

Age Secret-Anti-Aging

Surprising Ways to Reduce Wrinkles



**ANTI-AGING
TECHNOLOGY**

What to do?
What is ageLOC
Galvanic Spa
Gen II ?
Tested!

Free Info !

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CHECK OUT HERE HOW TO AVOID WRINKLE
New Anti-Aging Technology
AGELOC GALVANIC
Spa Gen II?
innovations!

Sleep On Your Back



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The American Academy of Dermatology (AAD) cautions that sleeping in certain positions night after night leads to "sleep lines" -- wrinkles that become etched into the surface of the skin and don't disappear once you're up. Sleeping on your side increases wrinkles on cheeks and chin, while sleeping facedown gives you a furrowed brow. To reduce wrinkle formation, the AAD says, sleep on your back.

Eat More Fish -- Particularly Salmon



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Not only is salmon (along with other cold-water fish) a great source of protein -- one of the building blocks of great skin -- it's also an awesome source of an essential fatty acid known as omega-3. Yale dermatologist Nicholas Perricone, MD, tells WebMD that essential fatty acids nourish skin and keep it plump and youthful, helping to reduce wrinkles.

Don't Squint -- Get Reading Glasses!



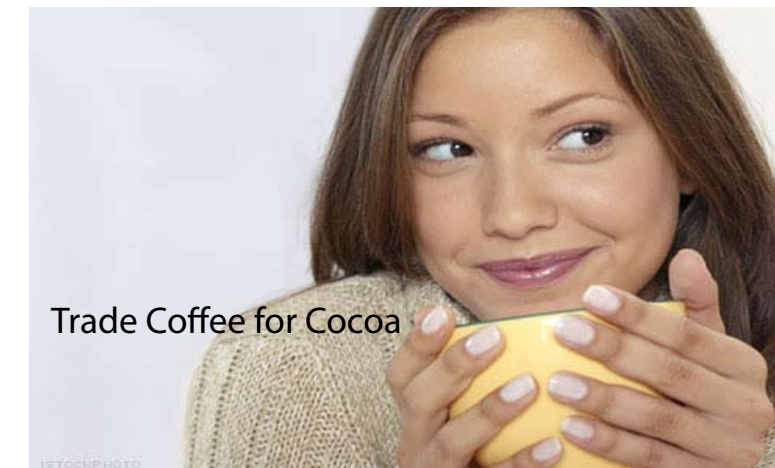
Don't Squint -- Get Reading Glasses!
The AAD says repetitive facial movement -- like squinting -- overworks facial muscles, forming a groove beneath the skin's surface. This groove eventually becomes a wrinkle. Keep those eyes wide: Wear reading glasses if you need them. And get savvy about sunglasses, which can protect skin around the eyes from sun damage and keep you from squinting.

Slather On Alpha-hydroxy Acids (AHAs)



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These natural fruit acids lift away the top layer of dead skin cells, reducing the appearance of fine lines and wrinkles, particularly around the eyes. New evidence shows that in higher concentrations, AHAs may help stimulate collagen production.

Trade Coffee for Cocoa



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In a study published in a 2006 issue of the Journal of Nutrition, researchers found that cocoa containing high levels of two dietary flavonols (epicatechin and catechin) protected skin from sun damage, improved circulation to skin cells, affected hydration, and made the skin look and feel smoother. Delicious!



Don't Over-Wash Your Face

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According to dermatologists at the University of Maryland Medical Center, tap water strips skin of its natural barrier oils and moisture that protect against wrinkles. Wash them off too often, and you wash away protection. And unless your soap contains skin-protecting moisturizers, use a facial cleanser instead of soap.



Try Topical Vitamin C

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Studies at Tulane University, among others, have found that vitamin C can increase collagen production, protect against damage from UVA and UVB rays, correct pigmentation problems, and improve inflammatory skin conditions. The key, however, may be the type of vitamin C used. To date, most research points to L-ascorbic acid as the most potent for wrinkle relief.



Eat More Soy
Research shows that soy may help protect against or heal some of the sun's photoaging damage. One study, published in the European Journal of Nutrition, reported that a soy-based supplement (whose ingredients also included vitamins, fish protein, and extracts from white tea, grapeseed, and tomato) improved the skin's structure and firmness after just six months.

Practice Good Skin Care Basics



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If you really want to keep your skin looking young, start with the essentials. You've heard these recommendations before, but they bear repeating:

- Avoid the sun
- Wear sunscreen
- Don't smoke
- Use moisturizer

Last one for Ant-Aging new Technology Innovation ageLOC Galvanic Spa Gen II

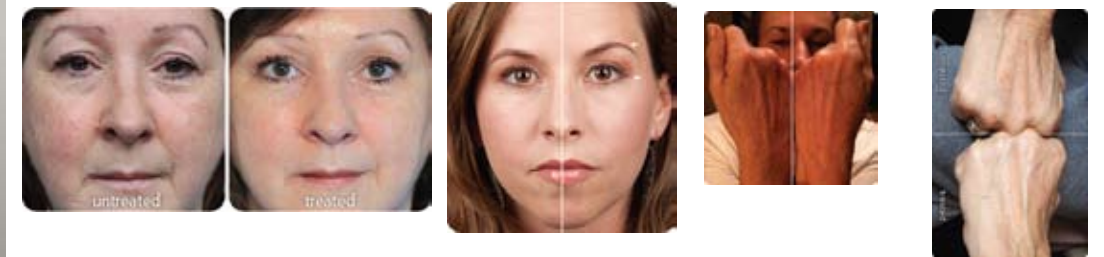


ageLOC Galvanic Spa Gen II
Delivers up to 5 times more ageLOC ingredients.

Smooth the appearance of fine lines and wrinkles, rejuvenate your complexion, revitalize your scalp, and renovate your body with the patented ageLOC Galvanic Spa System II. This new System features a larger, brighter display, intuitive usability, and enhanced ergonomics. Results are so remarkable, your radiant, youthful face and body will leave people wondering about your age and your secret.

Content:

- 1 ageLOC Edition Galvanic Spa II
- 1 ageLOC Face Conductor
- 1 Spot Treatment Conductor
- 1 Body Conductor
- 1 Scalp Conductor
- 2 AAA Batteries (already installed)
- 1 Carrying Pouch



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