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The Ingredients for a Flourishing Anti Aging Routine by [Milo](#)

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Knowing what you need to succeed with your anti aging regimen is the number one step in anti aging. There is a lot more to anti-aging than wrinkle creams! This article will show you what you need to get the most out of your anti aging agenda. As long as you don't ignore anything listed in this article, you will probably get great results!

First of all, you will want to eat healthy and start exercising. If you are not going to eat healthier and work out consistently, you will be missing out on a lot of potential great results. Just make sure to eat healthy foods and make sure to get your fill of antioxidants, which help fight free radicals that cause skin damage. When it comes to exercise, just make sure you are consistently taking part in cardio and weight training. I would recommend 3 to 4 times a week. Alternate between cardio and strength training every time you go to the gym for maximum results. Going to the gym doesn't mean you have to go 110%, but a sweat should be worked up.

The next thing on the list is a given. Yes, you will have to get some anti aging and wrinkle creams for the maximum results. Try not to get caught up in all the different kinds of creams available. There are two options, buy them at your local beauty shop or find recipes and make them yourself. Just using your favorite search engine you can find a lot of homemade recipes. You can even save money by making them on your own. If you don't think the homemade creams work well, you can just pick up the most recommended creams at your local beauty shop.

Supplements are commonly left out of people's anti aging routines and their results are hindered because of that. You can take more supplements but I wouldn't take less than homeopathic HGH products and antioxidant products. Getting enough antioxidants from food is hard so that is why antioxidant supplements are good. If you don't know, HGH is one of the top HGH supplements available. HGH injections are illegal without a prescription and HGH stimulating products don't actually contain HGH so homeopathic HGH products are your best bet. That is why homeopathic HGH is the best choice. Use supplements along with the other things mentioned in this article for the best results.

There are obviously many other things that you can add to your anti-aging program, but this article lists the most essential. However, you can get great results just by implementing everything found in this piece. Don't let your anti aging agenda fail because you ignore something in this article.

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If you are interested in homeopathic Human Growth Hormone products, go to 21st Century HGH. They produce their own a [Deer Antler Spray](#) combined with HGH. Alternatively, you ought to look at this a [HGH associated article](#).

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