



Ten Ways to Look Younger & Live Longer!

by Dr. Amiya Prasad

Hello from the desk of Dr. Amiya Prasad. As the summer winds down, and we face a new fall and a new beginning for many, it is time to make some new "beauty resolutions" so that we are prepared for the upcoming cold weather and the holiday season ahead.

As always, I learn as much from my patients as I do from my books and from other walks of life. And the benefit of taking it all in from my patients is that I reap the rewards of gathered wisdom from many minds and many types of experiences. This summer, I have added a new question when I see patients in my office. *"What is your best beauty secret that I can pass on to the community of our other patients?"*

Of course, as you may well imagine, this has led to some rather interesting and sometimes, shall we say, *"out of the box"* ideas. I put together a list and although you may have heard of the basic principles, I found that the method of execution was quite resourceful. Here now is a discussion based on the wisdom of the conversations that I have had over the past few months.

1. Sleep - At least eight hours is what the experts say. You may roll your eyes at this one if you are a night owl like me. However, the night owls that I spoke to recommended that the commitment to the sleep process start earlier than when you would normally just fall into bed because you can't keep your eyes open. Develop a routine that works for you that starts the association of the "wind down" in your mind whether it is reading a chapter from a great novel, starting the moisturization process by applying the proper night creams for your face and eyes, drinking a glass of warm milk or doing some light stretching and toning.

2. Diet - There is a plethora of advice on the net, on the media, and in fashion magazines about magic pills, all fruit diets, cleansing tonics etc. There is no magic pill or miracle diet that will make you lose the extra pounds by the holidays and you don't need me to tell you that. My thin patients tell me that they eat to live and they make sure that they take in a variety of plant products so that they are sure to get many kinds of vitamins and fiber. One of my nutritionist patients advises that if you concentrate on taking in different colors of foods at every meal (all from natural sources),

you will be sure to ingest a well rounded diet. Picture some green spinach, orange carrots and red beets on the plate with a serving of chicken breast and you will get the idea.

3. No Smoking - Smoking is toxic for you at all stages of your life. Immediately after you begin smoking you damage the lining of your airways and over time, this damage extends to your small blood vessels so that the blood supply to places like your face is compromised. Poor blood supply means that you are much more likely to wrinkle and age quickly. I know that it is not easy to quit for many people, but doing so is a huge favor to yourself.

4. Exercise Regularly - For at least one hour and at least 3 times a week. I have many patients who tell me that one of the best things about exercise is that they have come to regard it as a special time for themselves and that it is a great release of stress and negative feelings. They explain to me that they feel a sense of calm and a sense of purpose when they take the time to exercise regularly.

5. Antioxidants - Take in a good supply of antioxidants daily. Brightly colored fruits such as red grapes, blueberries, strawberries and blackberries are great examples of antioxidants. Dried fruits also have a significant amount of antioxidants and are a great snack to keep in your car if you have a long commute or if you are driving home from exercise. Look into adding dried fruits into foods that you prepare such as dried cranberries to salads or as a topping for a scoop of ice cream. Antioxidants help to capture free radicals encountered in the environment and protect cellular health.

6. Minimize Sun Exposure - Sunlight is beautiful and warm and does much to nourish the soul. Unfortunately, the ultra violet rays are tough on your skin because they damage it at a cellular level. There are numerous dermatologic diagnoses that are related to excess sun exposure from actinic keratosis to melanoma. My patients who are careful about sun exposure wear hats, limit their time at the beach, use [sunscreen with SPF over 25](#) and look 5 to 10 years younger. There are many interesting studies out there that have compared identical twins who have lived in different climates during their adult lives. The aging differences in the twin that lived in a hot climate was advanced by at least 10 years. So get the sunblock and keep it within reach by storing a tube in your car, at work, in your purse etc. That way you can never have an excuse for not wearing it. Also, search out makeup that has an SPF so that you can benefit from some extra protection. And don't forget that UV rays are just as harmful during the winter months and when it is overcast, so the SPF makeup is a good habit to get into. [At Prasad Medi Spa, we have several types of SPF makeup, foundation and powders](#) available for your convenience.

7. Supplements - I am a huge believer in supplements for your health. We don't live the foraging forest lifestyle that we were bred to have and we are much more sedentary than we were centuries ago. We need to make up for that deficit. Calcium, Vitamin D and Magnesium for your bone health, and B vitamins such as Folate, B6 and B12 are important supplements to your diet to ensure healthy red blood cells and an optimal environment for cellular metabolism.

8. Laughter - Surprising research shows that laughing a lot and frequently slows down the aging process by about 8 to 10 years. Cultivate a good sense of humor and try to find the lightness in a situation, especially a potentially stressful one such as being delayed at the airport. My patients tell me that making a concerted effort to find friends that make you laugh rather than those that drain you by complaining all the time, is an excellent first step. Mixing up the age groups that you spend time with also adds variety to life and provides situations for humor. Of course, if you have kids, no matter what age they may be, let them amuse you. You will find many sources of entertainment once you start looking for it.

9. Social Networking - The laughing advice above leads into the next piece of advice I get from my patients who seem to be happy and really grounded. They all stress the importance of a social network that works for you . Good friends, not fair weather ones, who will sit down and have a cup of tea with you and listen and help you strategize on how to deal with stressful situations are priceless. Of course, you have to be the kind of friend who knows how to return the favor. Networking among people you like is a gift that helps us feel important and loved. These positive feelings will reduce your sense of stress and probably help you find new ideas for your life.

10. Positive Attitude - Researchers have stated that seeing the glass as "half full" definitely slows down the aging process. Some of this has to do with a perception of stress and how it will affect with you. I have met some incredible patients in my life and it has been my honor to learn from them about how they have dealt with so many different kinds of stresses or tragedies in their lives. The ones who were able to gain perspective as they came out of their mourning did so with a sense of grace and goodwill that they felt came from cultivating an appreciative attitude. So an "attitude of gratitude" goes a long way towards reducing stress and looking younger and healthier.

I hope you have found this list useful and I look forward to hearing from you either in person or via email . If you would like to add comments to this list or provide some advice of your own, please reply to this email with your suggestions. Have a wonderful and restful August and I look forward to hearing from you soon.

With warm regards,

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