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From Lifestyle to the Best Eye Wrinkle Cream, Tips to Conquer Inflammation



These days, it seems like there's no bigger health villain than chronic inflammation. This condition has been known to cause or aggravate [conditions as diverse as arthritis to diabetes](#). But can it also wreak havoc on your complexion?



Understanding Inflammation

In itself, inflammation isn't bad—in fact, it's good for the body. When you have an infection or injury, your body naturally deploys white blood cells to a given area to aid in recovery. When you're fully healed, the inflammation should go away. Sometimes, however, the inflammation doesn't go away, and this is where problems occur.

As you can imagine, a constant state of inflammation puts a lot of stress on your body—and, as the body's largest organ, that includes your skin. The more stressed your body is, the more cortisol is released into your bloodstream. Unfortunately, high cortisol levels in your system [slowly breaks down collagen](#), your skin's structural network. As a result, your complexion becomes more prone to developing wrinkles. Nowhere is this more apparent than in your eye area, which already has thinner skin than the rest of your face.

Battling Inflammation

In many cases, inflammation is systemic in nature, which means that you need to change your lifestyle to control and eventually eliminate it. Here are a few ways how.

Avoid Sugar and Starch

As if extra pounds weren't enough, here's another reason to eschew the sweet stuff: food that are rapidly digested into sugars have a pro-inflammatory effect, meaning they cause or worsen inflammation. Instead, go for whole grains, fruits, and vegetables that are rich in antioxidants and metabolize slowly to help combat inflammation.



Get Moving

Exercise isn't just great for keeping you fit; it can also fend off inflammation from the body by keeping fluids moving and blood oxygenated. As much as possible, try to get 30-45 minutes of moderate-intensity aerobic exercise at least five times a week.

Conquer Stress

A rise in cortisol levels is just one of the health issues that stress can cause, so make sure to keep stressors in check. Try healthy ways of unwinding after a long day or dealing with stressful situations. A great suggestion is meditation, which is known to reduce markers of inflammation.

Reduce Toxin Exposure

When your body is exposed to toxins, it might react by triggering an inflammatory response. Unfortunately, there are many things that expose you to toxins, from the pollution in the air to the personal products you use, and even the food you eat. You can start – and make a difference – by being more conscious of the things you use and opting for toxin-free organic goods as much as possible.

Use Inflammatory-Fighting Skin Care Products

The [best eye wrinkle cream](#) options provide anti-inflammatory ingredients to help improve skin function as well as appearance. For example, [Rehydrating Liposome Eye Crème](#) contains Glycyrrhetic Acid, Panax Ginseng, and Box Holly Extracts to offer superior anti-irritant and anti-inflammatory properties in addition to the moisturization offered by other eye creams.

About Kerstin Florian:

At Kerstin Florian, we believe that the best source of beauty is nature itself. Found at the finest resort and day spas worldwide, our products marry the best of modern technology with the benefits of natural extracts and ingredients for beautiful results that show on your skin.



Sources:

7 Ways To Reduce Chronic Inflammation That Have Nothing To Do With Diet, mindbodygreen.com

Soothe Chronic Inflammation & Slow Premature Aging, shape.com