is what will work.

The author or person sharing this information does not assume any responsibility for the accuracy or outcome of your use of the content.

Every attempt has been made to provide well-researched and up to date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

## Realization, and Yearning for Youth

When you realize that your body has started to show signs of aging and lost some of its youthful appeal, you might be on the lookout for ways to turn back the hands of time.

Everyone at some stage of their life wants to look younger than his or her real age. Unfortunately, some people look far older than their real years – but you do have the ability to implement tactics to help you appear more youthful.

Of course, looks are only half the battle. You want to *feel* younger too, and many of these tips will give you a boost of energy as well as an increase in your self-confidence – so you should get some important crossover benefits with this regimen.



## What Does Old Look Like to You?

They say age is a state of mind, but what do you think 'old' looks like?

What types of images come to mind when you think of a mature person?

Depending on your age, you may think someone in their forties is old, or perhaps you imagine an elderly person being hunched over when they walk. If so, many elderly people have physical



ailments that make mobility an issue. Quite often this can be due to the onset of osteoporosis, where their bones have become weak and brittle and their spine begins to curve.

So, to start looking younger than your chronological age, stand as straight and tall as you possibly can! Start by purposefully straightening your spine when you sit or walk.

This may not be comfortable at first, but your good posture will become easier for you the more you practice as your muscles get used to their new 'normal'. Plus, weight-bearing exercise makes your bones stronger, so even if it is just standing and practicing standing straight, you're off to a good start.

There are a couple of great programs available that can help realign your head with your shoulders for people whose head projects forward, therefore putting excessive pressure on the muscles in the neck and back. Watch my emails for information on that later or contact me at my website. <https://antiagingnaturalmethods.com/contact-us>

## **Make Cosmetic Changes**

Sometimes, mature aged people have clothing that's out of style or dated. If you want to look younger than your age perhaps freshen up your appearance with some modern attire. It doesn't mean you have to dress like a teenager, but choose some new clothes that are flattering and fresh for the season.

'Old' also brings images of gray hair too doesn't it? If your locks have lost their youthful color and now turned a shade of gray or white, then why not treat yourself to a professional salon treatment and have your hair colored for an instant youth injection.

If you're not fond of going to drastic extremes, then consider getting your stylist to blend your gray in with another color. For example, you can have salt and pepper colored hair, which doesn't look too out of character but can visually turn back the clock quite a few years.

Your hair color isn't the only thing that can make you look old. Men and women may both experience hair loss. If your hairline starts to recede you might want to try to stop losing your locks by using a hair loss product. Don't worry, I have already done the research to find the best products that are proven to work for this. Watch for information about this in the future or contact me at the website. <https://antiagingnaturalmethods.com/contact-us>

Your hair style is another youth determination factor. If it's an outdated style, you're going to look older than your years. Your stylist can give you a fresh look, but you can do some research

online to see what style you may like. If your hair is long, then cutting it can actually shave years off your appearance.

Another aesthetic indicator of aging is make-up. Older women sometimes apply heavy makeup. Sometimes, they're trying to cover up their wrinkles or they're just stuck in their old ways of applying makeup. But it actually ages them *more*. If you looked like this in your youth, don't keep applying your makeup like that now.



Sparkly blue eyeshadow and bright red lipstick are no longer in fashion.

When you get older, you don't want to use heavy foundation, tons of powder, bright red lipstick, and blue eye shadow with a heavy blush. You want to lighten things up and you will look younger as a result.

Go with a dewy foundation and skip the powder. Don't use heavy, dark eyeliner – use a neutral color and a neutral palette for the shadow. Skip shimmery shadows, because they draw attention to fine lines and wrinkles.

Instead of bright lipsticks, go with softer colors and more natural tones. Don't use anything harsh and bright in appearance. Do the same with your blush, and apply it to the apple area of your cheeks – not in a strict line on your cheekbones.

Those four elements are some first glance signs of aging, but now let's get a little more in depth and go through the body's appearance to see how we can turn back time and look younger than our real age.

## **Get Rid of Old, Dead Skin Cells**

Nothing says "old" more than ash-colored, dried out skin. You can instantly look younger if you bring back some of that rosy glow that you had years ago. Yes, it's there – it's just lurking beneath the cells that are ready to be evicted from your body.

As you age your skin cells take longer to shed. When you were younger this happened naturally and quickly. As you age you need to help this process along by using an exfoliator.

So, you have to slough off the old skin cells. Use an exfoliant – gentle, not harsh – and shed the cells that are making you look older than your years. You need to do this routinely – head to toe if possible – so that your whole body appears younger.

Again I have already taken care of the research to find a product that is both effective and affordable. Keep opening my emails because I will be sending information about this soon. If you want to know more about it sooner, then just contact me through the contact us tab on the website menu bar and I will get the information back to you pronto.

<https://antiagingnaturalmethods.com/contact-us>



## Moisturize

After shedding the cells, you need to moisturize the next layer of skin. Otherwise, it will quickly appear ashen and dry like the cells you just sloughed off!

Make sure you invest in a moisturizer that's appropriate for each body part – one for face, one for eyes, and one for the rest of your body.

Apply it as soon as you get out of the shower or bath to lock in the moisture. You might even get a day moisturizer, an eye cream and a night cream for extra restorative or repair purposes.

Moisturizing should take place on a daily basis, but make sure you hit these spots above all others:

- Your face
- Your neck
- Your hands
- Your elbows

Those four areas show signs of aging more than any other. You still want to apply it to your legs and other areas, but if you're in a hurry, make sure you at least get these four spots.

I will recommend some products for moisturizing in future emails but again, if you need information sooner, contact me through the website.

<https://antiagingnaturalmethods.com/contact-us>

## Effect of Sun – Good and Bad



Make sure you avoid excessive sun exposure, which dries out your skin and contributes to the incidence of skin cancer. I am not a believer in slathering yourself in sunscreens. They are loaded with chemicals and your skin is the largest organ you have. You absorb these chemicals through your skin and they just contribute to the toxicity our bodies get subjected to every day. This is, of course, a personal choice, but the idea here is to reduce aging not accelerate it with toxic chemicals.

It is important to remember that not getting any sun exposure can result in a vitamin D deficiency. A vitamin D deficiency contributes to deteriorating bone health and ultimately osteoporosis.

Make sure you soak up the sun's rays in the early morning, before the burn hours, for about 20 minutes every day to save your bones and your skin.

**Start a nutritional program that feeds your skin from the inside out.** Choose organic produce whenever possible and take a dose of omega-3 supplements. This helps keep your skin supple in appearance.

## How Can You Fix Wrinkles When They Appear?

Wrinkles are most noticeable on your face because that is what people look at first! The area around your eyes and mouth and on your cheeks and forehead are what appear to be the most noticeably wrinkled.

Some people turn to botox injections to fix their problem temporarily, but there's plenty you can do on your own naturally.

## Wrinkles and Dehydration

Wrinkles appear more prominently when the skin isn't hydrated enough. So, the first course of action is to hydrate from within. Drink plenty of water to help plump up the fine lines.



Hydrate from a topical standpoint too. You can use moisturizers, as previously mentioned, but you can also invest in serums that provide a deeper penetration to the skin. Serums are better as we get older.

Your skin will also absorb water so splash your skin with water too, to stay nice and hydrated especially in very hot weather.

If you're a smoker, use this as your motivation to quit now. Smoking contributes too many wrinkles, especially on the face. Have you ever seen pictures of twins, side by side, where one twin smoked and the other didn't?

The signs of aging are drastically more evident with the smoker – especially around the lip area.

If you're a woman who likes to wears makeup, don't simply wear the makeup you have always bought. It is time to change.

As stated earlier, skip the matte finish foundation and heavy use of powder. What worked in your youthful years works against you now, and the powder simply cakes up in those fine lines and draws more attention to them.

Add vitamin C to your diet. Wrinkles are less prevalent in men and women who have an ample supply of vitamin C than those who are lacking this vitamin. Try to get as much natural vitamin C as possible. If you must use a supplement, then look for one from a natural source.

<https://antiagingnaturalmethods.com/contact-us>

## Sleep Repair for Past and Present Damage

Not only does sleep put pep in your step energy-wise, but it also allows your body to go to work repairing the damage that's been done to your skin during the day.

You may not notice it, but pollutants are constantly attacking your skin. Sleep can rejuvenate your skin cells while you let your body relax. Unfortunately, sleep is one area that often gets worse as we get older.

You need to take back control of your night. Implement an optimal sleep hygiene regimen starting tonight. That means relaxing before bed and avoiding any stimulants for a few hours before retiring.

Watch TV only if it relaxes you. If you tend to lay awake thinking about what you have been watching, find a different evening activity. Read or soak in a warm bath before bed if that helps you to sleep. Aim to get a good 7-9 hours' worth of sleep every night by going to bed at a decent hour.

Of increasing importance, as you age, is that sleep is critical for your brain health. You need to get plenty of sleep to allow your brain to rid itself of toxic buildup. These toxins can cause dementia and other brain-related diseases. Researchers have noted a correlation between long-term sleep shortage and Alzheimer's disease.

When you get more sleep, you'll notice your face will get a big boost in apparent youthfulness. You won't have the dark circles under your eyes, your skin won't sag as much, and you'll feel better and look better than ever before.



## Your Smile Can Hide Your Age

Teeth are one of the first areas that people notice about you. Your smile can make you look older or younger. Teeth that are heavily stained with coffee or from smoking appear yellow will make you look older.



You have options for whitening your teeth. You can get it professionally done, or use an over the counter teeth whitener. If you have baking soda and hydrogen peroxide, you can create your own tooth whitening paste to use.

If you have teeth that are cracked or broken, or you're missing one or more teeth, see a dentist and get those repaired because that fix will give you an instant youthful appeal.

Your smile is more than just about teeth. It's also about the lips and area surrounding your lips. Lip liner can add years to your appearance because it seeps into the lines that surround them.

Leave the matte lipsticks alone – when you're aging, you want lip gloss to help you achieve a younger look. If your lips are thin don't try making them look bigger by drawing thick lines. This is a no-no. Instead, add your gloss and let your lips be moisturized and fresh.

## Start Eating and Exercising the Right Way



While obesity can cause a big problem as we age, you don't want to go to the opposite extreme and become so thin that you have no body fat working to help you stave off the aging process.

Even if you are concerned about being overweight, low-fat diets do you a disservice when you're aging. Healthy fats contribute greatly to your natural hormone development. Remember that dietary fat is not the same as body fat. Sugar and other simple carbs contain few nutrients and are converted to body fat much more readily than dietary fat.

There is evidence now that harsh, long workouts contribute to your body feeling older than if you did regular, shorter workouts. Make sure you're not pushing yourself to the point of exhaustion.

Here again, I have researched and found a wonderful program that can reduce your exercise down to a few minutes a day, can be done at home, and will help do wonders to reduce weight and make you look and feel great.

As always, watch for information in my emails, or contact me at the website.

<https://antiagingnaturalmethods.com/contact-us>

Implement an achievable regimen of strength training along with your cardio routine, because you lose muscle as you age. Muscle loss makes you appear older as you find it more difficult to maintain a vibrant posture. When your muscle has lost its tone, it will look flabbier and older. The only cardio I recommend is a good brisk walk out of doors. If the weather prohibits in winter, maybe use the mall or a gymnasium.

Eat foods that nourish and feed your body the vitamins and minerals your body needs. Adopt a diet proven for longevity, such as the Mediterranean diet, and you'll look *and* feel better than you have in years. Take it easy on the sweets.

The saying, "You are what you eat" is very true. You eat healthy foods and you will be healthy. If you eat unhealthy foods your body will become unhealthy and age you so much faster.

I will be giving you lots of good information on the proper foods to eat and will even pass along some great recipes to make consuming those foods even easier and tastier. If you want information sooner, contact me at the website:

<https://antiagingnaturalmethods.com/contact-us>

## Give Your Mind a Dose of Youth

Nothing ages you faster – and makes you act and look old – than your mindset. If you're constantly complaining about everything and acting like a grumpy old person, then that's what you'll become – quickly.

Optimistic people live longer – that's a fact. They also enjoy life more, smile more and look younger than those who project a negative mindset. You may need to work on changing your outlook.

You can practice this by keeping a gratitude journal or saying positive affirmations every day before your day gets started.

You also want to train your brain as much as you do your body. Men and women who work and stay busy stave off memory loss more ably than those who have nothing to do.

Practice puzzles like Sudoku and play games to keep your thinking sharp.

Whatever age you are don't let your mind stagnate. If you still have children at home, make sure you keep your mind active and don't just let the television be your sole source of information or entertainment.

If you're retired, now is a good time to start a second career – maybe online! There are many opportunities that are not dependent on youth, strength or a large bankroll to begin. Again I have lots of resources related to this subject. Contact me at the website if you have an interest.  
<https://antiagingnaturalmethods.com/contact-us>

Write a book or work as a virtual assistant from home. As a minimum, stay social and don't allow yourself to become a hermit in your older years.

You need activity and friendships to help you enjoy your life and this will keep you from acting and appearing older than your years.

## The Magical Fountain of Youth

Everyone is looking for the miraculous fountain of youth including celebrities, other famous, “in the public view” people and possibly you.



Instead of looking for something that isn't there, why not care and nurture what you already have and build your golden years into your best years yet!

### **Take Charge of Yourself**

If you start now you have an excellent chance of looking younger than your age and a giant head start on delaying “old age”. The simple act of making a conscious choice to do so is empowering in itself. Small steps of self-care and putting your needs first will engage your powerful subconscious mind toward self-rejuvenation.

Make a project of yourself and begin a process of comfortable self-improvement in diet, fitness and appearance. As you notice improvements you will be motivated to increasingly continue to improve in all areas. The better it gets, the better it gets.

I bet you can't wait to have family and friends asking you what you have done to yourself and commenting on how great you look.