

Good boy, go to sleep

Aging is not simply a matter of the passage of time;

In fact, it has been proven that aging can occur suddenly at a certain point in time.

The average ages are 44 and 60.

- ① Marriage at 20 ⇒ Because you see your spouse every day, you don't really notice their age even when they turn 60.
- ② High school reunion ⇒ Because you only see them at two points in time—past and present—you can clearly tell the difference.
(You can also notice it at age 18 and age 40.)

★Proven by Modern Medicine

"Three meals a day," "vegetable-first eating," and "daily exercise" accelerate aging.

"Oxidation" at the cellular level and daily environmental stress make the phenomenon of "aging in a day" a reality.

(Lifestyle habits that accelerate aging in a day accelerate cellular aging)

Effects of ultraviolet rays:

Approximately 60% of the day's total UV exposure occurs in just four hours, from 10 am to 2 pm, rapidly accelerating skin aging (photoaging).

The habit of eating three meals a day:

Biologically, overeating puts a strain on metabolism, and calorie restriction is considered effective in slowing down aging.

Chronic stress and lack of sleep:

These promote cellular oxidation (rusting).

Hunger and the key to preventing aging: Activation of autophagy:

Fasting for 12-16 hours after eating allows old cellular proteins to be broken down and reused, rejuvenating cells.

Switching on longevity genes: Feeling hungry activates sirtuin genes, slowing down the aging process.

Growth hormone secretion: Ghrelin, secreted during fasting, promotes growth hormone production, facilitating skin cell turnover and repair.

Regular fasting periods of 12 to 16 hours activate autophagy, and it has been medically proven that maintaining youthfulness through cellular regeneration is possible.

However, humans are often compromising with themselves because money is within their reach.

Since I don't have money, compromise is out of the question for me.

The truth is, I am forced to fast whether I like it or not.

Lack of money leads to complacency → Potential theft

However, the above behavior is understandable... This is the realization of a USW society

Even I, when I have money to spare, sometimes buy and eat extra food,

so I understand it

In a sense, I am fortunate

Also, thinking in the opposite direction ⇒ You can tell someone's lifestyle habits from their appearance

There are works that bear a striking resemblance

Rejuvenating Beauty

Therefore

"Be a good boy, little one, go to sleep"

The Urashima Taro phenomenon...

It's not impossible if you're exposed to extremely high concentrations of smoke containing all the factors that cause aging.

Violin Canon

Practice aiming towards the front left.