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## 18 Doctors Share the Number-One Anti-Aging Tip They Always Tell Their Patients

It's the little things.



By Olivia Wohlner, Editorial Assistant · Jun 6, 2022



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**F**rom lifestyle tips to sage sunscreen advice, doctors say the best anti-aging recommendations don't have to be so complicated.

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## Eat Right

"If I had to give one anti-aging tip, it actually wouldn't be a treatment, it would be to focus on your lifestyle. An ounce of prevention is worth a pound of cure. Practicing a healthy diet with vegetables, fruit, nuts and lean protein is a good place to start. Also, drinking a lot of water, using sunscreen, exercising daily and avoiding excess alcohol and tobacco will contribute to a better aging process." —*Woodbury, NY oculoplastic surgeon* [Q David Schlessinger, MD](#)

