

# SHE FINDS<sup>®</sup>

[www.shefinds.com](http://www.shefinds.com)

## 4 Age-Defying Ways Doctors Swear By To Improve Your Skin's Cellular Health Over 40



As we age, many of us want to find ways to keep our skin looking healthy and bright. Preventative measures while you're young, like avoiding the sun, staying hydrated, and leading a healthy lifestyle, are the best way to fight premature aging and make sure your skin stays bright and clear in the long term.

Throughout your life, your skin is constantly in a regenerative state—old cells die and new ones take their place, which is what gives you that healthy glow. However, as you age this process slows significantly, which is why you may see changes in skin texture. Maintaining your skin's health on a cellular level is the best way to keep your skin looking glowy, natural, and healthy. **We asked Dr. Michael Horn, a board certified plastic surgeon in Chicago, Illinois, what tips he recommends for investing in your skin's cellular health.**

## Antioxidants

Free radical damage is one thing that can do major damage on the skin—it can be caused by things like stress, sun exposure, pollution, smoking, and certain foods. **"This is the number one cause of premature aging," Dr. Horn says, "Antioxidants can neutralize free radicals in the body. One way to do so is through topical use such as serums applied to the face and neck."** Eating foods rich in antioxidants can also benefit your skin. Eating foods like salmon, dark greens, berries, nuts, and carrots is a way to pack in your antioxidants. **"When you combine a two-pronged plan of oral and topical it helps to increase cell optimization to withstand oxygen radical waste."**

## In-Office Anti-Aging Procedures

While taking steps at home and in your everyday routine is the best way to maintain cellular health, sometimes non-invasive procedures can give that extra boost. **Some procedures Dr. Horn recommends are laser skin resurfacing, microdermabrasion, chemical peels, and microneedling. "Not everyone has the same aging issues, so it is important to consult with a board-certified plastic surgeon or dermatologist as to which one of these is best suited to your aesthetic goals."**

## Leading a Healthy Lifestyle

**"Your skin is a reflection of what is occurring internally. Skin health and appearance go beyond what you apply topically."** Besides using good quality skincare products, you should also be making a point to exercise regularly, eat a nutrient-dense diet, manage stress, and drink enough water. **Additionally, you should take precautionary measures to protect your skin from the sun. Dr. Horn recommends using an SPF of 30 or higher year**

round, even on days that aren't particularly sunny. "The goal is to prevent extrinsic aging which is not genetically determined but rather a result of external factors such as lifestyle habits and climate."

## Exfoliation

The right amount of exfoliation is your best friend when it comes to achieving a dewy complexion! "[At home exfoliation] is vital in improving the regenerative process of cellular renewal, it hastens the process of eliminating dead skin cells." While there are chemical based exfoliations that can be done in a physician's office, you can exfoliate at home with products like scrubs and dry brushes.

There are lots of ways you can rejuvenate your skin at home at minimal cost. Things like drinking plenty of water, eating well, and wearing sunscreen are all ways to take care of your skin as you age. However, if your skin issues persist, speak with your medical provider to see if you could benefit from any procedures Dr. Horn mentioned.

<https://www.shefinds.com/collections/4-ways-to-improve-cellular-health>