

## How to Help Prevent Wrinkles (シワを防ぐには?)

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You can help prevent wrinkles and protect your overall health, by taking a few simple steps.

One of the most important things that you can do to help prevent face wrinkles is to avoid products containing petrolatum, the "work-horse" of the cosmetic industry.

According to respected dermatologists, petrolatum, mineral oil and other petroleum based products interfere with the skin's natural rejuvenation process.

The body has its own method of repairing damage and replacing dead skin cells.

We want to support those natural processes and avoid anything that interferes with them.

There are several other important steps to help prevent wrinkles. It's hard to organize them according to importance, but I'll start with the sun, environmental pollutants and other things that cause free radical damage.

Prevent Free Radical Damage and Prevent Face Wrinkles According to the American Association of Dermatologists, our cells produce more free radicals, as we age, but naturally occurring antioxidants are mostly absent.

So, you can help prevent wrinkling by avoiding things that cause free radical damage and by replenishing your supply of antioxidants.

When we say that the sun causes 90% of all of the signs of aging, what we are really referring to is UV radiation causing an increased production of free radicals.

A small regular amount of sun exposure is good for you.

I'm not suggesting that you lie in a tanning bed or spend hours per day in direct sunlight, with no protection.

I am saying that completely avoiding the sun is not necessary to prevent face wrinkles or skin cancer.

No sunlight means no vitamin D production and deficiencies are on the rise.

When people say that smoking will cause the formation of a wrinkle, the underlying reason is increased free radical production caused by components in cigarette smoke.

If you are healthy, if you eat enough antioxidant rich foods, the damage caused by the sun and environmental pollutants is prevented.

But, once you get a little older, you may need a little more help.

Prevent Face Wrinkles with Creams Containing Antioxidants Antioxidants like coenzyme Q10, natural vitamin E,

honey enzymes, kelp extracts and amino acid proteins help prevent wrinkles.

None of these ingredients increase free radical production. Some of the common sunscreen compounds, including oxybenzone and benzophenone, increase free radical production and damage DNA strands. They are now listed as "carcinogens", but they are still included in creams and lotions that are supposed to help prevent face wrinkles.

Major cosmetic companies include antioxidants in their products, but they also include artificial preservatives, added fragrances and other chemicals that cause the cells to produce free radicals. The industry is not well regulated and new research concerning hazardous ingredients is largely ignored.

You never see anyone pulling face cream off of their shelves, because of a safety recall. Many so-called "experts" still believe that compounds in health and beauty aids do not penetrate the skin. You can help prevent wrinkles and protect your overall health and well-being by shopping for preservative and fragrance free products that are all-natural and safe enough to eat.

That's the bottom line.

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About the Author:

Laurel is a dedicated researcher of skin care health and products. She shares her research on her website <http://www.beautiful-skin-site.com>.

If you have unwanted wrinkles, fine lines and damaged skin, visit <http://www.beautiful-skin-site.com> now to learn about the skin care line Laurel personally recommends.