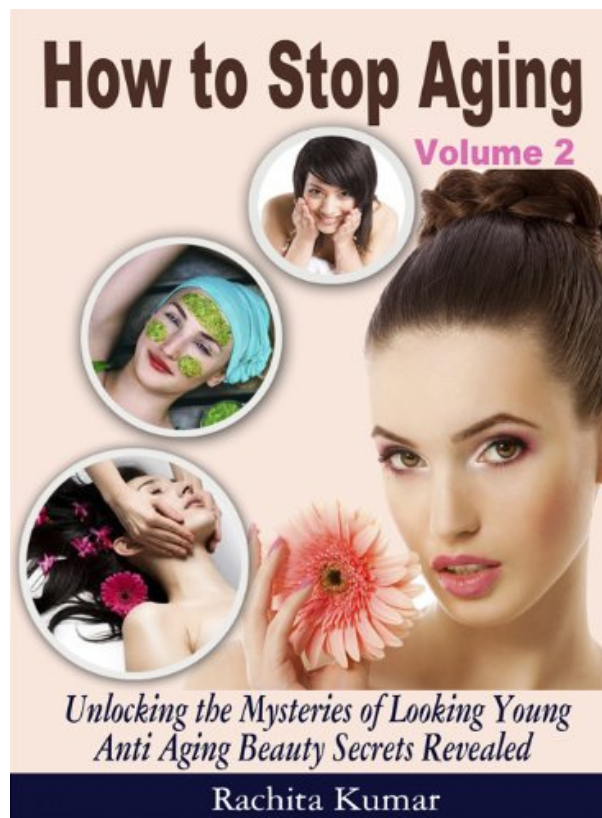


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PDF

A good, healthy and vibrant skin represents beauty and youth in a person. As we grow old skin is the first organ that shows signs of aging whether it is wrinkles on our face, sagging skin, discoloration or greying of hair. This is because skin is the largest organ in the body and most exposed to the elements.

What most people forget is that skin performs various important health functions such as protection, sensation, temperature control and barrier from external attack. It protects all our vital organs. It also provides beautiful sensation of feeling. Its nerve endings react to heat and cold, touch, pressure, vibration and tissue injury.

The skin regulates body heat, which allows precise control of energy loss by radiation, convection and conduction. The skin is therefore one of the most important organ of our body. As we age it is very important for us to protect our skin and maintain its youth as long as possible not only from the aspect of looking young and beautiful but also because of the health benefits it provides.

Bestselling author Rachita Kumar in this book reveals the secret of staying young and beautiful. It is possible to maintain healthy young looking vibrant skin even as we age. You don't have to go for plastic surgery or spend thousands of dollars on skin beauty products to protect your skin and keep it youthful.

A little knowledge about how your skin ages and what preventive measures you can take will keep your skin young and beautiful. This book covers in depth following aspects about skin care:

- How the skin ages?
- Perfect skin Do's and Don't's
- Anti-aging skin care – How to prevent and treat wrinkles
- Facts about anti-aging skin care products
- Anti-aging skin care problems and how to treat them
- Best anti-aging skin care methods

There is a surprise gift of \$300 inside the book.

NOTE: The Price of this Book will Increase Soon! So grab your copy today.

- Sales Rank: #2135988 in eBooks
- Published on: 2012-04-18
- Released on: 2012-04-18
- Format: Kindle eBook

Most helpful customer reviews

3 of 3 people found the following review helpful.

An informative approach to reversen the aging process, is all about this book in the series..

By Manish K. Sharma

The author Rachita Kumar has done some great work on Stop Aging series again. I've read an earlier version to it How to Stop Aging (Volume - I), but I found the beauty secrets revealed in this volume - II to be more informative and assertive to help stop or reverse the aging process.

The sections covering - slowing the aging skin process through the anti-wrinkle treatments are having elaborative information on the subject, which I liked most.

Like I discovered in stop aging vol-1, this book also had an unannounced special gift for me as a bonus at the end section and that was awesome.

I look forward to having all volumes in the series as and when they get published!

3 of 3 people found the following review helpful.

A Book For All Adults.

By Big Man

If you are a health conscious person, this book gives you good reasons to incorporate skin care to your daily routine. This book is short, easy to read yet packed full with good information on how to maintain and improve skin health.

Rachita goes through the steps to take from a young age and the various things to add to your daily routine as you get older. Anti-aging is not just about skin and the author explains the importance of other things such as stress and diet.

I enjoyed reading this book and fully recommend it.

2 of 2 people found the following review helpful.

Great Advice, well presented

By BookNut

I really liked the approach taken by this author - that the skin should be treated like the living organ that it is, with nutrients from the inside of the body rather than chemical compounds from the outside of the body.

I found the tips classified by age (your 20's, 30's, and 40's) particularly helpful, and the Questions answered in the last chapter cleared-up several misconceptions for me.

Whether you're a young person looking to protect your skin, or a more "senior" person looking to rejuvenate your skin, this book has some great information and tips.

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