

THE EFFECTS OF LIFESTYLE ON YOUR BODY

IT'S A NO-BRAINER TO AVOID CERTAIN THINGS IN LIFE—THINK TANNING BEDS, EXCESSIVE SUN EXPOSURE AND SMOKING—BECAUSE THEY CAN HAVE A PROFOUND EFFECT ON HOW THE BODY LOOKS AND FUNCTIONS. BUT DO YOU REALLY KNOW WHAT SOME OF THESE VICIS ARE DOING AND HOW THEY CAN AFFECT THE WAY YOUR BODY WILL AGE?



IF YOU TAN IN A TANNING BED

Science has shown a link between tanning beds and skin damage. A study from the International Agency for Research on Cancer shows a 75 percent increase in the risk of melanoma from UV radiation from indoor tanning. Also, research shows that indoor tanning ups your risk of cancer and drastically alters the quality of your skin.

THE BOTTOM LINE

- Just like how UV rays emitted from the sun break down collagen and elastin levels in the skin, so do tanning beds. The less elastic and supple the skin is, the older and more wrinkled it looks.
- "Taking care of your skin and protecting it head to toe with sunscreen daily is by far the best thing you can do to hinder the effects of aging on the body," says Dr. Mizuguchi.
- If skin has become damaged from sun exposure and you opt for plastic surgery, the results may not be maintained as well as someone whose skin is healthy and in good condition.

IF YOU DETOX REGULARLY

Our bodies become inundated with pollution, chemicals and toxins on a regular basis. Love Grace juice cleanse founders Jacob Mabanta and Carissa-Ann Santos say that it's important to cleanse and detoxify your body periodically. "There will eventually be an overload of toxins that show up as disease or illness. Managing the body's toxic load by cleansing it allows you to maintain a healthy balance and create conditions for longevity and radiance," says Santos.

THE BOTTOM LINE

- Removing toxins from your body allows for better absorption of vitamins, nutrients and minerals so that the food we consume can be used properly. "Juice cleanses give the body a rest and free up energy used to digest food so that the body can heal specific conditions it needs to address," says Mabanta.
- Eating healthy and drinking plenty of water and fresh-pressed juices helps, but so can healthy breathing, colonics, infrared sauna and hot yoga, to detox trapped metals and toxins via sweat.

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ANTI-AGING YOGA POSES

According to Kimberly Fowler, owner of Yas Fitness Studios in Venice Beach, CA, yoga, in general, provides anti-aging benefits to the body, but certain poses like Downward Facing Dog are especially beneficial. "Any poses that are inversions where your head goes below your waist gets the blood flowing and makes you look better."

IF YOU SIT BEHIND A DESK ALL DAY

It's been scientifically shown that sitting at a desk all day is linked to weight gain, especially in the stomach. We spend more time than ever working and that comes along with prolonged sitting. Constant sitting decreases the activity of the fat-burning enzyme lipoprotein lipase (they live in the fat cells), which is necessary for weight loss. Also, a lack of inactivity during the day can cause blood sugar and cortisol (the stress hormone) levels to rise, which leads to sugar and food cravings.

THE BOTTOM LINE

- If you are stuck behind a desk for most of the day, take breaks and go on mini-walks so your body doesn't become too sedentary.