Use natural oxidants and natural supplements to delay the process of Aging

Aging is one of the natural processes but people do not want to age or become old. Every one wants to stay young forever and this is not new to present day humans. Down the centuries people are trying to find the magical potion for immortality. One can find stories in all the mythological lore across the word, where some one or the other lived for thousands of years. Those are perhaps just stories but in the modern world scientists are trying their best to understand the process of aging. Once they are successful then we will have a miracle drug to slowdown this one of the most abhorred natural processes of human life.

Research has shown that every one ages at his or her pace. Scientific research is also trying to find out the secret of living a healthier and longer life in a more youthful manner. But as of now aging is inevitable and one can understand the theories of aging. This understanding will prove helpful in prolonging the process of aging. Certain herbal remedies and herbal supplements have been found useful in delaying the process of aging.

Theory of aging

Hundreds of theories have been proposed for aging. Of these theories two theories have been accepted by the scientists from the medical fraternity. The theories are Oxidation Reactions theory Sub-optimal Hormone Levels theory Oxidation reaction theory suggests that aging results from the oxidation reactions taking place inside the body. In these reactions oxygen combusts and results in oxygen free radicals. These oxygen free radicals are incomplete in nature as a result of loss of an electron. In order to restore the balance much chaos happens around the free radical. This chaos may result in damages and disruption of nearby cells. It is believed that over the time affects of this destruction results in the aging of the body. Besides oxidation reactions taking place in the body free radicals are also ingested through Smoking Eating certain foods Air and water pollution X-rays Sun exposure Poisons one is exposed to on a regular basis The second theory for aging suggests that aging results from sub-optimal hormone levels. As one grows older, certain hormones in the body show dramatic decline in their quantity. This decrease is usually associated with visible signs and symptoms of aging. Scientists have found out that most important of these hormones are Melatonin DHEA Androstenedione Testosterone Estrogen Progesterone Scientists have also observed that with the downward trend in these hormones is normally associated with increase in the levels of insulin leading to diabetes in some people. Levels of stress hormone cortisol show significant increase with the age.

How to delay aging

Understanding of these theories suggests that to counter this aging process one needs to take at least following steps:

   1. Use abundant antioxidants
   2. Maintain sugar imbalances
   3. Make all efforts to minimize stress
   4. Try to restore your hormonal levels

Herbal remedies and herbal supplements play a great role in this anti aging process. Find out the right remedies and supplements to achieve above objectives.

About the Author

David Climfton is expert writer on holistic health. He has many articles to his credit. In this article he explains the process of aging and use of herbal remedies for Anti Aging Skin Care.

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