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# BONAPIEL

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## 10 Ways You Can Look and Feel Younger Fast



Did you wake up one day and begin worrying about how fast it seems like you're aging? Sometimes it hits us unexpectedly. You're going through the motions of life and all of a sudden you stop and look in the mirror and notice just how many wrinkles there are, or you try to be active and feel more winded, faster.

There are many simple changes you can make that help you slow or reverse the aging process. We're going to go over these methods that allow you to take back control.

## **1 - Use Coffee to Turn Back the Clock**

Many adults love to have their morning cup of joe, but some wonder if it's helping or hurting their bodies as they grow older. Some news reports are at odds, so you're left wondering which is the correct advice.

Sure, coffee helps wake you up in the morning, but it has added health benefits you may not know about. It can help you fight the aging process if you go about it the right way.

Coffee gives your brainpower a nice boost for up to an hour after you drink it. If you grab a cup a day, then researchers at the University of Miami say it helps stave off Alzheimer's disease.

More research (from the National Cancer Institute) shows that if you're female, you can up the intake to three cups a day and gain longevity as a whole, and it definitely improves your chances of not developing heart disease.

It doesn't even matter if you choose decaf or caffeinated, but it does matter if it's filtered or not. A French Press coffeemaker, for example, can increase cholesterol and contribute to the development of aging diseases.

Aside from heart disease, coffee offers protection against diabetes, cancer, and other illnesses. Scientists believe it's because of the antioxidants found in coffee that prohibit cancer cell growth.

## 2 - Fend Off Middle Aged Weight Gain on the Go

Part of what ages us is our habits during the day when we're immersed in such a busy lifestyle that we make bad choices. People say they don't have time to eat right or exercise, but that's no excuse.

First, you can eat right – by preparing healthful foods that deliver the right nutrients your body needs for fueling you through the day and helping your cells work.

If you have to eat fast food, consider choosing a healthy option. At Starbucks, instead of a calorie-laden coffee, get one of their protein boxed meals that has a boiled egg, some cheese, a little bread and peanut butter, and some fruit.

At McDonalds, you can order the Premium Southwest Salad. Even 7-11 has a healthy option for you. Grab a protein and a carb and you're good to go. Prevention magazine recommends a bag of almonds and some coconut water to boost your energy.

You also want to start exercising even when there's no time. You can do it as you drive in the car. You can do ab exercises while driving, pulling in your ab muscles and exhaling to release them.

You can also do leg raises or calf stretches while you're being still, reading, etc. Look up ways to exercise at your desk and keep off the middle-aged muffin top that some people end up with.

## 3 - Use Baby Aspirin for More Than Just Heart Attack Prevention

You've probably seen commercials where you see a character being recommended baby aspirin as a way to prevent a second heart attack after suffering one (or a heart attack scare).

Well baby aspirin is helpful to the aging process in other ways, too. Baby aspirin is a smaller dose than adult aspirin, but you still have to ask your doctor if it's safe for you to take regularly.

Once given the okay, you can use it for heart disease prevention to prevent heart attack and stroke. You can also use it to treat symptoms of arthritis. You have to add fish oil to the mix for it to work.

Baby aspirin also works to keep skin cancer at bay. Stanford University reported that if you're a female taking one baby aspirin each day, you'll be 20% less likely to develop melanoma.

## 4 - Keep Joints Flexible and Enjoy Your Mobility

If you feel like you're creaking along in your older age, and your mobility isn't what it used to be, you can take care of that with some simple tips that reverse the aging process.

Inflammation is a big reason why people feel pain as they age. So you have to do what you can to keep inflammation down. That doesn't mean popping pain meds every day – because that contributes to damage in your body.

Instead, use herbs and spices like boswellia and curcumin to keep inflammation down and provide pain relief without the dangerous side effects. While you're at it, make these other dietary changes: eliminate sugar-laden sodas and add more fish to your diet. Both help reduce inflammation.

You have to keep yourself hydrated as you grow older because it helps cushion your joints. If you live in a hot climate, increase your water intake even more, but if you're in a cold weather climate, then the typical 8 glasses of water a day should suffice.

## 5 - Get Facial Treatments Before Surgery

Some men and women see themselves aging – especially in their faces – and schedule an appointment with a plastic surgeon right away. But that's not necessary!

There's not even any need for expensive Botox right at first. You can reverse signs of aging with some less invasive, less costly facial applications you can have done at your local spa.

Chemical peels, nonablative lasers, microdermabrasion, and radio frequency skin tightening sessions can help you smooth out wrinkles and fine lines and even your skin tone so that it's not spotted and blotchy.

When you have the top layer of dead skin cells removed using chemical peels, you might want to start with a light peel at first and later go with a deep peel when you have time off of work to recover. You can use an at-home peel or have it done in an office setting. Use microdermabrasions to level the appearance of your skin's coloring.

Skin tightening using radio frequencies and nonablative lasers help your cells produce more collagen. This is perfect for sagging skin. It's expensive, but only required every few years to continue working.

## 6 – Sleep Better, Stay Younger

A lack of sleep can really fast forward your aging process if you're not careful. What's worse is, as we age, we tend to get less sleep anyway – so you need to take a proactive approach to getting your Zs.

You don't want to get hooked on sleep medications. You want to naturally fix your sleep schedule by using remedies that you don't have to be concerned about.

Eliminate things that prohibit sleep – like electronic gadgets and caffeine a few hours before bedtime. Understand that some things you believe help you doze off (like wine) really end up waking you up during the night.

Try to eat a protein and carb right before bed if you plan to snack. Peanut butter and an apple are good. The pairing helps your body create serotonin, which not only helps you get to sleep, but helps you stay asleep through the night, too.

Start exercising, too. Movement throughout your day – even a little bit – helps you fall asleep. And analyze whether or not you need a sleep supplement. You can take melatonin and 5-HTP shortly before bedtime. If you prefer herbal remedies, use jujube seeds, Bhringraj or valerian root.

## 7 – Choose Makeup That Flatters, Not Ages You

Makeup isn't all an illusion. Sometimes, what's in the makeup, or which makeup you choose, can help you look younger or older. As you age, your cosmetic needs change.

You want to choose a foundation that includes sunscreen and a good moisturizer. You won't be wearing heavy cream-based foundation that you wore to cover blemishes as a teen or young woman. Those will flood into your fine lines and make you look older than you really are as you age.

Use your blush in a way that makes you look like you have full cheeks. As a younger woman, you probably swept your blush along your cheekbones, but now that would make you look gaunt and aged.

If your hair is thinning, then you may need to choose a mascara or brow pencil that really enable you to increase the appearance of volume.

Stay away from harsh colors as you get older. You don't want bright blue eye-shadow, red blush and red lipstick. You want softer, natural colors that blend in well.

## **8 – Start on a Series of Supplements to Regain Youthfulness**

There are supplements that can start to work fast for you if you're feeling sluggish or noticing signs of aging. For example, if your hair is thinning and your nails are brittle, try using a Biotin supplement that strengthens both hair and nails.

Resveratrol is another supplement that doctors are excited about. It switches on your cellular growth and this helps your body turn back the clock. You can have it through a glass of red wine or take a supplement instead.

Another supplement that fights aging that doctors adore is Coenzyme Q10. This is something your body naturally creates, but only in small amounts. When you boost it, you cut your chances of heart disease down dramatically.

## **9 – Hydrate Your Skin Inside and Out**

Hydration does so many things for your body in terms of reducing the signs of aging. Not only does it plump up your skin to reduce fine lines and wrinkles, but it also helps at a cellular level.

You should be drinking water every day. If you don't already drink eight, 8-ounce glasses of water each day, start by doing that. If you need to lose weight, make it ice water to help with your metabolism.

Topically, you should be using water, too. Not only should you be moisturizing to trap water into your skin and prevent it from escaping, but you also need to frequently wash the pollutants from your hair and skin.

## 10 – Break Bad Habits to Reverse the Aging Process

Have you ever noticed that people who lead a hard and fast lifestyle look much older than their true years? Smoking, drinking, drug use, and even staying out all night and getting very little sleep makes you look and feel older than you should ever feel.

Even refusing to get your stress under control is a bad habit that fast forwards the aging process. You have to learn to let go of things that bug you or you'll find more gray hairs, more fine lines, and discover health woes that wouldn't be there if you'd relax a little.

In the Growing Younger Anti Aging course, you'll learn how to analyze your body for signs of aging, and then implement a plan of attack that helps you slow down, stop and then reverse the aging process in your body.

Growing old is inevitable. Looking and feeling old is all under your control. You have to make a decision about whether or not you want to be a passenger without control - or steer your future aging process the way *you* feel is right.