

- Aging

Beat premature ageing the natural way

These simple tweaks in your lifestyle will help you remain healthy, youthful and glowing from within

HT City · 25 Nov 2021 · 07 · Tarandeep Kaur Bindra

I don't believe in fancy treatments and exotic supplements to slow down ageing. The key lies in changing your lifestyle. TARANDEEP KAUR BINDRA, Wellness expert

While ageing is an inevitable natural process, many of us start looking older than our real age. Premature ageing has become a rising concern in today's fast-paced, chaotic life. It refers to ageing that happens before time. There can be several reasons for this. Exposure to UV light damages the collagen in our skin, leading to wrinkles, age spots, sagging skin and hair loss, adding years to our look. Stress, lack of exercise, 2

Sound sleep: There is a reason why they call it beauty sleep. Your body repairs itself when you sleep. When you sleep, your skin rebuilds collagen. Make sure you get seven to eight hours of sleep daily. Lack of sleep can slow down metabolism, leading to weight gain, stress due to increases in cortisol hormone. smoking and drinking can also accelerate ageing.

I don't believe in fancy treatments and exotic supplements to slow down ageing. The key lies in changing your lifestyle. Eat well, drink at least two-three litres of water per day to keep your skin clear, avoid water retention and bloating issues. Also, yoga is extremely beneficial as it connects your body, mind and soul. It's a powerful tool to maintain youthfulness, too. Here are easy, natural ways to slow down ageing, stay healthy and glowing.

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Keep stress at bay: While you cannot eliminate stress from your life, there are ways to manage it. Stress can fasten ageing. Regular exercise, listening to soothing music, reading, meditating, reducing screen time, spending time with family and bonding with Nature will help you de-stress. Also, positivity is the key to a healthy life.

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Quit unhealthy habits: Try to slowly give up or cut down on smoking and drinking. There are studies that show drinking and smoking are linked to signs of physical ageing. The toxic substances in tobacco smoke and alcohol can damage collagen that keeps your skin firm, supple and youthful looking.

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Sip green tea every day: Along with an active daily routine and healthy eating habits, green tea will help keep you hydrated, boost your metabolism and provide you goodness of antioxidants. Antioxidants help detoxify and cleanse your body from within. Vitamin C infused green tea is also a good option, as vitamin C supports your immune system.