

4 warning signs signal the time of aging of the female body

Aging is like the 'enemy' of almost all women, no matter how beautiful the beauty can not avoid this rule. You should detect this signal in time to adjust to slow down the aging process.

Once you detect the signs of aging, you need to take measures to adjust the body in time, find a way to slow down the aging process to reach you later.

Aging is essentially the decline of the circulatory system, lymph and the elasticity of the skin. This process takes place naturally from inside the body, displayed by age plus harmful effects from the outside such as sunlight, smog, pollution, eating habits, etc. , the aging process may vary from person to person, but there are some signs the body will soon "reveal" to indicate the aging stage has begun. You should detect this signal in time to adjust to slow down the aging process.

Here are 4 signs of aging certain women should not be overlooked:

1. Bigger belly

One of the typical signs of aging is that the lower abdomen becomes bigger, more belly fat. The reason for this change is the impaired metabolic rate of the body which affects the digestive and absorption function in the intestinal tract.



Featuring the inverted triangular body structure of a woman, the abdomen is the easiest place to accumulate fat.

A reduction in the rate of digestion and breakdown of fat in the intestinal tract will cause excess fat and toxins to accumulate in the body. The older a woman is, the less the function of the body's parts is, the less her metabolism will be. This makes the fat accumulate in the body more and more. With the inverted triangular structure of a woman, the abdomen is the most likely place to accumulate fat, leading to a larger belly, and this is also a starting sign that a woman has begun to walk into aging.

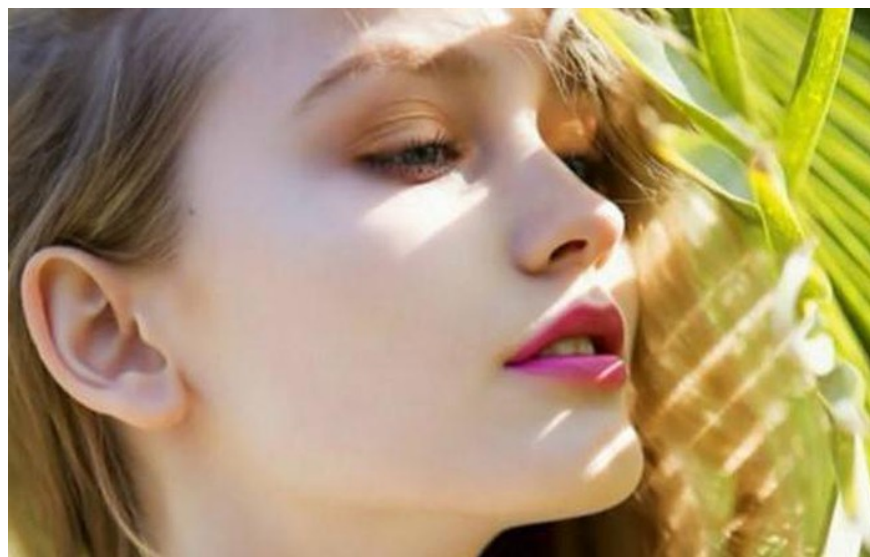
2. Bigger buttocks

When young, women's buttocks are often arched and quite elastic. But as the age increases, the muscles gradually change, and when you step into aging, your buttocks gradually become bigger and rounder.

The reason why a woman's buttocks get bigger when she enters aging is also because her age increases, the metabolism of her body becomes slower and slower. Plus the habit of not exercising regularly causing muscles in the shallow part to make the buttocks bigger and rounder.

3. Skin is saggy, less firm

The most intuitive, most noticeable change when a woman enters the aging stage is the skin, at which time the skin of women will appear many wrinkles, sagging and no longer toned.



The cumulative effect of ultraviolet radiation on the skin is proportional to the age of the woman.

The cumulative effect of ultraviolet radiation on the skin is proportional to the age of the woman. Over time, the body's ability to absorb water and collagen also decreases, while elastic fibers gradually disappear. This is the reason why the older age, the skin of women more and more flabby, wrinkles also more.

4. Bad teeth make sure

After women began the aging period, the gums also became weaker, the gap between the teeth opened gradually, and the teeth became less and less stable. At this time, many women still have exposed root and often suffer from gingivitis.

This is the expression of the aging process, if detected these manifestations show that women have begun to age.

To reduce the aging process, women should pay attention to the following issues in daily life:

1. Laugh more

Smiling is also a way of showing a positive attitude towards life. Smiling more will also help you become more friendly, make your mood more comfortable, and make you more beautiful as well.



2. Get enough sleep

Getting enough sleep and quality is the ideal way to slow down the aging process. Getting enough sleep can also help the skin to recover effectively in the evening. Therefore, women must definitely have a quality sleep every day.

3. Good sun protection

If you stay in the sun for too long, ultraviolet rays will easily damage the DNA on the skin. This not only speeds up the aging process but also increases the risk of skin cancer. That's why you need to have good sun protection.

4. Exercise a lot

Exercise not only increases the speed of metabolism and blood circulation in the body. Exercise also helps slow the aging process, enhance immunity, prevent disease from entering the body.



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5. Regularly comb your hair

There is a truth that very few women know, that we have so many points on our heads. Head brushing is actually a scalp massage, effectively contributing to nourishing the internal organs, reducing dizziness, protecting eyesight, speeding up the metabolism of the brain, thereby reducing aging process.

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