

Men Want To Look and Feel Younger Too

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Anti aging used to be an industry just targeting women. It was more of a beauty niche for those who wanted to look and feel great about themselves. Now, men make up a hefty portion of the anti aging industry, and manufacturers have responded with products just for their gender!

Anti Aging Skincare for Men

Wrinkles don't just happen to women – men get them, too! And they're no happier about seeing fine lines around the eyes and mouth than women are. But it's not a wrinkle issue – skin becomes discolored and blotchy and it gets dry, making a man look much older than his years.

Men, just like women, need to watch their skincare regimen as they age. First, you want to start by feeding your skin from the inside out. Eat plenty of fruits and vegetables rich in antioxidants, vitamins and minerals so that your skin cells have a fighting chance.

Men generally have to shave their face, so this can be extra harsh on them. You have to maintain supple skin and soften it so that it remains hydrated and plump. There are many skincare products that you can get to complete a skincare regimen for men.

Washing your face is a must – whether you're wearing a three-piece suit to the office or working outside in a labor-intensive job. We all have dead skin cells that need to be sloughed off.

Once in awhile you might also want to use an exfoliant. This doesn't have to be a daily skincare routine, but it can be a few times a week. Cleanse and exfoliate so that you can then apply moisturizers that hydrate and plump up your skin.

When you moisturize your skin, make sure you use a separate eye cream and body cream from what you use on the rest of your face. The eye cream is for more delicate areas, and the face creams are more delicate than body creams.

You can get an anytime moisturizer or split your regimen up into a day and night routine, depending on how your habits are. Ideally, you'll wash and moisturize twice a day.

In the morning, you're washing off the dead cells that have appeared during the restoration process overnight. At night, you're washing off the free radicals you've encountered during the day.

Make sure you choose the right skincare products for you based on whether or not you have sensitive skin. Choose items that are filled with SPF protection so that if you are outside, you get protection from the sun damage that makes you look older.

And choose Retinol as an ingredient in your nighttime skincare products so that it can help repair sun damage done throughout the day. If you apply it in the morning, it can make your skin more sensitive to the sun's rays.

Testosterone Therapy for Men

As you age, men start to lose testosterone, which is an important hormone that keeps you youthful and energetic. Luckily, you can supplement that hormone to help restore some of your testosterone.

There are creams called natural androsome creams that help combat the loss of testosterone in your body. Some men see a loss before their 40s, but others begin a gradual decline around that age.

You'll notice a wide range of symptoms, including:

- Sexual dysfunction

- Loss of bone mass
- Increased fatigue
- Depression
- Insomnia
- Memory loss...and more.

Testosterone is the main hormone that men have in their bodies. You want to be a viral man, not a man who is suffering from physical and mental weaknesses. Supplements can help you with this pursuit.

When you lose testosterone at too rapid of a rate, you become at higher risk for developing heart disease, osteoporosis, cancer and other ailments. When you begin supplementing your testosterone, you reduce those risks, and your blood pressure, clotting abilities, and cholesterol and triglycerides numbers all have a better chance at stabilizing and getting back to normal levels.

If you've noticed any signs of low testosterone, get your doctor to run a test so that you can get treatment as soon as possible. Symptoms include:

- Low interest in sex
- Balding
- Erectile dysfunction
- Low energy levels
- Less muscle mass, more fat
- Moodiness

Supplements for Energy and Vitality in Men

Aside from testosterone supplementation, one thing you want in your supplement regimen are antioxidants to protect your body against free

radicals. Every day you encounter things that harm your inner and outer body – and you can't even see this pollution.

You can start with a multi vitamin made specifically for men. They even have some for men over 50, so make sure you pick one that's right for your age and gender and not a one size fits all.

You might want to talk to your doctor about adding an aspirin to your daily intake. This can help you avoid a problem that's common to men as they age – heart disease. Aspirin will keep your blood flowing and work to prevent colon cancer. But it can also cause stomach issues, so let your doctor monitor your intake.

You might also want to get started on *carnitine*. This is a supplement that helps you convert that beer belly into muscle. It does more than that, though. It helps reduce chest pain, assists you with memory retention, helps diabetics, reduces fatigue, and works as an anti depressant.

Fish oil is another supplement you want to make sure you're taking. The omega-3 fatty acids found in fish oil pills contribute to heart health. It lowers your triglycerides numbers and improves cholesterol.

Another thing that fish oil does is helps you retain proper eye health. This is something that typically worsens as we age. Fish oil helps with macular degeneration, but it also helps with glaucoma.

Some people suggest that men start taking an HGH (human growth hormone) when they begin aging faster than they'd like to. There is a debate brewing about this one, so you'll need a doctor's consultation before embracing it.

CoQ10 might be worth looking into as well. It helps with cellular functions, and that keeps you energetic and healthy as you age. It helps with so many body functions – but mainly heart disease.

Men's Mental Anti Aging Regimen

As you age, your mental health starts to decline just as your physical health does. But it's not inevitable. You can take steps to engage in an anti aging regimen that includes working on your mental capabilities.

The aging population suffers from many issues in the mental health category, including:

- Anxiety
- Depression
- Memory loss
- Panic attacks

Many people don't receive the help they need because they consider it a normal part of the aging process. But although it's common, it doesn't have to be a part of your life.

Many of the mental problems stem from physical health woes – and vice versa. You can contribute to heart disease through added stress and anxiety, and being diagnosed with heart disease can cause increased stress and anxiety.

Make sure you maintain or re-ignite your socialization skills. Don't allow yourself to become a hermit, cut off from the world and feeling sad and alone as you grow older.

The Washington Post reported in 2013 that Baby Boomers are committing suicide at an alarming rate. As men age, they sometimes find themselves alone, mired in health issues and chained to mounting debt.

Sometimes the decision is made shortly after seeing a doctor and discovering a decline in health, so it's important that you keep up with your health and talk to a licensed professional who can get you through situations where you might be scared and feeling hopeless.

You might notice that you start to feel more paranoid, have trouble sleeping, and you're more stressed out. You need to learn how to engage in better sleep hygiene, how to implement stress reduction measures, and keep your mind sharp as a tack.

Practice honing your memory skills and cognitive function through playing games that assist you with this. There are memory games online or you can buy puzzles like Sudoku to help stimulate your brain function.

Sexual Issues Due to Aging

We mentioned carnitine earlier as one of the supplements you should take. Well it has another function – and that is to increase sperm count in men. This naturally declines over time as you age.

Other sexual dysfunctions you might encounter as you age are erectile dysfunction. Being unable to get an erection can be depressing, as well as humiliating for a man.

Sometimes it can take longer, and sometimes impotence – where you are completely unable to get an erection – occurs. By the time you reach 65, you might be one of the quarter of the male population who suffers from this.

It happens because of other physical issues such as diabetes, heart disease, or sometimes even the medication that you're on. Sometimes you can get an erection, but it doesn't last – or it's too soft.

You might find that you're suffering from a loss in your libido. You just have no interest in sex, and this can pose a problem if you're in a committed relationship with someone.

If you're on medication and you notice these problems arising, talk to your doctor about possibly switching your medicine to something different to see if it helps. If you're not on medication, then you need to tell your

doctor about the symptoms and see if he can possible help you find a solution.

No matter how old you are getting to be, you still want to practice safe sex. In 2012, a report came out that told of the rise of sexually transmitted diseases among senior citizens – especially syphilis.

There are all sorts of solutions you can try for whatever sexual issues you're having as you age. The "little blue pill" known as Viagra isn't the only thing that works!

As a man, there are many anti aging tactics you can try to slow time and regain your youthful abilities. Not everything will work and your body won't respond to every treatment.

The key is to keep trying different things until you find what works for you – and then be vigilant about your health so that your body can perform up to your standards.



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