

## The Difference Between Anti-Aging and Aging Reversal

Anti-aging therapies and aging reversal methods are different. Anti-aging therapies arose first as methods to slow the aging process such as through the use of antioxidant vitamins, careful diets high in plants and low in calories, and programmed exercise. Clinical studies are proving the value of many anti-aging therapies in terms of maintaining a healthy lifestyle and suffering less disease as on ages. Some anti-aging anti-oxidant compounds are advertised to reduce fine wrinkles but this is often due to a mild edema induced by the cream.

Aging reversal use methods to actually turn-back-the-clock on certain organs and return an organ to a biochemical and physical state closer to what existed at an earlier age.

### Comparing Aging Reversal and Anti-Aging Compounds

Aging Reversal Products	Comments
Copper peptides that are tissue regenerating. (Not all copper peptides have these properties.)	This is the human body's method method of protecting and repairing many tissues. Copper in proteins is the body's primary anti-oxidant defense.
Retinoic Acid - Retin-A, Renova	Proven to reduce significant wrinkles. Can be very irritating. Stimulates the production of TGF-beta-1, the scar producing hormone.
Retinol - Vitamin A	Improves healing during immunosuppression. Reduces collagen breakdown.
Minoxidil	Increases hair follicle size and hair growth.
Propecia	Increases hair follicle size and hair growth.
<b>Anti-Aging Anti-Oxidant Compounds</b>	<b>These compounds have a protective action on tissue but do not repair damaged tissue or remove damaged proteins.</b>
Alpha lipoic acid	The master anti-oxidant that recycles other anti-oxidants. Protects skin against free radicals.
Beta carotene	Good anti-oxidant but may increase cancer rates. Protects skin against free radicals.
Co-Q-10	Good anti-oxidant. Protects skin against free radicals.
Vitamin C	Good anti-oxidant. Strong vitamin C serums stimulate collagen production. Protects skin against free radicals.
Vitamin E and Tocotrienols	Good anti-oxidant. Too much can cause breakouts. Protects skin against free radicals.