

Strange Things Happen to Our Bodies as We Age

As we age, strange things start to happen to our bodies. We get sudden batches of pimples, start to snore, and “dragon breath” creeps in. So, what causes these things – and how do we fight back? Here are the details, courtesy of *Health* magazine.

- **The snoring.** Dr. Steven Y. Park is an ENT - an ear nose and throat doctor - and the author of *Sleep Interrupted*. He says that when hormones start to drop as a woman gets older, her tongue is likely to relax and fall backwards during sleep. This can cause snoring and disrupt your sleep. Park says there are dental devices you can buy to help fix this. They pull your jaw forward and open your airways so you can breathe and sleep better. SomnoGuard and PureSleep are two models that are available online, but Park says you always want to check with your doctor first.
- **That sudden batch of pimples.** Hormone fluctuations caused by pregnancy, stress and lack of sleep can stimulate the skin's sebaceous glands to produce extra oil. Since oil glands are larger in your face, that's where flare-ups are likely to happen. Dr. Doris Day is director of Day Cosmetic, Laser and Comprehensive Dermatology in New York City. She says talk to your dermatologist to determine the cause of the breakouts, so you can get to the core of it. If, for example, you see a connection between stress and breakouts, you'll know to dial down your activities and get more free time.
- **Bad breath.** Aggressive tooth-brushing, using toothpicks, grinding teeth and normal aging can lead to receding gums. According to Dr. Emanuel Layliev from the New York Center for Cosmetic Dentistry, the pockets of those gums harbor bacteria - and can create dental-related dragon breath. He says one easy, healthy way to banish it is to finish off your meal with crunchy fruits and veggies, such as apples and celery. They'll help get rid of food particles between your teeth.

Source: Tess.com

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