

## Meditation for Skin Aging, Reduces Wrinkles and Change Your Appearance?

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### Abstract

Meditation is a popular practice used to bring awareness and attention to calm the mind. It involves using techniques like mindfulness to help achieve a mentally clear state. Meditation derives from Hindu and Buddhist traditions. It involves bringing one's attention to the present moment without negative thinking. Meditation allows our brain to focus its attention and calm down active stressors. This is achieved through the deep breathing techniques practiced in daily meditation routines. But did you know there are different types of meditation you can practice? Trying different styles of meditation will help you find the one that works best for you. Thus Meditation has the power to transform the well-being of your body. Through mantras or simple breathing exercises, meditating can help promote a healthy lifestyle. Embracing daily meditation routine means embracing a healthy, glowing body, voice and mind. Think of meditation as your mind's armor against the many stressors of life. It improves our lives by changing the way we handle and process our emotions and stress. Meditation is transformative. It has the power to change the way we look, feel, and act. Thus maintain your stressed, our bodies produce cortisol and adrenaline in abundance.

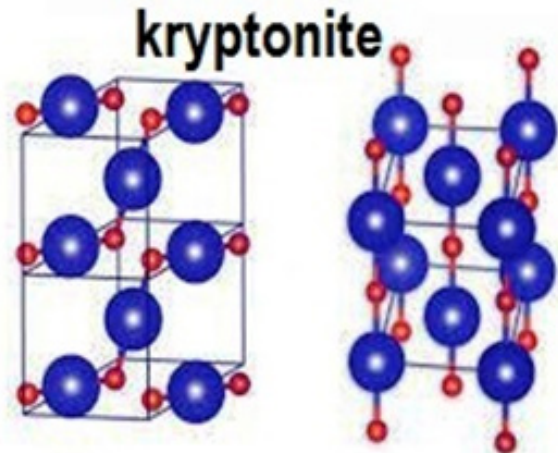
Meditation is a powerful way to change your life by bringing your mind, body, and spirit together. This alignment promotes less stress, more overall happiness, and vibrant beauty from within. Meditation can change your appearance by making you glow inside and out. We do many things to get perfectly glowing skin. We marinate ourselves in creams and serums. We drink plenty of water and do our best to eat healthy foods. We may even skip that piece of cake to avoid harmful sugars.

But there's something else you may have missed on the road to a positive and glowing you. Meditation. Having a healthy mind, body, and soul translates into a radiant, outward glow. And luckily for us, meditation has the power to transform not only our minds but our bodies as well. Giving us all the chance to prolong a youthful appearance or see ourselves in a new light. In this blog, we discuss the ways meditation can change how you look, feel and act. We'll cover different meditation techniques and why they contribute to our well-being. Now, take a deep breath and read on to see the benefits that will have you sitting cross-legged and radiant in no time.

With so many anti-aging skin care products on the market, it's often a surprise to learn the best solution does not come in a bottle or tube. Here, we dive into some amazing studies showing meditation's incredible age-defying ability to rejuvenate and restore our skin to pristine perfection. With such overwhelming evidence, it is easy to see why meditators very often look decades younger. If a true kryptonite existed for young, healthy looking skin, inflammation would be it. Kryptonite is a fictional material that appears primarily in Superman stories. In its best-known form, it is a green, crystalline material originating from Superman's home world of Krypton that emits a unique radiation that weakens kryptonians. It is generally harmless to humans in the short term, but deadly in the long term. There are other varieties of kryptonite, such as red and gold kryptonite, which have different but still generally negative effects. Due to Superman's popularity, kryptonite has become a byword for an extraordinary exploitable weakness, synonymous with "Achilles' heel". Batman and Lex Luthor are two notable individuals who have pieces of kryptonite with them—the former being trusted by Superman to stop him if he goes rogue, and the latter using the mineral to ward off Superman, sometimes incorporating it into weapons to try to kill him [1].

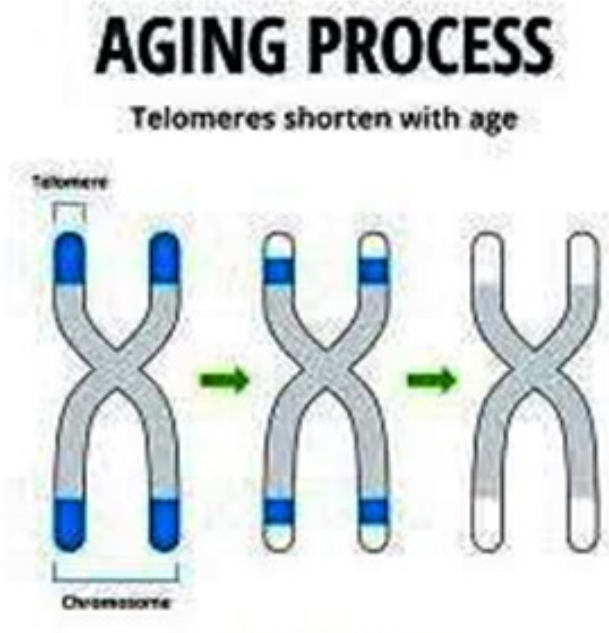
Krypton			
atomic number	36	83.798	atomic weight
symbol	<b>Kr</b>		
electron configuration	[Ar]3d <sup>10</sup> 4s <sup>2</sup> 4p <sup>6</sup>		
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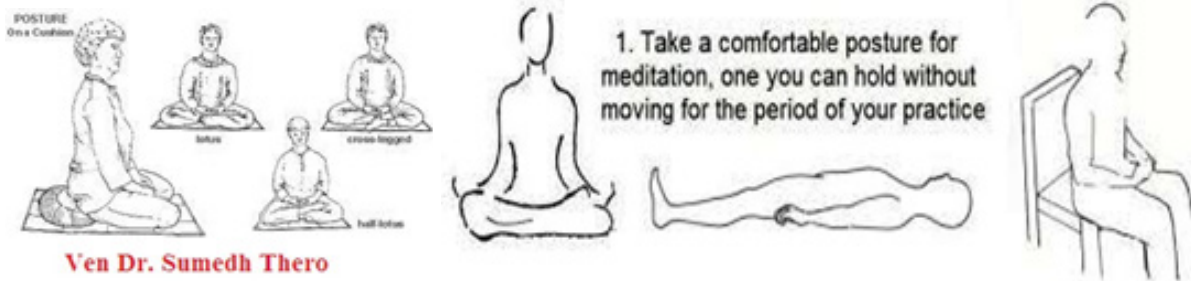
Psychodermatology is the treatment of skin disorders using psychological and psychiatric techniques by addressing the interaction between mind and skin. Though historically there has not been strong scientific support for its practice, there is increasing evidence that behavioral treatments may be effective in the management of chronic skin disorders [2]. The practice of psychodermatology is based on the complex interplay between neurological, immunological, cutaneous and endocrine systems, known alternatively as the NICE network, NICS, and by other similar

acronyms. The interaction between nervous system, skin, and immunity has been explained by release of mediators from network. In the course of several inflammatory skin diseases and psychiatric conditions, the neuroendocrine-immune-cutaneous network is destabilized. A very recent study tested whether an acute bout of exercise would induce a different response on telomerase activity in older vs. young individuals and whether this response would be gender-specific [3].



To test this hypothesis, age- and gender-related differences in telomerase and shelterin responses at 30, 60, and 90 min after a high intensity interval cycling exercise were determined in PBMC of 11 young (22 years) and 8 older (60 years) men and women. A larger increase in telomerase activity, as assessed by TERT mRNA

levels, was found in the young compared to the older group after exercise. The second main finding of that study was the higher TERT response to the acute endurance exercise in men compared to women, in whom the response was negligible, independently of age.

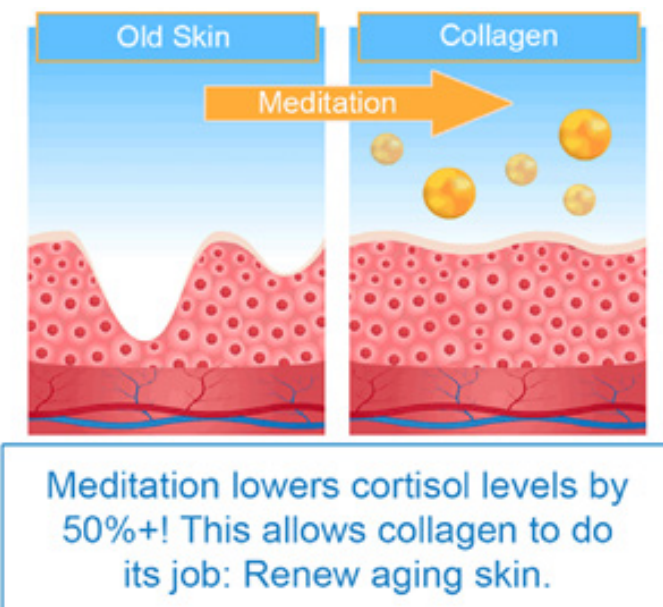
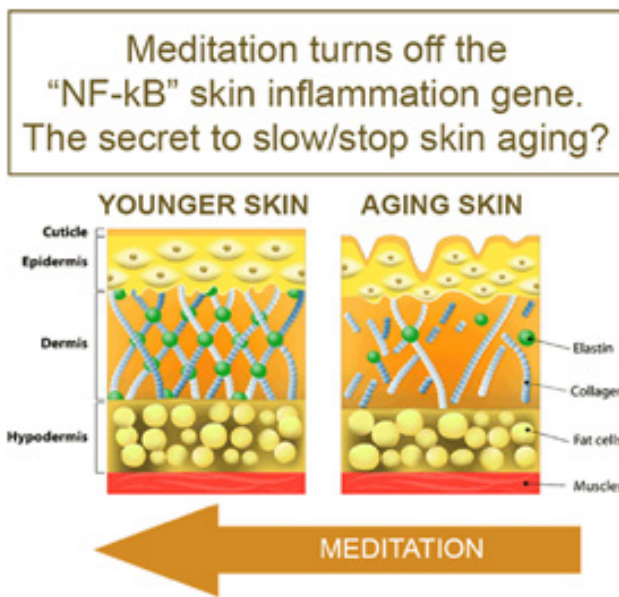


Ven Dr. Sumedh Thero

Those results showed that aging is associated with reduced telomerase activation in response to high-intensity cycling exercise in men [3]. Another study showed that a 30-min treadmill running session was long enough to increase PBMC telomerase activity in 22 young healthy subjects including 11 women and 11 men [4]. Altogether, those recent studies confirm that the increasing telomerase activity after a single bout of exercise could be one of the mechanisms by which physical activity protects against aging [4].

Once the stress hormone cortisol breaks the will of our elastin and

collagen, our once beautiful, tight, and resilient epidermis taps out — and we begin our descent down sagging skin mountain, notching a new wrinkle every time we visit a news website. Luckily, meditation is a master of time... father time. Here we will tackle why meditators' skin often looks decades younger than non-practicing mere mortals. Having less cortisol in our system reverses the 24-hour stress chemical cycle (glycation) which, if left unchecked, would eventually make us look decade(s) older. The result? Our skin stays high and tight, day and night. Thus Meditation Deactivates NF-κB, Stops Our Skin from Aging.



**Some of The Common Meditation Practices Include**

**Transcendental Meditation**

This meditation practice is often the subject of scientific research. It involves the repetition of a custom mantra. It is the most popular meditation approach around the globe.

**Mindfulness Meditation**

This meditation practice focuses on the stream of consciousness. Meaning you don't focus on shutting your brain off, but instead you focus on your thoughts more. The focus here is encouraging yourself to acknowledge your thoughts without judgment. Mindfulness meditation is a common practice in the U.S. and draws its roots from Buddhism. Regardless of which technique you choose, meditation will improve the glow from your body and mind.

**How Meditation Changes Your Body**

Meditation can improve our bodies' overall health. This is due mainly to its ability to keep stress under control. Letting stress run wild in our bodies isn't ideal for our health. With unmanaged, long-periods of stress, our bodies become more susceptible to illness. Stress can do a lot of damage to our bodies. Not only does it affect our appearance, but it also affects how our bodies function. It can cause heart issues, stomach complications, and even problems with sleep. The good news is meditation combined with delicious food (that will make your skin glow!) can help with all the above by boosting your immune system and letting you sleep.



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## Boosts Your Immune System

Chronic stress can wreak havoc on our bodies. It causes inflammation, ulcers, and even immune problems. And while being in a pandemic, we need our immune systems on our side now more than ever. Did you know your immune system is also known as your “floating brain”? Its nickname comes from its ability to communicate with our brain. Through chemical messages, our immune systems distinguish between harmful viruses and healthy cells. But when our immune systems are not at their strongest, these messages become delayed. A delay in messages creates confusion throughout the body. At which point, our immune system can’t distinguish between viruses and healthy cells. Ultimately, this causes our bodies to attack healthy cells instead of harmful pathogens that leave us weak.

Proving why meditation can be your ticket to a healthier you inside and out.

## Promotes Quality Sleep

Coffee may help, but we need quality sleep daily to function at our best. And to look our best as sleep benefits the health and appearance of your skin.

Unfortunately, insomnia is a common sleep complaint among most individuals.

For people who want to steer clear of sleeping pills, meditation is a natural way to get better sleep. Mindfulness-based meditation can help you fall asleep faster and stay asleep longer. If done before bed, meditating can “prep” the body and mind for sleep. If our minds are not ready for rest, it takes longer to get them to quiet down. But meditating before bed allows our brains to slowly tame and prepare for sleep. By mimicking the breathing rhythms of sleeping, you can train your brain to get ready to rest. Meditation has the power and ability to change your sleeping habits. It often takes time and regular meditating to start seeing the results you want. Start by adding a small 10-minute meditation routine before bed each night. With practice and patience, you’ll be able to start getting the benefits of meditation in no time. Now that we see the correlation between meditation and your body, let’s take a look at how it affects our mind.

## How Meditation Changes Your Brain

We may train our muscles with weights and cardio, but we train our brains with meditation. Through meditation, we can teach our brains to be more aware of our thoughts. More awareness allows our conscious minds to achieve a calm state.

Meditation can also train our brains how to turn off negative thoughts when they arise. Like working out, meditating can even give our bodies a “natural high” from endorphins. Endorphins improve mood and help with anxiety. Here are some other ways that meditation can change your brain:

## Improves Your Mood

Mental health conditions such as depression or anxiety can often come with mood swings. Meditation has proven effects to help balance and improve moods. It is a common practice that many physicians recommend for people with depression.

Negative intrusive thoughts can easily change our mood. But with daily meditating, you can train your brain to recognize negative thinking before it begins to spiral. Once you’re able to recognize negative thoughts, it becomes easier to stop them from running rampant in your mind. Discovering that you do not need to act on your negative feelings is one of the goals of meditation. This is achievable using a mantra or breathing, which silences our inner monologue.

## Tames Anxiety

If you know the rapid heartbeat sensation of anxiety all too well, meditation could be for you. Meditation is a proven way to reduce symptoms of anxiety. It has the power to free you from the weight of your worries. During meditation, our stress levels decline through controlled breathing. Concentrating on our breathing in and out helps us ignore the sensations of anxiety. Meditation also has the power to improve our physiological and psychological functioning. Studies confirm that the brain can change in response to meditation.

## Increases Your Attention Span

With the distractions of today’s world, it’s often hard to focus on one task at a time. Our heads can become jumbled with responsibilities and obligations. But through meditation, you can train your brain to learn how to focus when you need to. During meditation, your focus is on the inhale and exhale of breath. But for many people, once they fall into a breathing rhythm the mind begins to wander.

Through meditation, your brain can learn to bounce back from impeding thoughts. Allowing you to quickly get back on task while reducing future distractions. Meditation can also help with attention disorders. It has been used as a part of treatment for ADHD (Attention Deficit Hyperactivity Disorder). Research has found that children with ADHD are able to focus better after practicing breathing exercises.

## Helps with Addiction

Whether you are struggling with addiction or many years sober, meditation can help. Through meditation, addicts can cope with symptoms of withdrawal, triggers, and possible relapses. One of the main goals of meditation is to “rewire” your brain to improve awareness and connections. Meditation also increases the activity in the brain’s anterior cingulate and prefrontal cortex. These areas of the brain handle our self-control and motivation. Additionally, meditation also improves the brain’s amygdala, which helps reduce fear. People who meditate are more aware of their thoughts, as they’re able to focus better. Meditation helps people

gain control of their emotions and become less bothered by negative thoughts. Daily meditation can train your brain to feel happy without substance use. These factors all translate into better coping skills for addicts.

### How Meditation Changes Your Appearance

Meditation will help you glow from within. This is mainly due to its stress-reducing abilities. It allows us to achieve a truly relaxed state. It may not always seem obvious, but stress is evident on our faces. Dark circles under your eyes or dull and tired looking skin are signs. But regardless of where it shows, meditation and essential vitamins can give your skin the boost it needs. Let's look at the root cause of most skin problems. Many people have acne, redness, and wrinkles from worry, fear, or anxiety. These common skin concerns flair up with chronic stress.

Luckily, you can have flawless skin with habits that prevent and treat skin issues. Scientific research proves that training our brains through meditation affects our skin's health. In fact, there's an entire field of dermatology that studies this correlation. Psych dermatology studies the interaction between our mind and our skin. It has shown that behavioral treatment can affect your outward appearance.

### Here Are A Few Ways Meditation Has Been Proven to Improve Skin Related Issues

When you meditate, you focus on your breathing which increases the oxygen in your body. This means more oxygen will go to your skin offering rejuvenation.

Meditation is also a proven way to reduce stress and anxiety, both common factors of skin problems. Daily meditation treats the root cause of skin issues by treating the underlying stressor. That's why a healthy mind, body, and soul leads to a glowing outward appearance.

Among their list of amazing findings, the meditating brain's fear center amygdala had somehow managed to shrink, while its elec-

trical activity quieted down dramatically! For those of us who want to age more gracefully than a ballerina, this finding means that meditation effectively remolds and reshapes our brain (through neuroplasticity) to sidestep the age accelerating biochemical cycle that so many stressed out folks get locked into. Of our approximately 86 billion brain cells, most all are influenced by serotonin. Known by many scientists as the "happy" neurotransmitter, serotonin is key to helping relay signals from one part of the brain to another. This crucial chemical has a profound impact on our mood, contributing greatly to our overall state of well-being. Cortisol, a major age-accelerating hormone, is the one chemical where less is better. When we are stressed, our bodies produce cortisol and adrenaline in abundance. This is normal, a natural product of our evolution. What makes us truly happy? Many people believe that "achieving & receiving" makes for the happiest life. But the research says otherwise. According to the latest science, true happiness comes from practicing compassion. It is when we help our fellow man, when we feel connected to the world, when we give expecting nothing in return, when we are kind just to be kind, and when we see people as "other-selves" instead of "others" — that life takes on meaning and purpose.

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