

Anti-Aging Beauty Tips Can Help You Prove That Age Is Just A Number

(ARA) - In a society focused on youth, aging remains a fact of life. Thankfully, scientific advancements and product innovations make it easier than ever to diminish dreaded signs of aging.

Thinning hair is considered to be one of the most worrisome signs of aging, second only to wrinkles. In a study conducted by Nioxin, the No. 1 stylist choice for thinning hair, it was discovered that women are particularly apprehensive about seeing their locks lose density.

Doctors and scientists know that as a person ages, changes occur from the head down, and it is important to practice an anti-aging regimen that targets every area of the body. Leading dermatologist Dr. Valerie Callender shares her top tips for looking youthful.

*** Get thicker, fuller looking hair:** Full, healthy hair is the ultimate sign of youth and 87 percent of women ages 18-55 feel a strong enough connection to their hair to consider it a part of their personality. But as chance might have it, as many as three out of four people in the United States experience hair thinning. "Thinning hair can be a result of poor scalp health," says Callender. "It's important to clean and refresh the scalp."



*** Keep skin glowing:** Not surprisingly, wrinkles are a major concern among women. The beauty industry is saturated with anti-aging creams, serums and lotions, but most consumers aren't reaping the maximum product benefits. To do so, it's essential to exfoliate daily. "Dead skin cells build up and form a barrier, making it difficult for products to penetrate the various layers of skin," cautions Callender. "Once you've created a

clean base, protect your freshly glowing skin from the sun's rays and free radicals by applying a daily broad-spectrum sunscreen year round."

*** Eat right:** A healthy diet affects not only weight, but can help maintain healthy, lustrous hair and glowing skin as well.

"The right diet nourishes the entire body from the scalp down," says Callender. A diet rich in protein and iron is essential for a healthy scalp, and foods full of antioxidants promote glowing skin. For this purpose, enjoy salmon and beans for healthy, lustrous hair, and blackberries, strawberries and plums for radiant skin.

*** Maintain a white, healthy smile:** Stained and discolored teeth can make you appear older and unhealthier than you are. Be sure to get teeth cleanings with a dental professional at least twice a year and floss at least once a day. Whitening toothpastes with peroxide are great for removing stains, and at-home teeth whitening strips are easier and more convenient to use than ever before. A smile says a lot about a person, so keep it healthy and youthful.



Refresh Your Resolution With More Water

(ARA) - We're told that drinking water is good for our health. But do we really know why? To get the new year off to a healthy start, here are four reasons why staying hydrated can help you reach your health and lifestyle goals.

*** Good hydration is as important as good nutrition**
Did you know that about 30 percent of your water intake comes from food? Most diets limit your caloric intake, so remember to drink plenty of water when you are trying to lose weight.

Fitness experts have long known the benefits of water and strongly encourage their clients to drink up. "I recommend my clients always carry water with them," says "The Biggest Loser" trainer Dolvett Quince. "It keeps you hydrated and helps flush your body of excess waste."

*** Stay hydrated and feel alert**
According to Nutrition Today, dehydration impairs cognitive function and mood in most adults at some point throughout their weekly activities. If your goal this year is to tackle those lingering chores around the house, drinking more water can help you feel more energized.

*** Swap out sugar**
Substituting water for soft drinks is a simple way to cut back on your calories. There are approximately 10 packets of sugar in a 12-ounce can of soda — drinking water instead of sugary drinks could reduce your caloric intake and help you maintain a healthy weight.

*** Flavor matters**
When water tastes better, you drink more of it. Reusable bottles with built-in filters make tap water taste better and allows you to conveniently hydrate on the go.

From cutting calories to feeling more alert, simply increasing your water intake can help set you on the right course for healthy living in the new year.

Hope And Help For People Living With Little-Known Movement Disorder

(ARA) - Stock prices, the weather and your teenager's taste in music - many things in our lives are beyond our control. But our bodies and the movements we make are under our control - right? Not for the estimated million-plus Americans who suffer from focal dystonias - disorders characterized by abnormal, sustained muscle contractions that cause twisting, repetitive movements and abnormal postures.

Focal dystonias affect muscles in a single part of the body and they affect about 295 out of every 1 million people in the U.S., according to a study conducted in Rochester, Minn. The actual number of people who suffer from these conditions, however, may be much higher since the disorders can go undiagnosed or may be misdiagnosed for years, as revealed in an online survey of Americans diagnosed with cervical dystonia (CD) or blepharospasm conducted by Harris Interactive on behalf of Merz Pharmaceuticals, LLC.

These two more common focal dystonias - CD, also known as spasmodic torticollis, and blepharospasm - can impact people in many ways. In fact, 91 percent

of survey respondents report that their condition has negatively affected various areas of their lives. CD causes contractions or spasms of the neck muscles that keep the head upright, and may also cause neck pain. Blepharospasm affects the muscles around the eyes used to blink. Involuntary contractions in the eyelids can cause increased blinking or even closing of the eyes.

It's not uncommon for people living with CD or blepharospasm to have their symptoms remain undiagnosed for months or even years. More than half of the CD and blepharospasm patients surveyed (55 percent) said they had experienced symptoms for a year or more before receiving an accurate diagnosis. And the average patient saw three doctors - including two specialists - before learning the name for their condition.

The causes of CD and blepharospasm remain unknown, and both the general public and many health professionals may be unaware of the disorders. In fact, 89 percent of patients had never heard of the disorders before they were diagnosed, and 51 percent believe healthcare

providers' lack of knowledge contributed to the delay in getting an accurate diagnosis, according to the survey.

That was the case for Dona Norton of Ocean City, N.J. Ten years ago, she began experiencing symptoms that included frequent blinking and a tight feeling around her eyes. "At first, I thought I had allergies, that it was caused by stress, or that maybe I needed to update my eyeglass prescription," she says. "After a year and a half of consulting with five doctors, including a general practitioner and an optometrist, I met with an ophthalmologist. He referred me to a neurologist who finally diagnosed me with blepharospasm."

Fortunately, once diagnosed, people living with CD or blepharospasm do have treatment options, including medication

and surgery, according to the National Institute of Neurological Disorders and Stroke.


"People living with blepharospasm or any chronic condition really have to be their own advocates," Norton says. "You have to take control, do your own research and find out about new therapies and options. You've got to realize you are more than a disease. You are a real person, with a real life, and you have so much to give."

Learn more about people living with CD and blepharospasm at www.MakeYourMarkCampaign.com.



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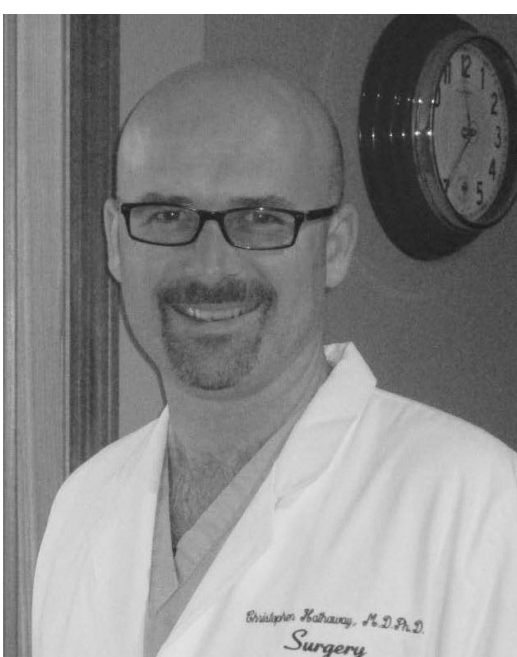




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