

## Signs of age, are they revealing your health?

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Beyond revealing how old you are, the appearance of signs of aging speaks a lot of health and risks. Discover the signs and take action on the matter.

### **Loss of skin elasticity.**

Alcohol also contains 50 percent sugar and it is shown that those with a diet high in sugar- or who have diabetes- have premature skin-aging. "The molecules produced when sugar is broken (glycation) reduces not only the production of collagen and elastin (basic components of a younger-looking skin) but destroy existing collagen. The face loses elasticity and becomes flabby, "says **Dr. Aurora DeJuliis, an expert on aging.**