



ANTI-AGING HABITS

HOW TO
STAY YOUNG
NATURALLY
INSIDE AND OUT

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1

Learn to age

If you've come this far, it's because you agree that being old doesn't mean being weak **if you prepare and take good care of yourself**. The passage of time is inevitable, but if well managed, it can bring exciting advantages. **Do you want to learn how to age?**

Most people accept that growing **old is just another part of life**. We are born; we grow into adults, and then our bodies age. As we age, visible symptoms appear, such as grey hair and loss of hair volume and density, loss of fertility, weakening of bones, the decline in brain function, and loss of the ability to hear and focus our eyesight.

Do you know why this happens? **Do you have any idea why our tissues don't keep regenerating forever?**

No one is spared from physical ageing, except single-celled organisms, as they do not evolve as we do. Amoebas and bacteria live for a while and then divide into two daughter cells without deteriorating. These single-celled organisms never lose the ability to increase. But human cells only can divide about 50 times before they die, and **this limitation marks our evolution. Knowing this reality helps us take control and better manage our diet and activity based on the best decisions.**

2

Why we age and what happens as we age

Theories about **the ageing process have been published for decades. Scientists divide the causes into two categories: programmed and damage-related.** Programmed factors occur as a result of cells not dividing correctly over time. Whereas damage-related ones occur as a result of the pernicious effects of the environment or wear and tear on our bodies and damage that accumulates over time.

One symptom commonly associated with ageing is wrinkles. After the age of 20, we produce 1% less

collagen in the skin each year, which causes the skin to become more brittle over time. The reason is that UV rays cause 8 out of 10 wrinkles on our skin to develop. Although sunbathing is essential and positive, sunbathing should be done cautiously, with protection and not in excess.

Free radicals are toxic by-products of cellular metabolism, which can be very damaging to our cells. They are considered highly reactive molecules, which are missing an electron. Thus, they appropriate electrons from healthy cells to make up for this

absence, causing damage.

Knowing what to expect and **how to slow some of the changes that come with ageing** can help you stay as healthy and active as possible. Among the most relevant changes are those affecting the following organs:

- **Bones, muscles and joints.** As we age, our bones reduce in size and density, increasing the likelihood of fractures due to loss of bone mass. Muscles, tendons and joints can become less intense and less flexible. Again, exercise is an excellent way to delay or prevent such problems. Endurance and flexibility training helps you stay strong. In addition, a healthy diet that includes calcium can help strengthen bones.
- **Heart.** It pumps all day and night while you are awake or asleep. Throughout a lifetime, about 2.5 billion heartbeats are recorded. But as you get older, your blood vessels lose their elasticity, fat and calcium deposits build up against the walls of your arteries, and your heart has to work harder to circulate blood through your body. This

can lead to high blood pressure (hypertension) and atherosclerosis (hardening of the arteries). Taking care of your body helps keep your heart healthy and strong. Exercise and a healthy diet are essential.

- **Brain and nervous system.** As we age, we lose cells, also in the brain. Memory loss occurs due to a decrease in the number of brain cells. Free radicals also affect the brain's function by causing oxidative stress and



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neurodegeneration. And while the brain can compensate for this loss by increasing the connections between cells to preserve brain function, nothing prevents reflexes from being impaired. At older ages, distractibility is more likely, and coordination is impaired.

- **Digestive system.** Digestive and swallowing reflexes slow down as we age. Swallowing may become more difficult as the oesophagus contracts less forcefully. The flow of secretions that help digest food in the stomach, liver, pancreas and small intestine may also be reduced. The reduced flow can lead to digestive problems that were not present when you were young.
- **Hearing.** Excessive noise throughout life can cause hearing loss as you get older. Many older adults have difficulty hearing voices and

higher-pitched sounds, have trouble hearing in crowded places, and accumulate earwax more often.

- **Sight.** Many vision changes occur as we age (Did you know that our eyes may be less able to produce tears?). We may need help to see closer objects as our lens hardens, or we may have more difficulty seeing in low light conditions, and colours may be perceived differently. Common eye problems associated with age include cataracts, glaucoma and macular degeneration.
- **Weight.** Decreased levels of physical activity and a slower metabolism can contribute to weight gain. The body may be unable to burn as many calories as it used to, and those extra calories will end up being stored as fat.

- **Kidneys and urinary tract.** The kidneys may become less efficient at removing waste from the bloodstream because they become smaller as they lose cells as they age. Chronic diseases such as diabetes or high blood pressure can further damage the kidneys. A common problem related to these organs is urinary incontinence, which can occur due to various health conditions. Changes in hormone levels in women and an enlarged prostate in men are contributing factors.
- **Hair, skin and nails.** As a person ages, their skin becomes drier and more brittle, leading to more wrinkles. The fat layer under the skin thins, resulting in less sweating, making the individual more susceptible to heat stroke and heat exhaustion in the summer. Nails grow more slowly and become brittle. The same is valid for hair, which loses density and volume and changes colour, leaving behind the original pigment replaced by grey hair.

Ageing cannot be prevented, but it is possible to prepare for the various effects inside and outside the body.



3

Importance of good joint mobility

The mobility of a joint is vital to avoid compromised movement, and its strength is necessary to achieve better mobility in the correct position. Our joints are made to move millions of times throughout life; therefore, if there is something in a joint that is compromised, there is pain or swelling. **Then damage has probably already occurred.**

Did you know that the better the joint moves, the better effect the muscles will have?

Habits and recommendations to strengthen and prevent ageing

If a joint is stiff, the muscle is less able to move it in its normal range, reducing mobility, a crucial ability for people. And much more so as you get older, as it is directly related to:

1. **Mental health.** Staying active significantly improves physical fitness and mood and helps

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manage stress. In addition, regular exercise can improve cognitive functions such as memory, hand-eye coordination and strategic thinking in older people.

2. Cardiovascular health. The link between regular exercise and better cardiovascular health is unequivocal. Mobility translates directly into a more active lifestyle and the ability to exercise regularly. Specific aerobic activities such as swimming, yoga or walking are highly recommended for older people, improving heart health without straining joints and muscles.

3. Weight control. Obesity is a problem in the population of many countries after age 65. There is a strong link between weight gain and mobility, where the two affect each other. Obesity in old age significantly reduces independent mobility where fat infiltrates and inflames the musculoskeletal structure and deteriorates it. Regular exercise controls this inflammation and burns fat cells, leading to a healthier weight.

4. Increased opportunities to socialise. Older people with mobility problems tend to go out less and risk being socially isolated. Another reason why mobility is essential for older

people is their social health.

- 5. Increased resistance to injury.** Mobility reduces the risk of injury, which is one of mobility's most important benefits. According to the WHO, falls in older people are directly related to mobility problems. Regular exercise can help prevent these falls. Being able to move limbs and joints freely and confidently leads to better balance, coordination and more stable movements, which reduces the risk of injury. Staying active also increases strength and muscle mass, protecting an older person's body from damage.
- 6. Improved flexibility.** Healthy joints mean better flexibility, essential for efficiently performing most daily tasks. More movement increases circulation around the joints, which helps to warm tendons and synovial fluid to hydrate the joints in preparation for training. Flexibility and mobility go hand in hand; therefore, warm-up

and regular flexibility exercises are essential to improve and preserve mobility and vice versa.

- 7. Independence.** When getting around is easy, autonomy is a reality. Older people can go to the toilet, cook, dress, comb their hair or move from one place to another on their own, so they enjoy an independent life.



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8. Confidence. Studies show a decline in self-esteem as people age due to declining health and mobility. Conversely, increased mobility increases the likelihood that older people will be able to move around and perform tasks independently. Not having to rely on others for basic tasks is a liberating feeling that fosters better self-esteem and confidence and allows them to age

does not seem like a big challenge. Older people can enjoy their favourite activities, which, in turn, releases those stress-busting endorphins.

If an active lifestyle is combined with a **healthy diet rich in natural antioxidants and ensures adequate hydration levels, the body's ageing slows down. This effect is particularly effective when the body is supplied with antioxidant minerals such as selenium, magnesium and silica.**

Increased mobility leads to an active lifestyle that includes regular exercise. When movement is easy and comfortable, the idea of exercise

4

Feeling younger and looking better: the importance of good skincare

When we feel good on the inside, it reflects on the outside: a healthier body translates into an improved mood. By including the correct elements in our diet and routines, we can boost our energy levels and **well-being and strengthen joints, tendons and bones while maintaining the beauty of our skin, nails and hair.**

Best supplements to strengthen joints, tendons and bones

Those who want to activate their bodies by improving their mobility often review which supplements can enhance the components of the body's motor system. **Bones, joints and tendons are in the spotlight**, as they play a crucial role and

are, at the same time, three of the places where the effects of ageing begin to be felt first.

Ageing is impossible to stop, but fortunately, you can slow it down with the necessary nutrients in the diet. One way to **ensure that levels of critical elements such as magnesium and specific vitamins** do not decline is to include supplements in our dietary routines.

The reasons for this decision are:

- **Vitamin C:** is very important for maintaining full **immune function**. **Its contribution to bone mineralisation is because it also helps with collagen formation.**
- **Vitamin D:** prevents the loss of **bone mass**. It does this by contributing to calcium absorption.
- **Magnesium:** those who have osteoporosis know that this element can help them to improve their health. **This component facilitates the absorption of calcium and vitamin D.**
- **Calcium:** linked to **bone health**. We obtain it from the diet, and if the bones require more, the consumption of

foods such as almonds, sesame or broccoli, for example, can be increased.

- **Vitamin K:** increases **bone density and prevents fractures due to its essential role in transferring calcium to the bones.**
- **Silica:** is an element that provides attractive benefits for tissue synthesis. **Its properties help to improve muscle function and joint function. It leads to increased flexibility, reduced pain and less fatigue.** The benefits of incorporating it into the diet are extensive, as it boosts collagen production, which



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impacts the appearance of skin, nails and hair.

In addition to the mobility benefits of these elements, there is no doubt about the anti-ageing [effect of silica, which is evident in the appearance of hair, skin and nails, for example.](#)

Best supplements to maintain skin, nails and hair health and beauty

Preventing hair loss and looking more robust and shinier, healthier than ever, preventing nail breakage and feeling younger, juicier skin, free of tension and with a visible improvement in wrinkles and fine lines is all possible with the proper dietary and lifestyle choices.

The signs of ageing give away the signs of ageing, but there are ways to reverse their effects and enjoy a younger, healthier

appearance. Exercise is crucial, and healthful habits are a must, but diet is the final touch to notice results.

We have infinite resources to make our skin, hair, and nails look much healthier in a natural way.

Increasing our intake of organic produce, fruits and vegetables, seeds and whole grains, avoiding industrial products, animal fats, and extra-fine flours is the start. **Nutritional supplements add the finishing touch to your diet, helping you to achieve the goals you have set for yourself.**

In fact, according to a [study by the University of St Andrews published in BBC News](#), healthy habits ensure far better results than cosmetic surgery at a much lower cost. “Changing your diet and lifestyle could have a greater benefit to your appearance and, in that sense, be more cost-effective”.



Do you know which ones to choose?

Orgono Articomplex 100 Capsules

It is a multimineral complex with vitamins and organic silica that compensates for losing essential minerals. It contains a patented silica powder, stabilised in a highly assimilable organic base with trace elements, minerals and vitamins that help cartilage. Trace elements are essential allies for athletes, and a lack of them can lead to injury.

Benefits of Orgono Articomplex 100 Capsules:

- Protects and cares for joints, bones and cartilage.
- Improves muscle function.
- Antioxidant. Against cellular stress.
- Contributes to reducing tiredness and fatigue.
- Boosts the immune system.



SILICIUM + ZINC + MSM+ MAGNESIUM + VITAMIN C + 5 ingredients

G7 Siliplant Bio-dynamised 1L

Siliplant is Dr Le Ribault's latest organic silica formula, a wellness and beauty factor that contributes to collagen formation and helps eliminate toxins. We now use an innovative high-pressure system to improve the digestion of silica by your body's cells, which increases the speed of its assimilation and accelerates the results, as proven by scientific studies.

Benefits of Bio-dynamised Siliplant G7:

- Provides joint wellness.
- Naturally boosts collagen production.
- Regenerates your hair and helps growth and resistance.
- Repairs brittle nails.
- Improves skin condition.
- Helps to eliminate aluminium.



G7 Activ+

Activ+ capsules nourish and strengthen the bone and joint tissue. Its composition contains a novel source of organic silica that works in synergy with magnesium and vitamin C.

Benefits of G7 Activ+

- Aids proper regeneration and strengthening of cartilage.
- Improves the maintenance and normal development of bone and joints.
- Supports collagen production.
- Maintains joint flexibility.

The research results on this patented element continue to show new contributions in which it is attributed a **protective effect against the accumulation of aluminium. This toxic element favours inflammation and cellular oxidative stress. Silica helps to eliminate it from the tissues and excrete it from the body.**





Silicium G5 Gel 150 ml

Regenerates collagen and skin, now enriched with vitamin E. Silicium G5 Gel contains the highest concentration of organic silica on the market (2500 mg/litre). Original formula by Loïc le Ribault.

- Helps with skin problems such as flaking or similar problems.

Benefits of Silicium G5 Gel:

- Provides joint comfort
- Stimulates cells to produce collagen naturally
- Regenerates and firms the skin
- Anti-ageing effect: helps to reduce wrinkles
- Contributes to the regeneration of burns, blemishes and scars



Silicium Rose Musquée or G7Beauty

Silicium Rose Musquée

It is a fluid cream created from an emulsion of organic silica with rosehip oil, beeswax, cocoa butter and essential oils. The combination of organic silica, which serves as the base of the cream, with essential oils and rosehip oil, boosts their respective action for a profound action on the skin, giving it nourishment and radiance. It improves the appearance and provides the skin with an ultra-soft and smooth feel against signs of fatigue: luminous and satiny skin.

Benefits:

- Deeply moisturises and provides radiance
- Improves the appearance and minimises expression lines
- Gives the skin an ultra-smooth and ultra-smooth feel.



Silicium G7 Beauty contains Vitamin E and Selenium, two powerful antioxidants. Vitamin E is recognised as one of the best for skincare, and selenium plays an essential role in cell protection and against oxidative damage.

Benefits:

- Toughens nails and enhances nail growth
- Strengthens the hair and gives it consistency
- Moisturises and restructures the skin
- Slows down ageing
- Reduces facial blemishes caused by UV rays.



5

Testimonials: Preventing ageing is possible and very satisfying



**G7 Beauty - Monica
- Review received in
Spain on 8 August
2021**

There is nothing better to prove something practical than to be asked what you have done to your skin?

This product was specifically recommended to me at a beauty salon. Combining several treatments: oral and facial, is essential to notice improvement. Only using cabin and dermatological treatments at particular ages is not enough.

*This cellular antioxidant, with **components such as silica, vitamin E and selenium**, helps maintain*

youthful skin. Above all, you will notice luminosity, elasticity and an even tone. It's fantastic, and I've tried many before.

I like that it's a Spanish product, which gives you confidence. There are 60 capsules, so you'll have enough for a month or two, depending on the treatment you choose. It is also easy to take, and one tablet a day is enough (2 if you need to do intensive therapy). Very important: take 10 minutes before meals.

When you try it, **you will see that it not only takes care of your skin and makes it look younger, but you will also notice significant differences** in your hair and nails, especially for those with weak and fragile hair and nails.



**Orgono Articomplex
- Julia - Orgono
Articomplex - Julia
- Review received
in Germany on 13
October 2021**

I like taking these capsules. They help me to relieve tension in my back and legs.

If you stand and walk for a long time, especially when you are not used to it, you can experience extremely painful strains the next day. That is the reason why I am taking these capsules.

I take two units the day before a physically demanding day, one or two the day I am on my feet for a long time and the same the next day.

The next day I don't feel the general tiredness or the unpleasant feeling of muscle soreness. Tension and pain are significantly reduced.

I like how easy the capsules are to take; they are odourless and tasteless.

