



Article Side

Aging problems & solution by [Shawn Wilson](#)

Article published on December 13th 2011 | [Health](#)

Everyone loves a younger ,beautiful look and for that we try beauty products, beauty secrets,tips etc. But as we grow older our beauty gets damaged due to aging. Aging affects our beauty & health by number of ways. So how it affect?. This question may rise in your mind. Well here is the answer to that signs of aging. As one grow older the upper layer of skin becomes lose & dull leading to appearance of signs of aging. Well there are some other factors too which causes leads to signs of aging.

Sun exposure: The UV rays has dramatical effects on our skin. It fades skin complexion,color and creates dark spots, dryness, lines.

Smoking: Smoking addiction leads dark circles under eyes. Also smoking causes wrinkles near mouth and leads to appearance of fore lines damaging our beauty.

Sleeping: Our sleeping habits also affects our skin. How we sleep how much we sleep also affects our skin and face.

Appearance of spider veins : As one ages our skin becomes loses elasticity, moisture resulting in dryness this along with sun exposure causes eruption of blood veins near skin surface resulting in lines ,wrinkles etc.

Lack of exercise: Lack of exercise and workout may lead to slow metabolism leading to dull skin .

So how to prevent or solve this aging problem. Here are some anti aging remedies.

- 1.Sun cream: Use a sun cream to avoid sun damage and also use moisturizers for moist and fresh look.
- 2.Use product: Use product with natural ingredients and rich in vitamin A which helps to protect skin from damage and also helps to tackle any skin issue.
- 3.Consult dermatologist: For any complication refer to a dermatologist treatment before its too late.
- 4.Avoid use of tanning or sunlamps as these are not the healthy methods for aging problem.

Article Source:

<http://www.articleside.com/health-articles/aging-problems-solution.htm> - [Article Side](#)

[Shawn Wilson](#) - About Author:

For more such articles view a [meladerm skin care](#) and also a [meladerm skin care solution](#)

Article Keywords:

meladerm, meladerm cream, meladerm side effects, meladerm review, meladerm reviews,

meladerm before and after, buy meladerm, meladerm scam, meladerm pigment reducing complex, meladerm cream reviews

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!