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Health Bytes

Many women are looking for a way to safely and naturally get rid of wrinkle problems. Yet, they are not sure how to choose the right natural wrinkle removing product.

If you want to get rid of wrinkle problems, you need to understand why you get them in the first place.

There are many natural ingredients that can help to get rid of wrinkle problems. Green Tea Extract, for example, helps to purify the skin and remove free radical scavengers that cause your skin to wrinkle.

Woman's Health > Natural Skin Care > Natural Skin Care Solution > Get Rid Of Wrinkle Problems



Best Ways To Get Rid Of Wrinkle Problems

Many women are looking for a way to safely and naturally get rid of wrinkle problems. Yet, they are not sure how to choose the right natural wrinkle removing product.

Understanding the different types of wrinkles and how they affect your face, as well as the most beneficial natural ingredients to include in a wrinkle-removing product, is the first step toward a more youthful appearance.

Getting Rid Of Wrinkle Problems: A Closer Look at Skin

To begin the process of learning how to get rid of wrinkle problems, you should understand the structure of your skin. Your skin is made of three layers, the epidermis, the dermis, and the subcutaneous tissue. The epidermis, which is the outer layer, acts as a barrier for your skin.

Over time, the cells in the epidermis, which are called keratinocytes, move up from the bottom of the epidermis to the top. Here, they build up and create a tough shell. Eventually, these cells flake off. This can result in scaly looking skin if the skin is not cared for.

The dermis is the second layer of the skin. This layer contains the connective tissues. There are many different types of connective tissues and each serves a different purpose.

For example, collagen provides the skin with its strength and elastin fibers give skins the ability to spring back into place, which is referred to as elasticity.

Between the dermis and the epidermis, there is the dermal-epidermal junction. This helps connect the two layers and provide blood vessels and nutrients to the epidermis from the dermis.

The final layer is called subcutaneous tissue. This tissue contains the fat cells, which provide the body with insulation. This tissue also provides the skin with a plump, or full, look.

Understanding Wrinkles

If you want to get rid of wrinkle problems, you need to understand why you get them in the first place. As you get older, the epidermal cells in your skin become thinner. This makes the skin as a whole appear thinner. In addition, the epidermal cells become less sticky. This causes the cells to be a less effective barrier and also allows moisture to escape more easily from the skin. This causes the skin to become dry and lose its elasticity.

Finding Natural Ingredients to Get Rid of Wrinkle Problems

There are many natural ingredients that can help to get rid of wrinkle problems. Green Tea Extract, for example, helps to purify the skin and remove free radical scavengers that cause your skin to wrinkle.

Jojoba Oil also helps skin in a couple of ways. If you have oily skin, Jojoba Oil actually helps suppress its production of sebum, which can cause your skin to feel oily if too much is produced. If you have dry skin, however, Jojoba Oil helps your skin produce more sebum. Jojoba Oil is also helps cleans the skin without drying it and it is an excellent source of vitamin E. Soybean oil is also an excellent source of vitamin E.

Aloe Vera Gel is helpful to the skin because it helps to preserve moisture and it prevents the skin from drying out. Avocado Oil also provides moisture to the skin and is a natural oxidant, which causes it to help improve the skin's elasticity and to reduce fine lines in the skin. It also contains high levels of vitamin E and vitamin A. Vitamin A in its many forms has been found to be beneficial in the treatment of acne and has long been renown for its anti-aging properties. Vitamin C is another strong antioxidant that helps the skin stay firmer and smoother.

Tips For Natural Ways To Get Rid Of Wrinkle Problems

The following are some tips for natural ways to get rid of wrinkle problems:

Coconut Oil
* Apply coconut oil to your face and neck where you have wrinkles. It should be massaged in every night at bedtime. In the morning wash face with a gentle cleanser, pat dry and then moisturize using the natural skin care recipe for wrinkles given above.

Banana
* Mash 1/4 banana until it is a creamy consistency. Gently massage into your face, leaving it on for 30 minutes or more before rinsing off with warm water followed by a dash of cold. Gently pat dry and apply a moisturizer.

Honey
* Place a warm, moist wash cloth over your face to open pores. Afterward, apply honey to your face and neck and leave on for 30 minutes or more (be sure to make sure you don't have any skin allergies to hone first by doing a spot test). Rinse off with warm water and then cold.

Pineapple
* Rub the core of pineapple on the face for a few minutes and leave for 30 minutes or more. This is excellent for fine wrinkles.

Rosemary
* Pour 1 cup of boiling hot water over 1 teaspoon of dried Rosemary leaves. Let it stand for 10 minutes, strain and drink. Rosemary is a potent antioxidant and very effective wrinkle treatment.

Papaya
* Grind up 2 tablespoons of papaya in a food processor, and mix in 1 tablespoon of dry oatmeal. Apply this mixture onto your skin. Leave for 30 minutes or more. Remove with a wet washcloth, in a circular motion. Rinse face in warm water, then splash with cold.

For a natural moisturizing recipe to get rid of wrinkle problems please see, "Natural Skincare Recipe To Get Rid Of Wrinkle Problems" above.

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What To Look For When Selecting Lotions For Your Body NEW!
For very dry skin, lotions for body shouldn't be lotions at all but should be creams, free of drying alcohol that counteracts the emollients in the skin. In the end, they make the skin drier than it would otherwise be. When looking at the directions, make sure that "alcohol" or some variant of alcohol doesn't show up high on the list of ingredients.

What is Progesterone? NEW!
The ovaries produce two hormones: estrogen and progesterone. The purpose of these hormones is to regulate various body functions. Estrogen functions to promote the thickening of the uterine wall prior to ovulation. As to what is progesterone, one of its roles is to regulate pregnancy.

Natural Conditioners For Very Dry Skin
Very dry skin must be treated in order to remain healthy and supple. There are many natural conditioners available for the skin to help combat dryness.

Balancing Your Hormones With A Natural Progesterone Cream
Although there are many treatment options available to help restore the body's normal and healthy balance of hormones and relieve the symptoms that are experienced due to hormonal imbalance, one of the most common and effective treatments is the use of a natural progesterone cream.

Recognizing The Symptoms Of Hormonal Imbalance
Hormonal imbalance is caused by shifts in the body's levels of progesterone and estrogen, two important hormones produced in the ovaries. The main function of these hormones is to regulate the menstrual cycle during a female's reproductive years. The amount of hormones your body produces can vary from one day to the next and is affected by such factors as stress, nutrition, amount of sleep, exercise, and whether or not your body ovulates. Another major factor of hormonal imbalance includes chemicals found in the environment--encountered through air, food, and water--that mimic estrogen and upset the natural balance of estrogen and progesterone. If these hormones become imbalanced and are not produced in appropriate amounts, unpleasant symptoms are experienced.

What Is The Best Day To Get Pregnant?
The journey to parenthood begins when a couple makes that first decision to start trying to conceive. For many couples, they are trying to optimize their chances of conceiving and wonder what is the best day to get pregnant.

Simple and Natural Tips For Trying To Get Pregnant
Deciding to bring a child into the world is a big decision. Couples ready to commit to becoming parents often find the beginning stage, trying to get pregnant. There are some tips on trying to get pregnant that can help enhance the probability of conceiving, and often they are simple ideas that can be easily incorporated into the course of a day. An important starting point when looking at tips on trying to get pregnant, involves preparing the women's body for conception. A woman's body needs to be prepared for conception and there are ways to do this that use natural resources to improve the chances of conception.

The Link Between Chlamydia And Infertility
Infertility can be caused by a variety of different problems including hormones, low sperm counts and problems within the pelvic region that prevent the egg from moving down the fallopian tubes and into the uterus. Some structural problems can occur due to pelvic infections that have left scar tissue which may cause infertility. One way that these adhesions are formed is due to untreated infections that can occur and a common bacterial infection that can create this scar tissue is Chlamydia.

A Look At The Reasons For Infertility
For couples anxious to start a family, infertility can be a disappointment and a struggle. Couples often begin to become concerned when they haven't conceived in a few months, but a year of trying is generally recommended for couples under 35 years of age and six months for those that are older than 35. There can be a variety of explanations for why conception has not occurred. The reason for infertility can be hormonal, structural, or a combination of problems. Infertility is often seen as the woman's problem, but men can be diagnosed with low sperm counts or problems with sperm mobility which can prevent conception too.

Best Remedy For Dry Skin: Dry Skin Solution For Healthier Looking Skin
When skin loses the ability to retain moisture, it becomes dry and scaly, also accompanied by fine lines and wrinkles. Dry skin, also known as xerosis, isn't usually serious but can be unsightly.

Choosing The Right Diet For Your Home Body Detox Program
Before starting on any home body detox program, you'll want to first think about the kind of diet you should adhere to. From your first cup of coffee in the morning to your meal at dinner time, planning ahead is very important. For those of you who can't get by without that morning cup of coffee, experts recommend teas as alternatives to coffee, which is a big no-no when undergoing detoxification. Instead of that daily cup of java, you can drink a cup of hot water with fresh juice from half a lemon. The vitamin C in the lemon is a great antioxidant, plus digestion is further assisted.

Garlic Treatment Of Trichomonas
Natural remedies are often the best to speed healing of particular conditions and manage the symptoms of those conditions effectively. This is particularly true in the case of trichomonas. Often, the standard medical treatment of this infection includes antibiotics for the person infected and his or her partner. However, many patients have found the antibiotics do not actually turn the trick when it comes to trichomonas. And too much of a good thing, like taking antibiotics, can also turn into a bad thing in terms of developing a resistance to many antibiotic strains. We also see an increase in more potent bacterium coming into the forefront as a result of using antibiotics too frequently. These new bacterium strains are much more dangerous and more difficult to treat. For these reasons, it is best to search for alternative means of treating some infections whenever possible. In the case of trichomonas, garlic treatment of Trichomonas may be a suitable remedy in some cases.

The Best Remedy For Eliminating Vaginal Odor
Vaginal discharges and/or unattractive smells prove a worrisome and embarrassing problem for women. The primary cause for these discharges and odors is called Bacterial vaginosis (BV).

Seven Natural Ways To Tighten Breasts
I had never had any interest in natural ways to tighten breasts until the day I looked down at my chest and thought: "What happened?" Those tight, perky breasts I had been so proud of as a high-schooler had turned into pendulous, shapeless objects, about as sexy as a well-washed pair of cotton underpants.

Best Gordonii Hoodia Plus To Help Suppress Your Appetite And Lose Weight
People fighting with weight loss problems often feel like the battle against their weight is a mountain they just can't climb. Issue with weight lead to depression, changes in lifestyle, relationship problems and has an affect on suffersers self esteem. Finding out what is going to really work for you feels almost beyond you - all the while you slowly negatively change the way you view yourself and your life. Weight gain is linked to heart disease along by causing added stress on the body's vital organs and mental health issues. So what can you do, what will really give you back your life, your self esteem and win the battle against your weight?

Equipment To Help You Firm And Flatten Your Abs
If you find those commercials of women with great bodies in tv commercials depressing because you you've got a little extra baggage around your waistline, perhaps it's time for you to do some work on your abs. While it's true that not everyone was meant to have 6-pack abs (genetics and luck play a large part), you can at least avoid having 6-keg abs.

Abnormal Pap Smear Results: What They Might Mean
If you have received a report from your doctor's office that includes an abnormal Pap smear result, the first course of action is often to panic. What does it mean? Do you have cancer? The answer to that question is not as simple as it seems. A good idea of exactly what a Pap smear tests for before you can understand exactly what the results of your test mean.

Discovering The Best Colon Cleanse To Get Rid Of Pounds Of Fecal Matter
If you know anything about health and wellness, you know how important it is to perform a colon cleanse a few times a year. If you're unsure about the benefits of colon cleansing, then read this: according to a study, approximately 2 million people in the United States suffer from colon-related diseases, and 44 percent of them die due to the disease. On an average, your colon can contain over 10 pounds of undigested matter, and a blocked colon is a perfect breeding ground for parasites, which are a precursor of hundreds of diseases via a serious nature. There are about 1,000 different species of parasites, out of them only 20 percent are detected via a medical testing procedure. The remaining 80 percent continue to reside in the clogged colon and can cause all kinds of damage and disease.

Understanding The Link Between Vitamin E And Breast Cysts
There are few things more frightening to a woman than finding a lump in one of her breasts. This fear is often compounded when the lump is painful, even though malignant tumors often are not accompanied by pain. A more common reason for the appearance of a painful lump in this area is a benign breast cyst that is a symptom of fibrocystic breasts. While this condition is not serious, it can be quite uncomfortable and alarming for the woman who must deal with them. The good news is that there are steps that you can take to greatly reduce the discomfort and swelling that characterized fibrocystic breasts.

Finding a Home Remedy For Vaginal Odor
Most vaginal odors are a completely normal part of the female reproductive system, and are often undetectable to anyone but the woman herself. However, if the odor becomes stronger, changes or is noticeable by your partner, it may be time to determine the cause so that you can find a home remedy for vaginal odor. The good news is that there are a number of steps that you can take to curb unpleasant odor and restore balance and health to your body once again. The first step should be to your doctor to determine the cause of your odor, so that you can find the best home remedy for your vaginal odor.

The Healthy Vagina Diet: Good For You, Good For Your Diet
It is interesting to note that the healthy vagina diet offers much of the nutrition that the rest of your body needs to thrive as well. While most of us already know the importance of good eating in keeping up our health and wellbeing, it is important not to overlook some of the areas of the body that don't get as much attention as the heart, for example. If your vaginal area is not healthy, you can be prone to infection and irritation that can lead to itching and discomfort. It is most definitely in your best interest to keep this area of the body as healthy as the rest. The good news is that there are many foods that you can eat as part of a healthy vagina diet that will also benefit the rest of your body as well. By the same token, foods that are not good for you to eat in abundance are also good to avoid as a part of your healthy vagina diet.

Signs You Should Know: Symptoms Of Women's Heart Disease
If you considered some of the current statistics surrounding women and the prevalence of heart disease, you might well be astounded at what you would learn. For example, heart disease is the number one killer of women over the age of 25. In fact, it is the cause of death in twice the number of women than all varieties of cancer combined. A woman dies of a stroke or heart attack every single minute in this country, and for more than twenty years, heart disease has claimed the lives of more women than men.

Understanding The Signs Of Yeast Candida May Only Be Half The Battle
Though yeast infections are very common and the treatment typically simple, many women are unsure when they have the signs of a yeast infection or another problem. A yeast infection occurs when the normally benign yeast growing in a woman's vagina starts to grow too quickly and begins to cause a problem. Women who have not had a diagnosed yeast infection before should see a medical practitioner for an official diagnosis. Though many women learn to self-diagnose such a common problems, the signs of yeast infection can mimic other problems.

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