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Whether it is for better or for worse, unfortunately the wrinkles are not going anywhere, they are here for the duration. Sonja Henie, the late Olympic figure skater from Norway, once remarked that people don't always notice you when you're wearing jewelry. For the majority of lady's who cannot afford jewelry, wrinkled skin will serve as a reminder of lost youth. [probiotic bacteria](#)

Now the bad news: wrinkled skin is inherited and is a natural part of ageing and there is no way to escape them. You can delay their appearance if you follow certain steps. To show you what I mean, here are some practical suggestions from MightyMicrobes. Suppliers of probiotic health products will divulge the secret to beautiful skin simple: Stay out of the sun. We can use a common vampire practice, avoiding the sun. There's a pretty good reason for this. Exposure to ultraviolet light from the sun can, over time, cause the skin to age in an premature and unattractive manner. Stay inside between 10 am and 4 pm to be best protected from the sun. Between 10 am and 4 pm the rays of the sun are stronger than at other times. If you can't stay home, protect yourself with the right clothes and a wide-brimmed hat. But you don't need to go to bed at night in a casket. [probiotic formula](#)

Be sure to pick the right sunscreen for your skin. Read labels to get the best protection. The higher the SPF-sun-protection factor, the better. Be sure you are protected from UVA and UVB rays. On all parts of the body that are exposed, use liberally. After swimming or perspiring heavily you should reapply. Also reapply after two to three hours.

lubricate. This holds off the advance of wrinkles in the skin. Highly priced products aren't always better so pick one that works for you and will not bother your skin.

Drinking a lot of water is a simple way of moisturizing the skin. You could drown if you over do it.

Stop smoking. Smoking not only makes your lungs look ugly, but it makes your skin look bad, too. Stop before you are unable to. Don't start smoking if you don't already. [probiotic products](#)

Never act like Jim Carrey does. When he makes his silly facial expressions, children as well as grown-ups laugh. A rubber surface can damage the skin over time. Wrinkles are caused by constant movement of the facial muscles to express the range of emotions. Every smile or frown uses your muscles in your face which makes a groove under the skin. Skin becomes less elastic with age. This leads to age-telling lines on your face.

Carefully selected probiotic supplements can help maintain wrinkle-free skin.

MightyMicrobes. MightyMicrobes.com uses effective micro-organism-EM technology to take care of human health. This unique technology was discovered by Dr. For more than 20 years Teruo Higa has been used internationally. For more information, visit [MightyMicrobes.com](#).

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