

# Anti-Aging: The Way You Manage The Age

Abhimanyu. S. Rathore\*, Mahavir Chhajed, Pooja Sinha, Aadityaraje Tanwar,  
Adarsh Awasthy, Rajnandni Patidar

Oxford International College, Indore

Corresponding Author: Abhimanyu Singh Rathore (Associate professor)

rathorejodha96@gmail.com

**Abstract:** *There are many reasons our bodies change as we get older, including perceptual, physiological, and general age-related conditions. These changes all impact the performance of our bodies as a whole, in turn, impacting our eating, nutrition. The benefits of proper nutrition for mental capacity and higher energy levels to a stronger resistance to illness and disease, rational intake, and overall health. The topic that currently attracts maximum attention is ways to maintain healthy and delay aging. Skin is the primary barrier that protects the body from external aggressions. Skin aging is a complex biological process, categorized as chronological aging and photo-aging, and is affected by internal factors and external factors. With the rapid breakthrough of medicine in prolonging human life and the rapid deterioration of environmental conditions, it has become urgent to find safe and effective methods to treat skin aging. For diet, as the main way for the body to obtain energy and nutrients, people have gradually realized its importance to the skin..*

**Keywords:** Antiaging, Nutrition, skin.