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Natural Remedies to Fight Aging

Natural Remedies for Wrinkles, Age Spots, and Other Signs of Aging



Anti-aging skincare is big business, but as with many commercialized industries, regular products for wrinkles and age spots are full of non-healthy chemicals. You may not realize it, but slathering your skin with certain ingredients may be putting your health in jeopardy.

Photo credit: Flickr / Jonah G. S.

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Ingredients to Avoid in Anti-Aging Products

- 1,4-dioxane
- DMDM Hydantoin
- Octyl-dimethyl
- Octyl-methoxycinnamate
- Oxybenzone
- Parabens
- Phthalates
- Polyethylene glycols (PEGs)
- Quaternium-15
- Triethanolamine (TEA)

The list goes on, but those are the worst offenders. These ingredients may increase your risk of cancer, wreak havoc with your hormonal system, or irritate your skin and eyes. What's more, when you wash them off of your skin, they go into our natural water systems where they pose the same risks to fish and other wildlife.

See [Just Beautiful](#) from Environmental Defence for more information on toxins and how they affect you.

How to Buy Natural Remedies for Wrinkles and Age Spots

So what do you look for when buying or making your own natural remedies to fight the signs of aging? Well, these outward appearances of aging are caused in part by free radicals—a normal outcome of our cells using glucose. But with too many or the wrong kind of free radicals, you can experience skin damage. That's because free radicals break down collagen in your skin.



Photo credit: [Flickr](#) / [mandimaebe](#)

Safe, Eco-friendly Natural Ingredients

Here are some ingredients that should help with wrinkles and age spots

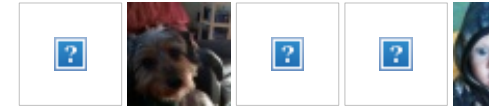
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without risking your health or that of the planet.

- **Antioxidants:** The best free radical fighters are antioxidants. Look for Coenzyme Q10 (CoQ10), vitamins C, A, and E.
- **Natural moisturizers:** Moisture helps your skin fight off wrinkles, so choose a natural anti-aging product with lots of plant-based options like shea butter, jojoba oil, avocado oil, grape seed oil, or olive oil.
- **Vegan plant proteins:** Ingredients like amla oil, soy, or almond oil all contain plant proteins that help improve skin's elastin. Adding actual elastin (derived from animal parts like cow ligaments) to skincare products, though a natural ingredient, doesn't boost your elastin, so there's no point in wasting your money.
- **Humane production:** As always, we recommend eco-friendly anti-aging products that aren't tested on animals. Seek out products with these logos:



Leaping Bunny Logo



Certified Vegan Logo

Of course, one of the best ways to prevent the harmful side effects of free radicals is to avoid them. And that means eating a **diet high in plant-based foods** (to increase your intake of **antioxidants** which fight free radicals from the inside), avoiding sun exposure, and quitting harmful habits like smoking or excessive alcohol consumption.

See [The Just Beautiful Personal Care Products Pocket Shopping Guide](#) for more information on choosing the right products for you.

Limited Time Offer!

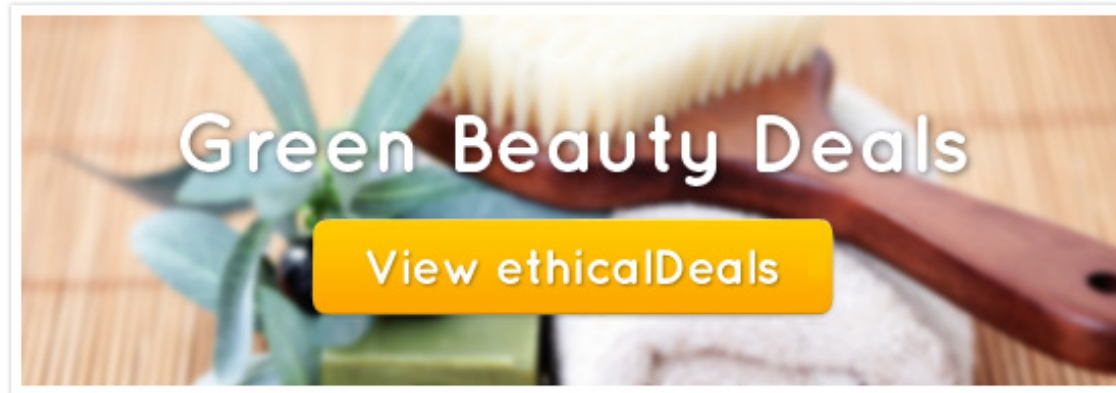
LED light has many benefits—it can interact with skin cells to stimulate collagen and elastin production, making skin firm. Try an

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anti-aging LED facial package with today's ethicalDeal: **\$85 gets you a five-step LED ProSkin facial service** at **Derma Bright Clinic** in Vancouver. Special offer only available in Vancouver from August 9-15, 2013. Get it before it's gone!



About the author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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