



Article published on June 26th 2012 | [Health](#)

What are the causes of face wrinkles? What are the solutions? Let's look at the causes first. They are listed below in order of the amount they give rise to lines and wrinkles and all of the noticeable symptoms and symptoms of age.

Sunlight

Sunlight is often held responsible for wrinkles, but it is actually the free-radicals created during UV visibility that cause the harm. No cost radicals are substances that are considered "reactive". They are missing an electron. During experience UV rays, they attempt to grab electrons from epidermis tissues, flexible materials and DNA lengths. If they are successful in obtaining the electrons, it loss the cell, the fiber or the mobile DNA. This is one of the basic causes of mobile getting older.

Cigarette Smoking

Cigarette using tobacco contains free-radicals. This is why using tobacco causes united states. The free-radicals in cigarettes can cause the same kind of harm mentioned.

Habitual Facial Expressions

Habitual face movement may be caused by not wearing eyewear in the sunshine or by using tobacco cigarettes. So, the causes of lines and wrinkles are often related. Those that smoke often develop lines of vertical type above their mouth. This is due to the lip pursing that happens when taking a move off of a cigarettes and due to the free-radicals in the using tobacco.

People who fail to wear eyewear scrunch up your eyes to protect their face from the bright light. The regular expression and the increased development of free-radicals that happens during experience UV rays combine to cause crow's feet...wrinkles at the sides of the face.

Those are just a couple of examples of the face movement that may give rise to lines and wrinkles. While free-radicals are almost always involved, the face movement are a contributing factor.

Chronic Inflammation

Chronic swelling is a cause of mobile getting older throughout the system. It is also a cause of the noticeable symptoms and symptoms of age. Toxic harm can cause swelling, which can become serious. So, free extreme harm and serious swelling are relevant. Scientists say those two things give rise to the and growth of cancer tissues, too.

AGEs

AGEs are advanced glycation end-products. In majority of folks, researchers determined that AGEs are a cause of lines and wrinkles. AGEs may be created in your system when you eat easy carbohydrate food, such as glucose, cooked goods, bakery and processed grains. The easy carbohydrate food cause rises in system sugar levels and levels of system insulin. Insulin plays a role in swelling.

The raise in system sugar levels can lead to a incidents that ends with the of repulsive substances that cannot be used by the system. The substances, called AGEs, can destroy tissues. AGEs have

been suggested as a factor in all apparently age-related illnesses.

Genetics

Although the role played by genes is believed to be slight, it is worth referring to. There may be some lines and wrinkles that you simply have to live with, because your mother had them or your father had them. Most lines and wrinkles, however, can be prevented or changed with the right alternatives. Now that we have covered the causes, let's look at the alternatives in my next article.

Click the link below in the resource box for: How to Reduce Facial Wrinkles in Men & Women. Sign up for the No cost Skin Care Guide and Publication.

Article Source:

<http://www.articleside.com/health-articles/what-causes-facial-wrinkles.htm> - [Article Side](#)

[Tedd Woods](#) - About Author:

For more information on a [orange county spa](#) , Visit [platinummedicalspa](#)

Article Keywords:

latisse orange county, spa orange county

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!