

The Truth about Aging



It's no secret that Americans are willing to spend big to stay young. According to a recent report from market research firm Mintel, sales of anti-aging skincare products reached \$1.6 billion in 2008. Unfortunately serums, potions and creams can only do so much. While you can't turn back the clock, Dennis Gross M.D., a dermatologist in New York City, says there are certain lifestyle factors that will slow it down -- and others that won't. ; the right amount varies from person to person.

Comment: Pay attention to the stormy beginning and the thesis statement.