

5 Foods Which Can Make You Look And Feel Older Than You Are

What You Eat And Drink Can Affect How You Look And Feel

In an age where food really matters, there are specific kinds of foods that contain specific kinds of ingredients that will do your body only harm should you continue to consume them on daily basis.

We can no longer ignore what we eat as it endangers our health and ages us faster than we can blink. By eliminating these foods or bringing the intake to a minimum we will be able to not only see the waistlines shrinking but also find ourselves looking and feeling a whole lot better overall.

What is the secret to staying “Forever young”? Let’s get to it and see what needs to be altered from our daily diet.

Acne, possibly of rosacea and wrinkles are all skin-aging results from the built up toxins from the liver, and since alcohol is considered a toxin, these are the possible side effects, explains Dr. Ariel Ostad from the American Academy of Dermatology.