

5 Things That Make You Age Faster

Aging is a blessing, but aging well is a choice. There are many things you can do to look and feel your best. As a registered nurse, I thought I was doing the “right” things but I was struggling. You don't have to do the same. Follow these five steps for ultimate health hacks.

Lack of Sleep

Sleep is when your body repairs itself, regenerates and detoxifies. Lack of sleep affects muscle health, brain health, mood, immune system, inflammation, metabolism and more.

I recommend
you take this
Sleep
Supplement

Tap
Here!



Chronic Stress

When we are exposed to chronic stress, our cortisol wreaks havoc on our body. It causes inflammation, hormone imbalance, weakens your immune system, and can affect heart health. Find ways to manage your stress.

I recommend
you take
Happy Juice

Tap
Here!

Long Duration Cardio Training

Running, for example. The best things you can do is walk in nature and lift weights. Muscle is the key to longevity.

I recommend
you take these
Creatine
Gummies

Tap
Here!



Environmental Toxins

Daily products are causing us chronic inflammation, which makes our cells age faster. Use air purifiers, water filtration, clean organics skincare and makeup and sweat it out.

I recommend
you use this
skincare &
makeup

Tap
Here!

Skimping On Protein

Protein is an essential macronutrient that we need to grow and maintain our tissues, helps with thousands of biochemical reactions in our cells, helps maintain cells and tissues, boosts our immune system and transports nutrients.

I recommend
you take this
Protein Shake

Tap
Here!



Waldorf Wellness
@waldorfwellness