



Acupuncture & Beauty Centre

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INFO SHEET: HEALTH & ANTI –AGEING TIPS

Every one ages; however do you notice how some people age better than others, so what are the tips to slow down this process? As a beauty therapist and a leading expert on Anti-Ageing, Cosmetic Acupuncture and Skin Rejuvenation I can hopefully provide you with some tips to help you slow down the ageing process and even reverse the signs. We start ageing after in our 20's, and this is when we need to start taking into consideration factors which can affect our body's balance and skin.

The 5 most important tips are:

1. Use UV Sunscreen and Good Quality Cosmetic Products

Sun exposure is the main factor of skin ageing. Some experts actually estimate that about 80% of ageing is due to sun damage. Even more, sun exposure can cause skin cancer after the age of 50. Protection is vital to prevent ageing. People with very light skin color need to use UV screening creams all year round. If you're using these kinds of products daily there's a chance that your skin will have less wrinkles or pigmentation (sun spots).

If the cosmetic products you're using are carefully chosen, specific to your skin type and you don't "forget" to remove your makeup every night, they won't harm your body. Good quality makeup and skincare protects the skin from harmful actions of the surrounding environment.

2. Eat fresh fruits, vegetables and fish daily

Eat more fresh fruits and dark green vegetables and you'll do your skin a very big favour! When our body lacks the right vitamins, it can be a major cause of body deterioration. You must have a well balanced diet with plenty of antioxidants (vitamins A, E, C and selenium), zinc and copper. It is recommended that you have less sweets, meat and fatty foods. Also breakfast is the most important meal of the day. Even a piece of bread or some cereals with milk will help your digestive system deal with the food more efficiently.

3. Drink more Water!

Correct body hydration helps keep your skin young. Our body is made up of 70% water. Drink natural juices as much as possible, mineral water and tea. Avoid consuming too much black tea and coffee. In the summer your body will need up to 6 liters of fluids while in the cold season 1.5-2 liters will do the job.

4. Don't smoke!

Nicotine and excessive alcohol dehydrates the skin and leaves it exposed to wrinkles. Smoking should be definitely forbidden because it directly affects the skin. The skin which is the largest organ system in the body needs it to eliminate the toxins. Smoking and alcohol leads to whole body ageing, also increasing the risks of cancers and other diseases.

5. Sleep and Relaxation

It has been proven that chronic stress will lead to increase in the ageing process. We need a balance in our daily routines. Don't forget the 3 eights rule: 8 hours of sleep, 8 hours of work, 8 hours of relaxation each day. Impossible right? Try acupuncture, yoga, meditation, massage, baths. Not enough sleep? You should try harder, otherwise work productivity will suffer.

Anti-Ageing Strategies

Your anti ageing strategies should be oriented in three directions: the **exterior of your body, the interior of your body and your mind.**

Everybody wishes to age gracefully. Therefore your main external anti ageing strategy, is to have a very good skincare program (where you should also include hair care). Your skin is your business card so you have to try your best to make it look bright and attractive. That means you have to cleanse, tone, exfoliate, moisturize your skin twice a day, in the morning and evening. At least once a week use an exfoliant, gel or a mask according to your age and type of skin.

Protect yourself from the damage caused by the sun and smoking. Get a balanced diet because it will keep your weight under control (overweight can cause you a lot of discomfort and health problems). Exercise regularly: not only your skin, but your whole body will benefit from it. If you don't like going to gym you can go walking/jogging in the park or swimming in the pool.

As for the interior of your body: remember to drink plenty of water, this will hydrate your skin and eliminate toxins faster; get plenty of sleep so that you body and all your organs will have time to rest/regenerate. Check your health periodically.

Lastly think of anti-ageing strategies for your mind. You have to keep your mind active and alert, to reduce stress and enjoy even the smallest pleasures in life.

Exercising to Reduce Ageing

Exercising is one of the key factors in reversing the ageing process. Another is a positive lifestyle which includes less stress, more rest/sleep and a balanced diet. Preventing and curing health problems in early stages (especially when talking about cardiovascular diseases, heart problems, cancer) also help us fight ageing. Good skin and hair care therapy will also bring positive results.

The psychological state also has a lot to do with ageing. Depending on our life, stresses and attitudes can impact ageing. If we think negative about oneself, if we are overwhelmed by the day to day worries, if we forget to smile, laugh and enjoy ourselves than we will definitely accelerate the ageing process.

Reversing the ageing process is actually about living a healthy life, with lots of sports and exercise and a balanced diet and no excesses (wasting nights, smoking and drinking heavily).

More on Sleep and ageing

All doctors advise you to sleep enough; all cosmetics gurus tell you not to forget about your “beauty sleep”; when you were children you were put to bed every afternoon, despite your protests, and your parents were telling you philosophically that when you'll be a grown up, you'll wish to have a chance for a good nap during the day (which of course you considered completely unrealistic). So, is sleeping as important as is said? Do you really have to sleep more than a third of your life?

Actually sleep is as vital as food, water and oxygen. The amount of needed sleep is not the same for everybody: babies require about 16 hours per day, children till 12 years old require 10-12 hours, teens should sleep 8-10 hours and adults 6-8 hours. When ageing, the amount of needed sleep is not decreasing, but unfortunately, the capacity of sleeping continuously 6-8 hours is affected by different factors: stress, alcohol and drinks based on caffeine, too much late TV, improper condition for sleeping. Actually the British Sleep Society reports that more than 50% of adults are confronted with sleep disorders and a large number of them have daytime sleepiness that interferes with their daily activities at least a few days each month.

The more we age, the larger the number of the factors that provoke sleep problems because new ones (which you don't have normally in your 20s, 30s) appear: problems with the cardiovascular system and

hypertension, improper function of your metabolism, stress is usually increased because you don't have to look only after yourself, you have a family to think of too, obesity or diabetes and drugs you may take.

During the sleeping period your whole body is regenerating, most of the organs are functioning (although not at full capacity), part of the energy (which is not available during the awaking period) is redirected by the brain in repairing tissues, healing muscles, processing the day events. Sleep is vital for your mental and psychological health.

You know by now that a little sleep can cause you a decrease of performance and concentration, an increase of memory lapses, behavior and mood problems, accidents and Injuries, you will look apathetic. But you should also be aware of the fact that without enough sleep you'll start ageing faster than normal because: your eyes will have a tired look, your skin will suffer, it will have a dull and lifeless aspect; you'll have circles and bags under your eyes; your muscles will start giving up on you .

So don't hesitate to take what nature has put at your disposal for free: sleep. Take as much as you need it, as often as you can.

Face Ageing

Face aging depends on many factors like heredity and the way we treat our skin. The first signs of aging are dehydration and losing elasticity in the skin.

Obviously, each part of our body ages differently but the most exposed areas are the ones which have a bigger contact with the sun and air. Our face is the most exposed part of our body but it also plays the role of a business card so everybody tries to keep it as beautiful as they can.

Face aging can be also influenced by our lifestyle because our face gets easily affected by sun, wind, sleep, alcohol and smoking.

Sun has a very aggressive action on our skin and is the most common thing that leads to premature face aging. Sun radiations increase the production of free radicals which create irreversible damage to our skin so if you want to protect yourself, you always have to use sunscreen.

The first signs of aging can appear even when you only are 20 years old. Between 20 to 30 years your skin will get dehydrated, the protection barriers will get diminished and elasticity will start to decrease. To slow down this process it is necessary to exfoliate at least once a week to eliminate the dead cells on your face and help the skin creating new healthy ones.

When we reached 30 years we will definitely need to pay more attention to our skin. By this time the expression wrinkles start to appear, especially the ones around the eyes.

Sleeping positions can also influence face aging; a study shows that people who sleep on one side can expect to have more wrinkles on their cheeks and chin while people who sleep on their stomach will develop wrinkles on their forehead. Specialists recommend sleeping on our back because this way gravity's action will not be so harmful for our face.

Smoking is another thing that makes our skin get older. A smoker's face is dry, lacks elasticity and gets wrinkles easier. But premature aging is not only connected to nicotine but with other components of tobacco. Smoking takes our skin's vitality, reduces the collagen levels and it dehydrates it.

Face aging has another ally: stress. Everybody suffers of stress or tiredness but when you forget to sleep enough or at least relax, your skin pays for it. If you can't sleep reduce the cups of coffee you drink, take some baths and try to read a book before you go to bed. Sleep deprivation is a serious matter so if you have insomnia and you can't treat it go to the doctor because it not only causes wrinkles but it can even lead to death.

People who follow a healthy diet have more chances to prevent face aging than people who eat junk food all the time. Studies show that you can take care of your skin from inside by taking vitamins, eating more fruits and vegetables and drinking at least 8 glasses of water a day. Also don't drink too much alcohol because it accelerates the aging process and affects your sleep so you will get even more wrinkles.

We cannot prevent face aging because it is a normal process after all, but what we can do is to live healthy and take care as much as we can of our skin to decelerate that nasty aging process.

Stop Ageing

Unfortunately until now nobody managed to stop aging or to live forever but specialists are still trying to find the secret to immortality. The only things that managed to "pause" aging until now were: a balanced lifestyle, a healthy diet and good exercise routine. On the other hand the things that can fast forward aging are: smoking, eating a lot of fat, drinking and extreme sun exposure.

Different treatments and pills appear every day; they guarantee us a lot of more years to live than we normally would but are they all that good? One thing is sure: chemicals are not good so opt for natural products. Some natural pills made from herbs bring a great benefit to our body. For example there are lavender pills that replace sleeping pills or act as sedative, garlic pills are also used to fortify the immune system and of course Ginkgo biloba pills which remedy any internal malfunctions.

Our skin covers our body completely. It represents the barrier between the outside world and our internal organs. It protects us from infections, coldness and heat so it is very important to take care of it as much as we can. However, our body ages too and the skin develops wrinkles which are very unaesthetic, especially for people who have a wrinkled face. Some of the factors that lead to an aged skin are: extreme wind, sun exposure, bad diet or smoking.

When we reach a certain age our face starts to show aging signs and it is best that we action fast before those become permanent. People who are 40 years old or more have reached the maximum period of vitality and normal skin function and as the years pass the skins capacity to regenerate will decrease.

The aging process is pretty slow but we must also understand that it is continuous. You don't have to be worried that when you reach a certain age your look will dramatically become older, the secret is to be careful of what you eat and keep in mind that you are responsible for the way your skin looks.

Your skin ages when it cannot produce enough collagen, the aging signs are dryness and wrinkles. After 40 years of age your body will use less vitamins as its vitamin assimilation function will get slower and you will have to eat more and more fruits and vegetables to compensate for that.

Visiting your doctor and acupuncturist regularly will prevent you from diseases that could increase your aging process.

When you feel that your body ages you have to start doing regular exercises, if you haven't done them before, because you will need it more than ever; also a low fat diet and less alcohol will also be welcomed.

Sleep is an important age factor as it is the way for your body and brain to regulate their normal functions and keep their energy. As you age you will feel the need to sleep less but don't let it overcome and try natural methods to assure a good night sleep.

Best foods for your skin

Most people really like eating: it is one of the pleasures in life. And although everyone wants to have good complexion and to feel pleased about his/her reflection in the mirror, not all of them realize what impact food has on their skin.

Too much prepackaged or junk food will not only increase your weight (and your skin elasticity will be affected), but it will also make your skin and hair a dull and lifeless.

If you want to avoid this, you have to take good care of what you are eating. The best foods for your skin have to include the following:

1. Antioxidants and Vitamins

Vitamin A, vital for hair and eyes, helps the skin remain supple. It can be found in dairy-produces, eggs and oil fish.

Vitamin B complex helps the skin metabolism by releasing energy from food. Best sources for it are red meat, poultry, oily fish, soya beans, wheatgerm, bananas, breakfast cereals.

Vitamin C has a main role in collagen production. If you smoke too much, if you have prolonged sun exposure sessions, then you have to make sure that you have in your diet products rich in vitamin C: peppers, potatoes, peas, kiwi fruit, strawberries and tomatoes.

Vitamin E works well with selenium to prevent the damage made by free radicals. Nuts, seeds, wheatgerm, wholegrains, avocados and sweet potatoes are rich in it.

Iron is found in liver, red meat, seafood, eggs. When there is a lack of iron in the organism, the skin is pale and circles under the eyes can form.

Zinc accelerate healing and when there is a deficiency of zinc dandruff can appear, the complexion is pale, white spots on the nails can be seen. Nuts, mushrooms, seafood, red meat, turkey, eggs, cheese are rich in Zinc.

2. Essential Fatty Acids

Our body cannot produce Omega-3 and Omega-6 (the two classes of Essential Fatty Acids - EFAs) so you have to gain them by a proper nourishment (sardines, tuna and salmon, soya beans, nuts, sesame, walnut).

And while you are trying to eat the best foods for your skin, don't forget to drink plenty of water, reduce the alcohol, rest/sleep enough and exercise your body as often as you can. Maybe it seems hard at the beginning, but once you get used to such a diet, you'll see that all your efforts are worth the final result: a good complexion, a vivid, brighten skin.

Top 10 Habits to Healthy Skin

Wrinkles! You don't like them because they are a constant proof of your ageing. You don't want them, but they still appear against your wishes. Like it or not, wrinkles' appearing is natural because in time, the second layer of our skin, the dermis, loses its collagen and elastin and has problems in moisturizing the epidermis (the first skin layer) so this starts forming wrinkles.

There is not a strict rule when and how many wrinkles should appear at a specific age. Of course, it will be better to prevent them from forming or to delay their appearance. Sometimes you are not aware of what you have unless you lose it (or it gets deteriorated). The same theory applies to your skin. If you are young and you do not have any skin problems, you don't pay enough attention to it until, at some point, you are not pleased with the way it looks. Then you start worrying, pay a lot for expensive treatments, start thinking of plastic surgery and so on. All these things can be avoided if you develop an early attitude regarding your skin and health.

Here are some tips for a healthier body and younger looking skin:

1. Everybody loves the light and the warmth of the sun. But it can become your skin's worst enemy if you don't use adequate sun protection (that is a physical sunscreen with at least 15 SPF factor).
2. It is not enough to moisturise your skin from outside. No matter how good the moisturiser is, good internal hydration is needed, so drink plenty of water, at least 2 Litres daily.
3. Have a healthy lifestyle if you want to have youthful looking skin. Exercise your body and your skin will take advantage of your efforts. Stop smoking if you don't want more wrinkles and a dull, lifeless look for your skin.
4. Keep an eye on your diet. Improper food (excess sweets) and too much alcohol can damage your skin.
5. Get enough sleep. This not only helps you to recharge the batteries for another day, but it also gives your skin enough time to recover.
6. Pamper your skin daily by using the four simple procedures that should be done in the morning and evening: cleanse, tone, exfoliate and moisturise.
7. Don't use soap and alcohol based products on your face and neck (they will deprive your skin of all moisture and natural oils).
8. Don't use makeup in excess. Don't ever go to bed (no matter how tired you are) without removing it.
9. Pay attention when shaving or depilating. Moisturise afterwards to avoid irritation. Aloe vera gels and hydrating creams help calm it down.
10. Usually forgotten lips, hands and feet should benefit also from pampering and proper care.

Once you've started applying these tips, they will become a way of life. And it is worth the effort because skin is beautiful when it's healthy and looked after.

Other helpful anti-aging tips for a healthier body and younger looking skin include:

1. Be with someone you love to keep you feeling younger and your heart beating longer.
2. Do at least 2 weight sessions a week
3. Do cardio sessions at least 3 times a week to work up a sweat
4. Take resveratrol liquid/capsules (found in red wine)
5. Eat red colourful fruits and vegetables (carotene) such as grapes and tomatoes
6. Eat 300 calories less a day
7. Make one day meat free! Go vegetarian for a day!

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