

Excessive sugar and “empty” carbs: Sugar causes blood glucose spikes, which eventually lead to increased insulin release. This puts pressure on the pancreas and affects collagen quality in the skin. Products like pastries, processed foods, and sugary sodas fall into the “empty” carbs category.

Alcohol and smoking: Nicotine narrows blood vessels, reducing oxygen delivery to tissues, while tar increases free radicals. Frequent, uncontrolled alcohol consumption leads to dehydration, hormone imbalance, and liver problems.

Lack of sleep and ignoring rest: Regular sleep deprivation internally damages the body.

Inadequate physical activity: Our bodies are designed to move, and a sedentary lifestyle weakens muscles and reduces mobility. Stretching, brisk walking, or taking the stairs can help maintain tone.

Emotional burnout and chronic stress: High cortisol levels degrade collagen, weaken immunity, and disrupt hormonal balance.

Improper UV and sun exposure: Over-tanning accelerates pigmentation and wrinkles.

Lack of proper hydration: Affects blood circulation, kidney function, and skin quality.

Note: Such informational materials are not a substitute for medical advice. Consult a specialist before making decisions.