

13 Everyday Habits That Are Aging You

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If you don't like what you see in the mirror, then keep reading. Here are some of the most common age accelerating habits and ways to reverse and slow down the process.

Do you think you are aging faster than your years? It's probably time to take a look at your daily routines, it could be down to the foods you eat and even the way you sleep that could be adding years to your face and may even shorten your lifespan.

You cut out all fat from your diet – Some fat is necessary for maintaining a youthful feeling and appearance, said **Franci Cohen, a certified nutritionist and exercise physiologist from Brooklyn, NY.** *“Heart-healthy omega 3 fatty acids found in oily fish (such as salmon and mackerel) and certain nuts (such as walnuts and flax seeds) keep skin supple and plump, thereby preventing wrinkles, and they boost both heart and brain health as well,”* she said. The Academy of Nutrition and Dietetics recommends including fish in your meals at least twice a week.