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Anti Ageing- Cell Regeneration is the Way by [Julia Roger](#)

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anti aging is achievable! Instead of using myriad of skin creams and lotions, you need to follow cell regeneration to make your skin youthful again. Our body is designed in such a way that it can heal and repair the damaged cell through proper flow of energy and raw materials. In other words with the help of proper nutrition which is required for the proper function of the cells, achieving healthy youthful skin is possible.

What is Anti Ageing?

It is the replacement of a weaker and damaged cell with a more strong and improved cell. This is only possible if your body is getting the right energy flow and the raw materials needed for the regeneration of the cell.

Foods that prevent ageing:

There are certain foods, which if included in our diet improves the elasticity of the skin thus preventing from ageing. Fruits and green vegetables with Vitamin C, Vitamin E, and carotenoids are good anti ageing food supplement. Fruits like Almonds, walnuts, sesame, avocados, cucumber, berries etc., herbs like Ginseng, Rodiola, Jiao gu lan, Ashwagandha strengthens the immune system thereby helping in regeneration of cells.

Prevention of ageing:

The most prevalent way to youthful glowing skin is drinking plenty of water. Water keeps your cells hydrated and washes out toxins from your body thereby keeping your skin more beautiful and elastic.

Getting the right amount of sleep is also important to rejuvenate your skin, which becomes dull and lifeless because of excessive work during the day.

Exposure to the sun causes a lot of damage to the skin. Using the right sunscreen lotion, umbrella, hats and goggles and avoiding exposure to sun lessens the skin damage.

Avoid smoking cigarettes as smoking breaks down the vital components of the skin like elastin and collagen.

To conclude it can be said that ageing is a process, which can be delayed or accelerated, and anti ageing in reality is the Physical exercise, proper diet, and meditation are some ways to delay the process of ageing.

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