

Your Guide to Anti-Ageing

Tu Guía para
Antiedad - Rejuvenecer

“FOR THE
VENUS IN
HER AND
THE ADONIS
IN HIM”

What is
Anti-aging?

¿Qué es
realmente
el anti-
envejecimiento?

ACHIEVING YOUTHFULNESS
AND WELL-BEING AT ANY AGE

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AESTHETICS / LA ESTETICA



**WHO DOESN'T WANT
TO LOOK YOUNGER?**

**¿QUIÉN NO QUIERE
PARECER MÁS
JOVEN?**

What is Anti-aging?

A broad field of science and medicine focused on strategies to delay, prevent, or reverse the processes of aging to extend both lifespan and healthspan (quality of life).

General Definition and Scope

Definition of Anti-Aging: Anti-aging science can be defined as an attempt to prolong lifespan and delay aging by maintaining physical, functional, and aesthetic beauty. In a medical context, it involves the early detection, prevention, and treatment of age-related diseases like cardiovascular conditions, osteoporosis, and Alzheimer's disease.

Is it Time to Start Anti-Aging Care?

If you're noticing

- *Fine lines that weren't there before*
- *Mild sagging or loss of firmness*
- *Dullness & reduced glow*

Early care makes all the difference

Because anti-aging isn't about changing your face, it's about strength & confidence



¿Qué es realmente el anti-envejecimiento?

El término “antiedad” (o antiaging) se refiere a un conjunto de prácticas, tratamientos y productos diseñados para prevenir o retrasar los signos del envejecimiento, tanto a nivel estético como de salud general.

No busca detener el proceso natural de envejecimiento, sino mejorar la calidad de vida y la apariencia durante más años.

Conceptos Clave del Enfoque Antiedad

El enfoque antiedad abarca varias dimensiones:

Cosmética Antiedad: Se refiere a productos para el cuidado de la piel (cremas, sueros) que incorporan ingredientes específicos para contrarrestar los efectos visibles del envejecimiento, como arrugas, manchas, pérdida de firmeza y elasticidad. Activos comunes incluyen el retinol, la vitamina C y los ácidos hialurónico y glicólico. A diferencia de los productos “antiarrugas” (enfocados solo en suavizar líneas de expresión), los antiedad abordan múltiples signos a la vez.

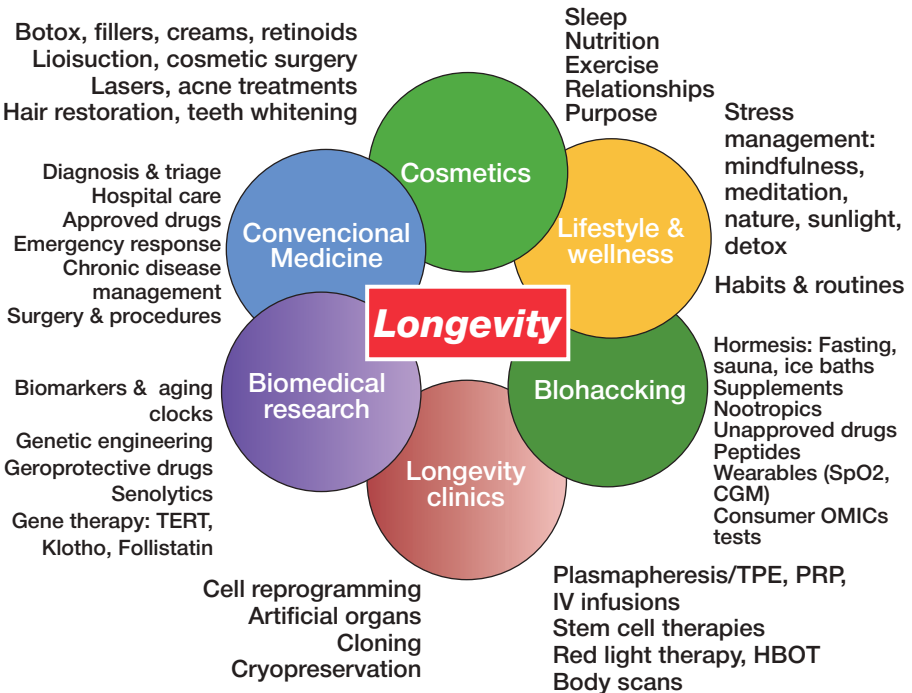
Medicina Antienvjecimiento y Longevidad: Esta es una rama médica proactiva y preventiva que busca optimizar la salud y la función del cuerpo a nivel celular para prevenir cuerpo a nivel celular.

WHAT MED SPAS CAN DO FOR YOU!



Scientists may have discovered a way to reverse aging in human cells without making any gene edits through a recent breakthrough study. Researchers have now developed chemical cocktails that restore aged cells to a youthful state

STEPS TO ANTI-AGING AND LONGEVITY



“Oh GOD, the best that I can do is take care of this Body, Mind and Spirit, the rest is up to you”



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COMO SEGUIR LUCIENDO JOVEN USANDO TU TELEFONO INTELIGENTE

HOW TO KEEP LOOKING YOUNG USING YOUR SMART PHONE



Downloaded from AI Google

How to keep young using your smart phone

Using an iPhone to slow down physical aging involves leveraging health tracking for lifestyle management, posture correction, and utilizing accessibility tools to reduce stress.

CÓMO SEGUIR USANDO TU TELEFONO INTELIGENTE

Utilizar un iPhone para ralentizar el envejecimiento físico implica aprovechar el seguimiento de la salud para la gestión del estilo de vida y la corrección postural, así como utilizar herramientas de accesibilidad para reducir el estrés.

Key Health & Physical Aging Management

Monitor Mobility: Utilize the Health app (Health > Mobility) to track walking steadiness, which helps identify fall risks and manage balance, crucial for physical longevity.

Prevent "Tech Neck": Avoid looking down at your phone for extended periods, which accelerates neck wrinkling and posture issues; keep the phone at eye level.

Reduce Eye Strain: Increase text size in Settings > Display & Brightness > Text Size or use Settings > Accessibility > Display & Text Size to reduce eye fatigue.

Use the Magnifier App: Access this in Control Center to help with reading small print without straining your eyes.

Utilize "Senior Mode" (Assistive Access): This simplifies the interface, lowering cognitive load and stress, which can positively impact physical wellness, accessible via Settings > Accessibility.

Lifestyle and Behavior Modification

Utilize Health Tracking: Actively track sleep, steps, and heart rate in the Health app to maintain a healthy lifestyle.

Visualize Aging: Use apps like HealthLAB Time Machine or AgingBooth to see how unhealthy habits might affect your appearance, motivating better choices.

ENNYS AZOCAR MASSAGE THERAPIST

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Las estrategias clave incluyen monitorear la movilidad en la aplicación Salud, corregir la postura asociada al uso de dispositivos (el llamado «cuello tecnológico»), usar la Lupa para reducir la fatiga visual y configurar el Acceso Asistido para obtener una interfaz de usuario simplificada y menos estresante.

Gestión clave de la salud y el envejecimiento físico

- **Monitorear la movilidad:** Utilice la aplicación Salud (Salud > Movilidad) para hacer un seguimiento de la estabilidad al caminar, lo cual ayuda a identificar riesgos de caídas y a gestionar el equilibrio, aspectos cruciales para la longevidad física.

- **Prevenir el «cuello tecnológico»:** Evite mirar hacia abajo a su teléfono durante periodos prolongados, ya que esto acelera la aparición de arrugas en el cuello y provoca problemas posturales; mantenga el teléfono a la altura de los ojos.

- **Reducir la fatiga visual :** Aumente el tamaño del texto en Ajustes > Pantalla y brillo > Tamaño del texto, o utilice Ajustes > Accesibilidad > Pantalla y tamaño del texto para disminuir el cansancio ocular.

- **Usar la aplicación Lupa :** Acceda a ella desde el Centro de control para facilitar la lectura de letra pequeña sin forzar la vista.

- **Utilizar el «Modo para personas mayores » (Acceso Asistido):** Esta función simplifica la interfaz, reduciendo la carga cognitiva y el estrés, lo cual puede repercutir positivamente en el bienestar físico; se encuentra disponible en Ajustes > Accesibilidad.

- **Modificación del estilo de vida y del comportamiento**

- **Aprovechar el seguimiento de la salud :** Registre activamente su sueño, sus pasos y su frecuencia cardíaca en la aplicación Salud para mantener un estilo de vida saludable.

HOW DOES FITNESS WORK IN ANTI-AGEING

CÓMO FUNCIONA EL FITNESS EN LA LUCHA CONTRA EL ENVEJECIMIENTO?

Fitness combats aging by preserving muscle/bone, improving metabolism, boosting immunity, protecting brain health, and even influencing cellular aging, primarily by activating pathways like AMPK, improving telomere length, enhancing mitochondrial function, and reducing inflammation, essentially resetting the body's biological clock for a more youthful cellular and physical state. It slows the decline in strength, increases skin elasticity, supports heart health, and maintains cognitive function, leading to a longer, healthier life.

El ejercicio físico combate el envejecimiento al preservar los músculos y los huesos, mejorar el metabolismo, fortalecer el sistema inmunológico, proteger la salud cerebral e incluso influir en el envejecimiento celular, principalmente activando vías como la AMPK, mejorando la longitud de los telómeros, optimizando la función mitocondrial y reduciendo la inflamación, lo que esencialmente reinicia el reloj biológico del cuerpo para lograr un estado celular y físico más joven. Ralentiza la pérdida de fuerza, aumenta la elasticidad de la piel, favorece la salud cardiovascular y mantiene la función cognitiva, lo que conduce a una vida más larga y saludable.



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