

8 Powerful Ways to Look Good and Feel Great

Do you want to look good, or wanted to look smarter and sharper? here is a powerful infographic that explains things you need to do every day.

Check it out, read it, practice it and start feeling good.





LOOK GOOD TO FEEL GOOD

HOW TO LOOK YOUNGER, FEEL
BETTER AND BOOST YOUR CONFIDENCE

1 EXERCISE

This is by far the most important, if you don't just desire to look younger but also feel younger. Exercising gives one the opportunity to have a taste of his/her youthful strength for a while.



2 LOOSE WEIGHT

Just 10 lbs. and you'll feel like you are 10 years younger. But do not lose too much weight so your face can maintain the fullness from fat to maintain a youthful look.



3 INTERMITTENT FASTING

Sounds funny, I guess? This naturally increases your Human Growth Hormone which amps up the production of collagen for younger looking skin. It also induces autophagy, which is where the cells in your body repair themselves to make a much healthier cell to prevent aging.



4 MORE SEX (COUPLES ONLY)

Having sex at least 3 times per week can make you look up to 10 years younger. It also helps you to naturally release more growth hormones and it's been proven that having more sex can help you live longer.



5 USE RETINOID CREAMS

Retinoid creams help your body produce more collagen to make you look younger by getting rid of wrinkles, acne and age spots.



6 SLEEP 6-TO-8 HRS AT NIGHT

When you sleep 6-to-8 hours each night, your body produces more growth hormones to keep your skin supple, and elastic prevents your skin from wrinkling prematurely.



7 GET MORE MOISTURE

You need to get more water or moisture into your skin to make your skin look more smooth and radiant by simply using a daily moisturizer.



8 EAT RIGHT

Avoid bad processed foods like soft drinks and snacks that are full of phosphates that accelerate aging by replacing the calcium in your body. You need calcium in your body. You need calcium to control the thickness and colour of your skin.





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