

Vivian Orgel's

Maintain Beauty Under Pressure



**Insider Tips for
What You Want to Know and What to Avoid
Hundreds of Solutions to Your Most Intimate
Beauty and Grooming Concerns**

LEARN:

- ❖ **What Benefits your Well-being, Hair and Skin**
 - ❖ **Reasons to Match Foods to Your Moods**
- ❖ **How to Stop Sabotaging Your Health and Diet**
 - ❖ **How to Prevent and Reverse Skin Damage**
 - ❖ **The Effect Stress Has on Weight Loss**
- ❖ **Essential Vitamins and Minerals for Good Health**
- ❖ **Home Remedies for Acne Problems: Getting Beneath the Surface**
 - ❖ **The Best Rejuvenation Regime!**
 - ❖ **Where Glycolic Acid comes from**
 - ❖ **How Thinking Can Affect Your Skin**
 - ❖ **How to Improve Your Skin's Elasticity by Understanding "The Stress Effect"**
 - ❖ **To Be Your Own "Wrinkle Detective"**
- ❖ **Proven Helpful Tension-Management Remedies**
 - ❖ **Seven Ways to Wake Up Happier**
- ❖ **About Ingredients You Don't Want on Your Skin**
 - ❖ **How to Learn from Your Mistakes**
 - ❖ **Holistic Techniques for Anti-Aging Mastery**
- ❖ **To Cure Skin Conditions Yourself—With or Without Drugs**
- ❖ **To Avoid Nasty Beauty Mistakes—Control Skin reactions**

- ❖ **How to Advance the Way You Heal**
- ❖ **How to Manage Pain Better—Over-the-counter Solutions**
 - ❖ **If Your Tattoo is a Possible Risk**
- ALSO**
- ❖ **If Your Products Aren't Working,
Don't Throw Them Out (and why) and
What You Can Do –**
- ❖ **Depressed? Learn How to USE Stress to Snap Out of It!**
 - ❖ **Have You or Your Partner Been Misinformed?
Uncover Concealed Truths!**

Maintain Beauty Under Pressure

**Surpasses Superficial Skin Care advice,
And Covers It All!!!**

Learn Previously Unavailable Solutions About
Skin Types and Personalities
Metabolism and Weight Loss: The Undisclosed Effects
and much more!

Learn About the Author's *Unique* Philosophies

- ◆ The Perceptual Shift Method
- ◆ The Stress Effect
- ◆ Mind-Body Psychology
- ◆ Distraction Techniques: Example, The “Yet” Factor

You don't have to suffer!

Maintain Beauty Under Pressure

Table of Contents

◆ Copyright	15
◆ Publisher's Message	16
◆ Introduction	17
◆ Explaining the UQ	19
Some Unasked Questions and Underreported Topics, Answered	19
◆ Why I Wrote This Book	22
◆ Foundations of the Mind, Body, and Beauty Connection™	
My Philosophies and Appetite	24
The Perceptual Shift Method	24
The Mind-Body Psychology	26
The Stress Effect	27
The Distraction Technique	28
◆ The Physical Effects of Emotions	30
Toxic Emotions and Your Skin	30
Toxic Emotions and Your Body	31
◆ Understanding the Use of Distraction: Finger Exercises and Re-Positioning	31
◆ On the Job	32
How to Direct How You Want to Feel	32
Useful Ideas for Healthier Food Choices	33
◆ Seven Ways to Wake-Up Happier	35
◆ Self-Mastery and Emotions	35

Some Words about Self-torture	35
Depressed? Learn How to Snap Out of It!	36
Use Stress to Your Advantage	37
Hypnosis Helps	38
◆ What You Tell Yourself	38
What Can I Do to Better Appreciate the Way I Look?	38
◆ Improving Your Appearance from the Inside Out	40
Double Exposure: Stress in Your Mind and in Your Skin	40
◆ Medical Discoveries Bridging Stress with Excessive Hair	
Growth and Skin Disorders	41
◆ Learning to Control Your Skin's Destiny	42
Awareness and a Shift in Perception	42
◆ Changing Perceptions with Changing Times	44
◆ Identifying Stress in Your Mind and Your Skin	46
◆ Steps to Anti-Aging Mastery from the Inside, Out,	
with a Holistic Point of View	47
Vitamins	47
Facial Exercise	48
◆ You Can Learn How to Be Your Own Wrinkle Detective	48
Unconscious Facial Reactions	49
◆ Hypnosis	49
Exercise Aids Anti-Aging	50
◆ Facing Life More Beautifully	50
Eating Healthy Bacteria	51
◆ Turn Back the Hands of Time	52

Breakthrough Anti-Aging Skin Treatments	53
Taking it on the Skin	53
The Acid Solution	54
Vitamin A versus AHAs	55
What Can AHAs Do for You?	55
Moisturizing Balance	56
Cosmetic Cover-Up	57
Below the Surface	58
◆ Skin Sensitivity Cautions	59
Aging in the Sun	59
Stress Escalates Aging	60
An Important Precaution	60
De-Stress Your Skin	61
To Promote Younger Looking Skin...	61
All in the Mind	62
◆ Home Beauty Care Rejuvenation Regimen	62
Cure Common Skin Problems with Food	62
Liking How You Look	64
Emotional Eating	64
Healthy Diets	65
Anti-Aging	66
◆ Health and Beauty	68
Healthier Skin and Hair	69
Changing Your Clothes and Attitude	69
◆ Solutions for Beautiful Skin	71
How Affirmations Can Help Your Inner and Outer Beauty	71

Massages	72
Skin Care Ingredients Defined	73
Essential Lavender Oil: A Skin-Safe Topical Application to Promote Rapid Healing	76
Coenzymes: What You Need to Know	77
Answers to Common Questions about Personal Skin Care	78
Warning: Burn Alert	86
Under-reported Tattoo Risks	87
Ingredients You Don't Want in Your Skin Care	88
Ingredients that Hurt Sensitive Skin	88
Ingredients to Look For	88
Exfoliation – Injury Prevention and Care	89
Preventing Stressed Skin Reactions and Damage and Alleviating Facial Muscle Tension	91
How to Identify Stressed Skin	92
Scarring and Skin Repair	93
What Really Causes Wrinkles?	95
Hormonally Changing Skin	95
Cherry Treatment	96
Cold Sores	96
Facial Masks – Clarifying What Masks Do	96
Remedies and Solutions for Acne	98
Skin Lightening Service	99
Paraffin	99
At Home Facials	99
Hand Care	100

Hand Lift	100
Solutions to Skin Treatment Problems	100
Microdermabrasion	101
Light Force Therapy	102
◆ Skin Care Routine	103
Weekly Rituals	106
◆ Secrets to Rapid Summer Beauty: Precautions and Treatments	106
Summer Skin Care Product Cautions and Solutions	107
White: The Summer Color	108
Beware of the Sun!	108
Seasonal Sun Protection	109
◆ Tricks of the Beauty Trade	109
For the Hair	110
For the Nails	110
For the Skin	111
For the Eyes	111
For the Lips	112
Scents	112
Same Line Skin Care Products	112
How Long Beauty Products Take to Work	112
How to Hide a Red and Chapped Nose	113
What to Do if You Over-Tweezed Your Eyebrows	113
Desensitizing Tweezing Pain	113
Shaving Insights	113
Brown Blotches	114

Slimming Your Chin	114
Other Solutions to your Beauty Product Dilemmas	115
Thinking about Plastic Surgery?	116
Compression Therapy	119
Foundation Tips	120
Product Tricks	121
Static Hair	122
♦ Your Beauty Priorities	122
Fragrances	123
Skin and Product Pointers	125
♦ Beauty at the Drugstore	127
Better Beauty Treatments – Kinerase	127
♦ What Men Need to Know	129
♦ Grooming and Beauty Rituals that Don't Work	130
♦ Stress and Beauty: The Causal Links	132
Stress from Different Origins	132
An Additional Precaution	135
♦ Integrative Medicine	136
♦ Herbal Solutions for Hair and Skin	136
Herbs and a Variety of Uses	136
Essential Oils	140
More on Tea Tree Root	142
Herbs for Acne	143
Herbal Tea Remedies for Women	144
Natural and Fruity Age Defying Remedies	146

Aromatherapy	148
Hydrosols	149
Chinese Herbs for De-Stressing	150
Top Selling Herbal Products of the 1990's and Present	150
Distillation	152
Purified Soy	153
Licorice	154
Other Herbs	154
◆ You Want These Natural Ingredients	155
For Cleansing	156
To Exfoliate	157
To Rejuvenate	157
To Moisturize	159
◆ Beware of Natural Remedy Scams	159
Beware of Certain Wrinkle Creams	160
Herbs and Drugs You Should Never Mix	160
◆ Effects of Electronic Stimulation in Promoting the	
Nutrition of Facial Skin	161
Facial Massager/Exercise	162
Facial Acupressure	163
Electro-stimulation	163
How to Fix Problem Areas	164
◆ Vitamins, Essential Fatty Acids and Minerals For a	
Healthier You	165
Multivitamin Treatments	166

Vitamin/Mineral Information Chart	167
Supplementing a Good Diet	168
Skin Enhancers, Preservers and Healers	169
Essential Vitamins for Daily Lives, Longevity and Beautiful Skin	171
Maintaining the Balance of Trace Minerals	176
Essential Trace Minerals for our Daily Lives	176
Essential Fatty Acids: Why You Want Them in Your Life	184
Vitamins for Your Symptoms	183
Treatment for Vitiligo	184
◆ Detoxifying Your Body	186
Reasons for and Against Detox	187
Getting the Most Out of Your Spa	187
Cure Common Skin Problems with Food	189
An Overview of Clear Skin	190
Ageless Skin	191
At-Home Facials	192
◆ Holistic Treatment for Back Pain	193
◆ Beauty Masks for Your Face and Body	
Caution for All Mask Treatments	195
Face	196
Hands	196
Feet	197
Legs	197
Buttocks	198
Upper and Lower Chest Area	198

◆ Excess Hair	199
Minimizing Lip Hair	199
Wiry Pubic Hair	199
◆ Benefits of Facials	200
◆ Hair Tips	201
Temporary or Quick Highlights	203
Summer Hair Dos	204
Myths and Truths about Hair Care	205
Maximize Your Hairs' Shine	206
The Secret to Smooth, Sexy Spirals	206
More Bang for Your Blow-Out	207
Fight Dandruff with AHAs	207
Nutrition for Your Hair	207
◆ Hair Damage, Dandruff and Stress	210
◆ Facial Tips for Men	211
◆ Ultrasound	212
◆ Your Body Needs Fuel	213
◆ The Effects of Stress on Metabolism and Our Weight	214
Stress and Your Basal Metabolic Rate	215
Case History	216
Weight Loss Facts You Might Not Know	217
Fast Tips for Losing Weight	217
◆ Exercising and Weight Loss	219
Ten Reasons to Start Exercising Today	219
Ten Common Mistakes to Avoid During Exercise	220

Secrets to Getting in Shape	221
Insomnia and Exercise	222
Weight Training Supplements	222
Effervescent Creatine & Spermidine	223
Weight Loss Scams	224
Natural Substances for Dietary Aid	225
Thigh Cream and Cellasene: Cures for Cellulite?	226
♦ Rekindling Your Weight-Loss Energy	227
Examine Yourself	228
Redesign	228
Think and Act Positively	229
♦ Antidotes, Tips and Exercises for Relieving Stress	230
♦ Prevent Stress Binges	230
♦ Key Words and Topics	248

Copyright

All rights reserved under international and Pan-American Copyright Conventions.

Published by MBBC Inc. 2019

Library of Congress Cataloging in Publication Data

www.mindbodybeauty.com

This book was printed in the United States of America

Cover design by Vivian Orgel

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means—electronic, mechanical, photocopy, recording or any other—except for brief quotations in printed reviews—without prior permission of the publisher.

Publisher's Message:

Seek medical advice from a board-certified dermatologist, before beginning any procedure described in this book, for it is not intended to replace medical advice.

Read all directions carefully prior to use of any product. Never use exfoliants around the eye area. The author assumes no responsibility for improper use or any injury that may result from misinterpretation of the information contained herein.



**Are you struggling with your body? Do you feel uncomfortable
with your physical appearance?**

**Everyone struggles with decisions about how to take care of and
treat their body.**

**This book is
for all those women who do *too much*!**

Introduction

This book is all about helping you maintain beauty under pressure. One of the most important factors wreaking havoc on your looks is, undeniably, stress. This chapter outlines four adjustments that will boost your energy level, unlock your natural vitality, reduce your stress level and help you to love your life more again.

1. Reduce your stress level:

While you have no control over all the factors that influence your life, you have the power to control your reactions to them. So, when you are overloaded, the first thing to do? Breathe. When you are stressed, you tend to breathe in short, shallow bursts, which limits your oxygen intake so your whole body becomes shaky. Sit with your back straight, taking full, deep breaths.

Make sure each breath is full and complete. Do this at least once a day and this will help you become more attuned to your breathing and will help avoid those shallow, short breaths. Make sure you only take on what you can handle. Rate your worries on a scale of one to ten and keep things in perspective. Finally, be able to identify your stress triggers. Learn how they affect you and then curb them so they don't push you over the limit.

2. Boost Your Mood:

Get rid of that annoying little voice in your head that is dragging you down. Change those negative thoughts into positive ones. If someone asks you how you feel, answer them positively, "great!" Get away from the burdens and

find solutions. Always find the positive in any situation, which will brighten your day. Also, cut out friends who keep you stuck in negativity and who are seriously hurting you. Don't let other people's toxic personalities hurt yours and weigh you down.

3. Increase Your Energy:

First and foremost make sure you're getting enough sleep. Try to sneak in a short "power nap" (never exceeding thirty minutes) whenever you can. If you know you are getting enough sleep and still find yourself dragging yourself around through the day, then maybe you are just bored. If your job is sucking the energy out of you, then maybe it's time to consider a job change, or a lifestyle change if you can't switch jobs. Stimulate your life with interesting activities and people who make your life more worthwhile.

4. Boost Your Confidence:

Stop questioning your capabilities. Make a list of things that you like about yourself and include everything you can think of. Call someone each day that makes you feel good about yourself or leave a message on your own phone machine, which is a pep talk. Don't make someone else's success make you think you are a failure. Take it in strides and realize that you can do whatever you put your mind to.

Explaining the UQ, Unasked Questions

Vivian Orgel offers researched and unique professional advice, stemming from “Unasked Questions” that are essential to know. This pioneering educator's advice is rare because many experts won't - or can't - give it to you. No other source offers so many home remedies, indispensable insights and reveals new and modern answers to health and stress issues!

While FAQs are common and can be found in a variety of sources ranging from books to magazines and the Internet, much of their advice is not thorough. As an educator, Ms. Orgel investigates causes, side effects and solutions, deeper than any known source available to consumers and most practitioners. Therefore, she created “Unasked Questions” to address psychological and specific grooming concerns for consumer protection because not every consumer knows the right questions to ask. It is very important that the consumer is educated not only in the questions they need the answers to, but the ones they have not even thought of.

By gaining information from FAQs and UQs, you can become more enlightened in a subject. To perform self-care or know when someone's treatments aren't properly administered, these FAQs will educate you and the UQs delve deeper into important issues and about specific information that is not explained or known - therefore even more precious.

Unasked Questions and Underreported Topics, Answered:

Do You Want More Emotional Survival Skills?

Are You Struggling with Your Body?

What Are Some Under Reported, Beauty Insider Cures for Cellulite?

Do You Feel Uncomfortable with Your Physical Appearance? - Learn How to Unlock your Natural Vitality.

Depressed? Learn How to Use Stress to Snap Out Of It!

The Critical Effect that Stress Has on Weight Loss. What You Can Do?

Manage Pain Better: Over-The-Counter And Holistic Solutions

Use Your Thoughts to Direct How You Want to Feel.

Get Control and Tame Tension Makers

Get Out of the Negativity Cycle

Cure Common Skin Problems with Food

Turn Back the Hands of Time and Be Your Own “Wrinkle Detective”

How to Prevent Injury, and Proper Care After Exfoliation

Identify Stressed Skin

Prevent Damaged Skin

Prevent Scarring and Repair Skin

Hide a Red and Chapped Nose

Slim your Chin.

Cure Common Skin Problems with Food

Fight Dandruff with AHA's

Take Care of Your Insomnia Differently

Avoid Weight Loss Scams

How to Inhibit Acne

How Thinking Negatively Affects your Skin

What you Need to Know about Coenzymes

- ◆ What Ingredients You DO NOT Want in your Skin Care
- ◆ What Ingredients Hurt Sensitive Skin
- ◆ What Really Causes Wrinkles?

- ◆ What is The Best Skin Care Routine for My Skin Type
- ◆ How Long Do Beauty Products Take to Work?
- ◆ What to Do If You Over-Tweezed your Eyebrows?
- ◆ How to Take Care of Brown Blotches?
- ◆ Thinking about Plastic Surgery?
- ◆ What Men Need to Know?
- ◆ What are the Medicinal Uses of Herbs for Skin and Hair?
- ◆ Herbs, Drugs, Vitamins and Minerals that You Should Never Mix Together
- ◆ Which Vitamins are Used to Achieve Beautiful Soft Skin
- ◆ Why You Want Essential Fatty Acids in Your Life
- ◆ What Causes Dandruff and Hair Damage?
- ◆ How Does Stress Affect our Metabolisms and our Weight?
- ◆ What Ten Common Mistakes Do I Need to Avoid During Exercise?

Why I Wrote This Book

Are you burnt out from your job, emotional issues or just daily life? Do you find you're always on the move, and that you don't get time to relax or indulge? Is your appearance suffering from all this stress?

Surgeries only last so long - get to the root of your problems and take your beauty matters into your own hands! This book is all about helping you ***Maintain Beauty Under Pressure*** holistically and nearly cost-free. Like all of us, I deal with stress and beauty every day. I have researched causes, effects, preventions and cures extensively, so I wrote this book to pass my knowledge on to everyone else in my position. By offering these insights and beauty-enhancers to everyone, I uncovered solutions to help you deal with problems that physicians and beauty professionals might not consider. I developed my philosophies out of my own need to feel and look better, as well as the desire to help others to do the same. You too can “outsmart mother nature” and prevent the visible consequences of daily stress on the skin.

One of the most important factors wreaking havoc on your looks is undeniably stress. No matter where you go in life, stress always seems to follow. We are thrust into daily decisions and situations where we need to control the tension-makers and others factors that negatively affect our beauty. While this book goes into much more detailed ways to do this,

STOP:

Costly Maintenance and Doctor Visits.

It's Never Too Late to Look Your Best!

You don't have to develop skin conditions or stress marks, but if you have, find out here what you can do about them. You can learn easy alternatives for a happier, healthier you. By implementing original techniques and my professional tips, you can improve your appearance from the inside out. This book is the best way to help your beauty return or to maintain what you have become: more comfortable and confident with how you look during difficult times.

Refuse to fight self-sacrificing battles!

Don't participate in problematic stress.

Maintain Beauty Under Pressure gives you solutions and techniques for looking your best at all times.

GO BEYOND the surface and solve problems at their roots, through holistic and over-the-counter approaches to health and beauty.

We can all decide to take control.

Learn how to take matters into your own hands, and lessen the damaging consequences of emotional, physical and environmental stress.

Psychological and physiological tension can cause dozens of hard to identify and underreported ailments—don't let them become daily burdens for you, as they have for so many others. Stop them before they take their toll on your mind, body, spirit and beauty; stop them before they stop you!

Foundations of The Mind, Body, Health and Beauty Connection™: My Philosophies and Approaches

The Mind, Body, and Beauty Connection's™ “emotional management systems” are Ms. Orgel’s personal growth techniques for self-improvement. Lasting healing benefits are realized when you learn to substitute reaction with positive action and defuse the potentially far-reaching impact of stress. This wellness series emphasizes new answers and provides expert nutritional guidelines, case histories and findings from client surveys and advice from the author on how to not only manage stress, but use its energy to benefit us, instead of letting it age and use us. Ms. Orgel’s approach helps you free up more energy for mind, body and spirit. Why suffer?

The Mind, Body, Health and Beauty Connection™ addresses the causal links about beauty and concerns that cause stress, providing solutions through professional and medical advice and her personally developed philosophies. “Mind-Body Psychology” emphasizes the importance of mind-body interactions in preventing and inhibiting more than just **skin injuries**, but the emotional and physical reactions from excessive stress as well.

•The Perceptual Shift Method

Problems keep us anchored in worry and fear. You most likely will remain stuck until they are resolved or you move away from them into something positive to replace them. One way of letting go of stress is by altering your perception of the problem. If you think of your memory as a camera and

use it to see a picture close-up (this is a still life), you can focus on something important and bring the picture closer in your mind to see something you want to work through, understand or change. This method helps you see things differently.

By re-focusing your attention and your energy you will be able to perceive problems differently and avoid turning to unproductive or self-destructive patterns. Instead of thinking about what you need to do that is difficult or what you haven't been able to accomplish on your "to-do" list or in your life, see the value and good in difficult situations. You will come away from experiences a little more educated and savvy to help you face similar situations in the future. USE Therefore, you won't find it as stressful or painful. This is a good tool for problem solving and forging ahead with your own personal development.

Using this approach, you can take a longer look at the problem and decide whether you want to hold it in a smaller way in your mind or see live action, like in a movie, and let the movie run forward to another frame, thereby creating something more positive about that situation. Additionally, you can put the image farther in the distance or focus directly on the problem. Holding onto it with a zoom lens brings the problem closer. You can know you have a problem, but your problem won't have the same hold on you. By learning this technique, you can tell yourself things about a difficult situation that will make it less painful.

For example, someone told me they had had a very bad childhood, and rather than focusing on what went wrong, they chose to see some of the good things that their parents gave them instead. By doing this, the bitterness about what they "didn't have" or "couldn't get" was no longer an issue. Without dismissing the bad memories of the past, they chose to see the good things to

preserve their emotional well-being rather than the recurring psychological distress that they could have continued to focus on. Resolving anguishing moments from your childhood will help you see and overcome the difficulties in your current relationships with partners and family and helps you take responsibility for your own actions.

You can learn to let go of the past, live, grow and change in the moment, using behavior goals as a guide and a motivational tool. Move forward and focus on participating in your own well-being—and a better future with the belief that **things will work out.**

Some emotions can be very harmful, such as anger, when it clouds your mind in a conversation. However, your emotions don't have to stop you from expressing how you feel. Emotions don't control you. Just think differently.

By using “The Perceptual Shift Method,” you don't have to be incapacitated by stress. Just because you may be enraged by something said, doesn't mean you can't choose to think about the positive side and respond in a calm fashion. Realize how others will see you, and use that thought as motivation to control your stress and your reaction.

If you really are troubled by the conversation, think about all you've accomplished so far - or what you can still achieve. Take all the positives you can and use them to keep going. Override the negative effect of stress.

•Mind-Body Psychology

“Mind-Body Psychology” helps you remain conscious and in control of your emotions, thus your stress levels. When you use this technique you release tension. **Know it, feel it, disarm it and let it go.** It enables you to control the way you feel. It is the diagnostic thread that you use as alternative tension

management techniques. Both our health and **appearance** are directly related to how we manage our emotional stress levels and how our body processes extreme tension. Using repetition, you can reduce or alleviate physical and visual ailments, such as skin reactions -- excessive dryness, acne—stomachaches and headaches, etc. You will not only gain aesthetic results but better health as well.

The mind's influence cannot be separated from how we physically use stress and hence this shows up on our skin and body. You can also learn to stop or postpone premature aging. A new attitude will not only change the way you **think** but the way you **feel**. For most people, looking their best begins with managing their emotions. "Mind-Body Psychology" is helpful in teaching you how to think a little differently to get you back on track.

It is beneficial to be in a calm state because you can express yourself in an easy manner. Reduced stress allows you to communicate more clearly.

It's important to be aware of the physical and mental affects stress can have on you.

Stress may cause us to treat ourselves and other people badly. By practicing good stress management and "Mind-Body Psychology", you will also raise your self-esteem.

•The Stress Effect

Stress is a human condition, a habit and recurring pattern in the mind. By redirecting, controlling and minimizing thoughts and emotions that are stress producing, you will gain the ability to put a stop to the premature aging process. "The Stress Effect" influences hormonal reactions and other bodily responses. Stress can be very dangerous, especially if you are unaware of the effects that it

can have on your body. The anxiety or emotional tension inflicted on you can be buried within, building until you find it affecting you and other people.

There's no reason to ruin a friendship because of a temporary lapse in judgment brought about from a bad day. Communication is extremely difficult when either party is overly stressed. This book details how to deal with "The Stress Effect" for better relationship skills.

Learn to deal with "The Stress Effect" and fight back against self-defeating issues. Don't create trouble for yourself or for others by being in a negative state of mind. By controlling your stress levels, you can keep a cool head in a situation and always say what you **really** mean to say.

•**Distraction Techniques**

You may sometimes find yourself talking to somebody who you are not prepared to deal with. When in a situation like this, "The Distraction Technique" is a lifesaver.

Say that you are getting into a heated argument with someone. Rather than ignoring the person or getting very frustrated, try not to invest so much anger - why not think about something happy? Relaxing allows you to reduce your stress levels to be more aware of what's happening. Instead of getting drawn into the argument and flinging back with an insult you may regret later, consider your thoughts more rationally.

"The Distraction Technique" can help you to escape from being caught in the heat of the moment. Don't overwhelm yourself with agitating stress-producing emotions; instead use physical or mental distractions to diffuse the affect of a negative conversation such as tapping your foot, chewing gum or changing your posture. Use thought redirection to start a different project so that

your mind is involved in it. Change your mind, or at least change the way which you perceive things.

Ideas to use to distract you:

Use something icy cold on your wrist or neck ... Bring a zip lock bag if you want to save it, MAY sweat as well.

Change your thoughts

Change your posture, lean on a different side.

Pinch your ear lobe

Do isometrics.

Things you can tell yourself or think, in order to distract yourself from the environment, poor self-talk, etc.:

- Think about the goals you have and three things you can do to keep yourself moving forward.
- Think about things that have to be done in the next hour or so and not anytime afterward; focus on doing those tasks completely well and not worrying about outcomes.
- Keep positive thoughts flowing; if you are having trouble with maintaining a positive attitude, restrict your thoughts to topics that you have little worries about. Focus on solutions and being productive, not on outcomes or anything that is theoretical. Think about how far you have come in different ways.
- Try new things that will require 100% concentration: learn to cook a new and complex recipe; read a book you have been wanting to read; learn a new art skill, such as cutting mosaics or painting on glass; reorganize a part of your office or kitchen that is already clean, but needs a new look; plan menus and clothing for the week ahead.

The Physical Effects of Emotions

Here are some of the consequences of excessive negative emotions:

- ◆ Change of skin color
- ◆ Change in skin tone
- ◆ Decreased metabolism
- ◆ Liver spots
- ◆ Advanced aging of the skin
- ◆ Loss of collagen and elasticity, increasing sagging

◆ Toxic Emotion and Your Skin

Your personality has a direct impact on your skin. Those who easily become angry, may experience subconscious or conscious effects on their skin and in their mind and body. An example of a physical effect is muscle clenching, from extreme tension, as well as wrinkles on the forehead and the lip line. These same emotional factors tax the adrenal glands and the normal functioning of our hormonal systems. Additionally, this breaks down elasticity and decreases the collagen in our skin, which eventually results in sagging.

With all the attention you give yourself, living a fast-paced life and constantly in overdrive, these are some of the possible effects.

●Toxic Emotions and Your Body

Anger and sleeplessness keep your body on constant alert and don't allow it to rejuvenate. The damaging effects of these toxic emotions and being revved up all the time breaks down our bodies' ability to repair our skin, leaving us vulnerable to hypersensitive reactions. To help prevent burnout, use anger as motivation, a tool for getting things done. This is not only useful and productive, but it diverts harmful consequences to our overall appearance and emotional well-being.

Understanding the Use of Distraction: Finger Exercises and Re-posturing



Do you know you can distract your mind from feeling discomfort? By gently pinching the ear, cheek or a fleshy fold of skin between the thumb and the index finger, you can replace the sensation of pain with that of gentle pressure, therefore, also preventing your face from responding to the discomfort unconsciously. An additional physical distraction method is to change your posture from sitting to leaning or the reverse. This switch in the body's positioning -- "re-posturing" -- de-stresses the body. Finally, exercising or physical movement can help put your mind elsewhere if you have a headache. List distractions for yourself; here are some helpful ones:

A touch, crossing a leg (because the physical weight of one leg on the other can pull tension away from your mind), a change of environment, music,

air conditioning, massage which can help you to relax your body and muscles, tapping your toe, putting gentle pressure on top of your eyebrows, using acupressure points, washing your hands, washing your face, staying away from calling your mother-in-law, walking your dog, going to a manageable light task and most important—knowing what to tell yourself.

On the Job



- ◆ Never try to pick up the phone when you're annoyed or angry. Instead take a breath first and smile when you answer the phone or place a call. Then you won't make a possible bigger problem.
- ◆ To help get control over stress, never use your credit card on the Internet if you're not on an SSL (secure) Server.

How to Use Your Thoughts to Direct How You Want to Feel

Sometimes while I'm walking, I notice that I begin to rush-- even though I gave myself more than enough time to get somewhere-- I'll ask myself, "Why should I be nervous?" I then tell myself, "I know how to walk fast, and I don't *need* to stress out about it." I reduce the stress, by saying to myself, "I need to calm down, and I don't need to walk faster." I have enough time.

Then I calm down. **I give myself permission to relax.** My leg muscles begin to relax. I continue to say to myself, "I can relax...I can **R-E-L-A-X**... I

want to relax.” I can feel my heart slow down, my legs become looser, and my breathing becomes deeper. When you use this method of positive self-talk, it can help you in many different situations, including either self-imposed or out of your control. Why should I be nervous? I don’t want to be. By telling myself this, I’m taking charge and feeling more in control. It’s as if I gave myself permission to let go of the headache. I begin to de-stress and move forward.

Useful Ideas for Healthy Thoughts and Better Food Choices



You can only deal with so much during a single day. Why make room for unnecessary worry in your head? Tell yourself, “I don’t have time to make space for this problem... I don’t need it and I don’t want it.” For example, the act of choosing what to eat can cause us stress but we also use food to de-stress. You can learn to manage this pressure by making small substitutions. For example, if you like to chew and you need a substitute, instead of diving into a box of crackers that will make your hips larger, try steamed zucchini or crunchy raw vegetables, like celery or red pepper. Have these on hand and have fun. Since the craving is all in your head, you can minimize the desire with this method.

Try not to make the mistake of rewarding pleasure with pain. You can correct this. Mistakes will be made, but don’t become attached to them. Learn from them and move on. Of course, you can make the same mistake twice, but re-

learn the lesson and work hard not to fall into the same trap again. By telling yourself where you need to go, you will move in the right direction.

If you follow through with your exercise goals, don't "treat" yourself with food rewards. Chances are eating won't make you feel better--you're more likely to feel guilty about it. This thinking moves you backwards instead of where you want to go. That piece of cake may look good but do you really want to worry about the calories for hours afterward?

~ ? ~

Roses Are Pretty, But They Also Have Thorns

~ ? ~

Choose your rewards wisely. Eating doesn't solve your problems. Using food in such a manner might turn it into a barrier that blocks your view of the actual solution.

My first choices are things that take a while to eat or are low calorie:

- ◆ Gum or Tic-Tacs
- ◆ Sliced vegetables—broccoli and celery; texture—crunchy

Seven Ways to Wake Up Happier:

1. Say some nice things to yourself
2. Have a healthy breakfast
3. Put sleep lines to rest
4. Take care of your hair
5. Indulge in aromatherapy
6. Enjoy your favorite music
7. Love yourself even with puffy eyes and blotches

Self-Mastery and Emotions



Some Words About Self-Torture

When you are under pressure don't tell yourself things to make yourself depressed or even more depressed. It doesn't feel very good and it doesn't help. Reoccurring thoughts with unhappy endings will aggravate your skin and possibly promote more hairiness.

One of the best gifts we can give ourselves is to eliminate self-punishment and stress. Instead of punishing ourselves based on whether or not we live up to our commitments, start working on those commitments. When you tell yourself **I can, I will** and then **you don't** your mind doesn't know what to believe. Your self-worth and self-esteem drop. Is it really worth it not to follow through? If we punish ourselves. we get stuck in that and nothing good will

come from it. Instead it gets reinforced and takes a lot longer to come out of. This is a pattern that can be corrected by what you tell yourself and not falling into the emotional quicksand. Learning to follow through makes a difference to your self-respect.

Depressed? Learn How to Snap out of It!

Depression is a hot topic. It can keep many of us from achieving the things we want. If you separate the **De-** from the word it is under pressure. If you see results from your efforts no matter the size it will remove self-defeating thoughts. This realization of progress leads to satisfaction. You can appreciate putting your efforts where they are effective and it will free you from self-torture. Here are some examples to combat the negativity of stress and gain positive results:

I don't walk around thinking how I hate my life. I don't have an attitude that continually escalates in a negative spiral when things are falling apart around me. Instead I say I'm going to put my make-up on, change my attitude and wear something nice so I look and feel better for myself and others. Then I find support.

Try to create passion for a hobby you will like to do often or something interesting to you. Go out and find that hobby instead of sitting around and lamenting negative things. Focus on what you have then what you don't. There are so many people that care about me and love me. I'm not alone. I will tell my friends how much they mean to me.

I appreciate their friendship. **I'm happy I have so much that is working out.** This may take some time to change, but I can do it. My focus is to pat myself on the back or give myself a hug, not to bring myself or others down. My

inner beauty sustains me through tough times. I don't see all my concerns burdening me and requiring an emotional investment anymore. Instead I move towards finding answers to relieve my discontentment.

Use Stress To Your Advantage

I'm continuously learning how to use stress to my advantage, to motivate myself. I don't want to be hard on myself anymore. If it doesn't happen today, it will happen tomorrow. We can become stuck in an upsetting situation by giving priority time to it. Try to move forward or around a problem until you have the information or time with positive thinking to chip away at what's upsetting you. You will feel better by getting away from your problems. Listen to someone else's or take one of yours at a time. It's not about running away from a problem, it's about getting off the pity party, resolving or solving it.

Ask yourself: When I feel (fill in your emotion) what can I tell myself?

I feel angry; this isn't good for the way I look or for the way I feel and for the people around me. Maybe angry is too strong a word. Maybe I'm disappointed or momentarily unhappy. Maybe I am angry, but what is the advantage in being angry. There is no advantage in the way my body will feel. But my mind and body can feel really good if I use this emotion and redirect my thoughts constructively instead of destructively. If I can get off my anger enough to be able to use the energy, I might even find productive things to do. I will walk away if I can, until I can see more clearly. When I come back to it energized from positive movements or actions in my life then I can work things through more easily.

•Hypnosis Helps

There are many benefits to using hypnosis. You can de-program bad habits and unwanted behavior and redirect yourself. Emotions can be reversed from negative to positive, resistance and fear can be overcome. Hypnosis overrides the past so endorphins, which help alleviate pain, even migraine headaches, can appear. Childbirth has even been known to benefit from techniques of hypnosis because it is a form of relaxation. Controlling and soothing your inner emotions through hypnosis will also help your outer appearance. Skin conditions reflect inner emotions. For example, nervous tension is a cause of blushing or redness; repressed anger may lead to hives, anxiety to eczema.

Sexual dysfunction is also curable via hypnosis – male impotence, premature ejaculation and inability to orgasm, etc. Hypnosis was introduced years ago to the sports world to athletes and sportsmen. As long as you get in touch with your inner self, there's no limit to what you can solve.

What You Tell Yourself



•What Can I Do to Better Appreciate the Way I Look?

If your physical appearance causes embarrassment and interferes with your life, you can alter your appearance, find a different wardrobe, have a spa treatment or get mini surgical procedures, have a more dramatic change.

However, an internal answer would be to learn to love and accept yourself as you are and improve what you can. If all else fails, you could look into therapy to help discuss and work out any appearance issues you might have.

When things are falling apart around us, the right words can take the pressure off, while the wrong words turn up the heat. Turning things around may seem like an insurmountable task, but it is doable, even under the worse circumstances.

What I tell myself is:

- ◆ I can
- ◆ I will
- ◆ I want to

If I say, “I can’t handle this,” I immediately throw myself in quicksand. When I first started turning negative thinking around, these thoughts came up often. I heard them and kept telling myself:

- ◆ I will get through this.
- ◆ Something good will come from it.
- ◆ I will find a way.
- ◆ I won’t let myself down
- ◆ I’ll be fine, I don’t *need* to stress out.

Do you need to reinforce those negative thoughts? **It is not a need.** I am not willing to add anything to my life that will cause more stress. I allotted a certain amount of time where I would have this conversation with myself. These pep talks are highly useful and are available at any time. There is never the need to feel the embarrassment or shame that comes from talking to someone about the frustration of confronting your self-imposed limitations.

Sometimes, though, it is important to stop the conversation with yourself and allow for an empty moment. Daydream. Let your mind roam. These are the times that keep your mind quiet while relaxing or sleeping.

Do not expect perfection from yourself. Being happy with ourselves is what we strive for. Perfection is not a living being, but an unattainable idea.

Place emphasis on discovering ways to change and you will. What looks hard won't throw you over the edge because you'll be able to develop a system that stops the cycle at the beginning.

Improving Your Appearance from the Inside Out



●Double Exposure: Stress In Your Mind And In Your Skin

Do you believe the way we think can affect our skin? My research shows that it can. De-stressing the mind and body de-stresses the skin. When people keep their worries inside, their skin can develop many problems, especially if they are worried over extended periods of time. Stress often causes the skin to break out. The more people worry and lack self-confidence, the more likely they are to get pimples! Those whose skin has volcanic type pimples or pitting are probably very emotionally sensitive. They find it harder making important decisions without guidance from a mentor, parent or boss.

~ ? ~

Look in the mirror every day and compliment yourself on a different aspect of your appearance—appreciate; don't depreciate.

~ ? ~

Medical Discoveries Bridging Stress with Excessive Hair Growth and Skin Disorders

~●~●~●~●~●~●~●~●~●~●~●~●~

It has been discovered that stress leads to an increase in the levels of androgens in our bloodstream. In turn these androgens increase hair size and can cause additional growth. If we cope well under stressful conditions, there may not be a significant change in our skin other than heightened sensitivity. The relationship between stress and the functions of different organs and psychological systems in the body is quite complex. There is a great deal of controversy over these issues in many scientific circles.

For some of us, life is always filled with stress and, consequently, our skin may be normally sensitive. For others, ongoing stress can turn skin shades lighter. Also, due to stress, skin that appeared smooth, tight-pored and silky may become reactive to the touch. Deadline crunches or personal problems may just be the breaking point. In a more peaceful state of mind, emotional strain can be tolerated. But under these types of increasingly stressful conditions the skin sends warning signals. When skin swells up from scratching an itchy spot and an

impression remains or welts up from the slight touch of a fingernail, the signals are indicating a "hyper-reaction."

Learning to Control Your Skin's Destiny



Awareness and a Shift in Perception

I have found many changes in the last ten years in terms of stress reactions. Stress still elevates the male hormone that produces excessive hair growth, pimples and acne, but our level of awareness on this topic will decrease the degree of idiopathic hirsutism and other various skin disorders. People are just becoming more aware that stress reactions cause a host of problems, including excessive hair growth and are therefore focusing more energy on trying to control their stress levels.

During extremely stressful times our skin is more prone to stress reactions and breaking out, but these problems usually go away when the stress dissipates. For example, I've treated many college students during exam time when they were under extreme stress when their skin was highly sensitive and broken out. Some of these students went on doctor prescribed topical or internal treatment to improve their skin, but whether or not they had gone on any type of medications these students' skin returned to normal after the anxiety was over. The same effect occurs with many people when they start new jobs, get married or date someone new.

How can we control excessive hair growth and skin disorders due to stress? Those who deal with stress confidently, creatively and realistically in their lives rather than keeping hostilities and worries bottled in, make faster progress with permanent hair removal therapies and problem skin treatments, than those who do not develop good coping mechanisms. Severe stress inhibits and slows down the success rate of excessive hair removal and skin care for those who are pre-disposed and susceptible to the "hormonal stress reaction." We should learn to modify our behavior so we don't worry about things we have no control over. A good example is the way we react when we are stuck in traffic. Stressing our bodies out and tensing our muscles won't help us get to our destination any faster. A better mind-body approach is taking into account what is going on, realizing we can't do anything more than we are doing and trying to relax our bodies until we arrive at our destination.

A simple shift in the perception of a stressful situation can cause you to perceive it as an opportunity. To illustrate this let's say again that you are stuck in traffic. Instead of focusing on the negative, think about it as extra time that you wouldn't have had otherwise. Use it to think about something that you haven't had the time to give proper thought; such as a positive statement someone has shared with you.

There is a distinction between the driven Type A person who is often unable to cope well with stress and the less hyper type B person in whom stress is less obvious. People who are primarily relaxed and in control work quickly and efficiently. This control and relaxation can be seen in the skin, which reflects inner calmness. Calmness can be achieved through many techniques including hypnotherapy, so it is not necessary to cut back on responsibilities in order to lessen stress. The stress reaction becomes a natural and automatic mental

response to processing information. For example, I have discovered my skin is hypersensitive only when I'm upset or sleep deprived. Exercise is one method I've found that reduces stress and releases the harmful toxins that our bodies store during stressful periods.

Changing Perceptions with Changing Times



Most young women today are being raised in environments where greater emphasis is being placed on acceptance of responsibility for their own lives. In previous generations women were taught to depend on others more often. They thus had more difficulty adapting to personal responsibility and growing as individuals in order to become autonomous, self-dependent people. The stress that resulted from the greater struggle women of previous generations endured in order to reach a level of autonomy and self-dependence may account for the greater instance of excessive hair growth in these women as compared to women today.

An additional sign of these changing times is the fact today more men are looking for hair removal treatments than ever before, as physical ideals have changed from hairy to hairless. In today's image conscious society the desire to look and feel better has crossed the barrier of the sexes and become universal.

Those of us who manage our emotions have fewer skin problems and feel more confident and prepared. Our minds and bodies are more relaxed. I believe

people can train themselves to develop an automatic coping system using self-hypnosis. Even in our anxiety provoking, indeed hair-raising times, the role of stress in unwanted hair growth has largely been ignored. However, since my roles as hair removal expert and hypnotherapist have overlapped, I've found irrefutable evidence that "The Mind, Body, and Beauty Connection™" affects the brain through the pituitary and adrenal glands. This has been outlined by endocrinologist Dr. Walter Futterweit, "Stress induces the release of hypothalamic neurotransmitters. These then cause the pituitary to secrete ACTH (adrenocorticotrophic hormone), which directly stimulates the adrenal response. The adrenal gland releases a group of hormones, such as glucocorticoids, as well as androgens and estrogens (cortisol, corticosterone)."

In other words, in response to stress, the pituitary glands located in the base of the brain produce ACTH. ACTH stimulates the entire adrenal cortex (the outer portion of the gland) and a variety of syndromes may result depending on which hormone or group of hormones are increased. Stress affects us physically and emotionally. It affects glands differently depending on the person and the situation. The androgens circulating in the bloodstream can cause fine, soft body hair to grow as coarse and noticeable dark hair. The clinical term for this is hirsutism Anthony E. Karpas, M.D., in **The Adrenal As a Source of Androgens**, states: "The adrenal gland is the stress gland of the body. Both physical and psychological stress may increase adrenal-androgen production via an increase in ACTH."

It has also been discovered that different types of birth control pills may reduce acne and excessive hair growth, depending on the hormone levels contained in the pill. You should ask your doctors about this option and about Demulen, which has been shown to reduce acne and excess hair in some women.

Although I firmly believe you should try to control stress reactions from the inside out, which will in turn reduce acne and excessive hair growth, some of you may find that "The Pill" is an attractive option. All of you who are considering this should certainly consult your doctors about the side effects. Endocrinologists and internists prescribe other medications when hair growth and skin is out of control - but here are some ideas to help you identify stress so that you can gain control!

Identifying Stress in Your Mind and in Your Skin



No, it's not all in your mind! In **“The Mind, Body, and Beauty Connection™”** featuring my two books **Vanishing Hair: The Ultimate Hair Removal and Skin Care Guide** and **Anti-Aging: Wrinkle Prevention, Reduction and Elimination**, I source stress as one of the causes of excess hair growth. Aside from the normal hair growth women have every five to seven years, extreme stress elevates the hormone that stimulates the growing process. Stress also manifests itself in the skin. The skin reflects our internal state, whether we are feeling great or not up to par. Skin types reveal our personalities because many traits can be seen contained within the skin. For example, open pores can signify a person who is always on the move and has many unresolved issues. When we relax and work towards a healthier state of mind and find solutions, our skin tends to tighten. However very open-pored skin will never completely tighten.

Steps to Anti-aging Mastery from the Inside Out, With a Holistic Point of View



"You Can Learn How to Outsmart Mother Nature."

Here are some aids to anti-aging from the inside out with the use of proper self-management, attitude, vitamins and perceptions of stress.

This informational article includes some unknown or seldom-used holistic approaches to anti-aging.

•Vitamins

I use vitamins for energy, spirit and well-being. We all know vitamins are never a replacement for proper nutrition or the sleep our bodies need. I may get results because I believe in them. My skin is always soft and I believe it's because of the vitamins, because I rarely use body lotions or creams. Experience has taught me that taking PABA and Panathanic acid for years has prevented hair loss and graying. I'm 50 and I have no gray hairs. People think of me as seventeen because I have such a high energy level and participate in my own well-being to keep my life constantly fresh. When I have gone through tremendous stress, such as a death in the family or the leaks in my apartment, my belief system and vitamin supplementation has gotten me through it.

•Facial Exercise

Facial exercise techniques for anti-aging that not only helps keep muscles toned and tight, but also makes your skin look years younger. This facial fitness takes only ten-minutes and consists of an easy-to-practice massage that should be performed twice every day. This technique, which massages and exercises nine muscle groups in the face, includes muscles around the eyes, the jaw muscles, around the mouth and side cheek and also the chin and neck muscles.

- In addition to well-known vitamins, anti-oxidants keep us young
- I have spoken to nutritionists and health food store managers about levels of daily vitamin dosage. In the last few years I have increased some of my vitamins when I'm under excessive stress.

You Can Learn How to Be Your Own Wrinkle Detective **"The Orgel Method"**



Do you express yourself visually as well as verbally, tensing muscles in your face causing those laugh lines, crow's feet, worry lines and prune lips? The best cure is one you can do yourself. It's worked for my clients and me. Pay particularly strong attention to those times when you are laughing, concentrating on something intently or when you're unhappy. Look in the mirror once in a while and learn how to relax your facial muscles and feel the changes in those muscles as a reaction to your thoughts. Learn to control your unconscious facial

reactions. The mirror is the best resource you have, to see what your face is doing.

Experience your habits by pairing up with a friend and tell each other stories that deal with very strong emotions such as anger, happiness and frustration, which are more likely to produce unconscious emotional reactions in your face. To monitor each other's unconscious facial reactions record these sessions and take notes so you can practice releasing the muscle tension by getting in touch with the thoughts and feelings that produces it.

•Unconscious Facial Reactions

- You can laugh as loud as you want without full use of your facial muscles.
- It is important to be aware when you are tired you might use your facial muscles to make expressions such as yawning and squinting. I still get a line between my eyes when I am intense or when I am tired. I used to compensate for this and now the reaction is minimized. If you notice when you are making these expressions, even if you are too tired to make any changes at the time, you will eventually change them. Awareness helps you change more easily.
- Worry lines and bags under the eyes can be recognized and re-programmed with a little effort.

•Hypnosis

Changing your perception of a situation is necessary in order to remedy it. During hypnotherapy I have noticed the darkness is reduced or eliminated in my clients. Therefore, if we learn to practice self-hypnosis, replacing negative thoughts with positive ones, we will get rid of darkness under our eyes and look and feel younger.

When you are under a lot of stress your chemistry can change so any creams or

anti-aging products you use may not work as well. You may have to change them for a while or how much you use. Always be careful when you are mixing products. When your stress and worry disappears you will probably notice what seemed not to work now does. You can go back to your previous products.

◆ **Exercise Aids Anti-Aging**

Exercise your rights and exercise for beauty. Assert yourself verbally because it is your right. Aerobics firms and tones your skin, helping to reduce emotional and physical tension. Feeling good always helps you look better.

Facing Life More Beautifully



- ◆ What are the best daily skin care regimes and at-home remedies for nourishing dry or aging skin?
- ◆ How long before you usually start to see an improvement when using skin treatment products?
- ◆ Have any vitamins been found to restore the skin's elasticity? Can massage help?
- ◆ Is it best for the skin to take antioxidants both internally and externally or both?
- ◆ What are the best ingredients to repair damaged skin cells?
- ◆ Is moisture needed to aid healing from exfoliation?

- ◆ What are the suggestions for people with problem skin? What ingredients are more likely to cause skin reactions?
- ◆ Do those with oily skin have a problem with wrinkling?
- ◆ Which essential oils are useful for skin rejuvenation?
- ◆ What are the best astringents?
- ◆ Which ingredients are dual-action to both clean and moisturize?
- ◆ What enzymes are used in products beside fruit acids?
- ◆ What is the proper use of mild enzyme peels?
- ◆ Which ingredients purify the skin while calming the senses?

◆ **Eating Healthy Bacteria**

Bacteria can naturally relieve intestinal problems, increase immunity and prevent cancer. Whether or not you know it, your intestinal tract holds more than 400 species of microorganisms, one of which is acidophilus. These are actually good for your health. For example, acidophilus produces lactic acid and hydrogen peroxide, which stunts the growth of harmful bacteria known as pathogens.

Beneficial bacteria are known as probiotics, which work very hard to eliminate harmful bacteria in our digestive system and produce chemicals preventing harmful ones from developing. Probiotics improve conditions such as diarrhea and lactose intolerance. Additionally, bifidum or bifido provides healthful bacteria. They are especially helpful in preventing diarrhea in infants and secrete small amounts of vitamin B12 and K. In addition, by fermenting dietary fiber, they make acid-inhibiting enzymes capable of turning food products to pre-carcinogens and thus may help to prevent cancer.

Healthy amounts of probiotics can be found in certain foods such as

yogurt. However, not all yogurt products contain live probiotics or the right amount of probiotics. Check by looking for the seal “Contains Live and Active Cultures,” which guarantees the product contains at least 100 million cultures per gram of **Streptococcus thermophilus** and **L. bulgaricus** when manufactured. Some yogurts also contain quantities of beneficial bacteria **L. acidophilus** and **Bifidus** cultures as well as raw sauerkraut.

Since most people don’t want to eat large amounts of yogurt or raw sauerkraut every day, capsules or powders containing specific quantities of live acidophilus are easily accessible at health food stores or pharmacies.

Another way to increase your body’s number of friendly bacteria is to use prebiotics, which are indigestible complex polysaccharides stimulating the growth of beneficial bacteria. Some foods containing this are bananas, onions and tomatoes.

Turn Back the Hands of Time



Prevent, postpone and reverse the signs of aging: Those words seem to sum up everyone’s dream list of beauty desires. Nowadays, though, outsmarting Mother Nature and taking years off your skin presents special difficulties. Our high stress lifestyles and on-the-go schedules leave little time to devote to skin rejuvenation. Sags and wrinkles too often seem to be our skin’s unalterable destiny.

Luckily our increasing knowledge of the factors that age our bodies have also revealed the forces that change our skin, making possible new weapons in

the anti-aging battle. You can now use holistic and natural methods to gain youthful, attractive skin.

•**Breakthrough Anti-Aging Skin Treatments**

According to New York City dermatologist Dr. Michael Lorin Reed, vitamins C, E and A and alpha hydroxy acids are growing in popularity as ingredients to restore and rejuvenate aging skin.

Dr. Reed is especially enthusiastic about antioxidants to preserve the skin. Use of topical vitamin C (ascorbic acid) is a fairly recent innovation in skin creams. Originally, skin researchers didn't think applying vitamin C to the skin produced significant effects. But now research indicates creams with high concentrations of vitamin C can smooth skin and give it a younger, plumper appearance by stimulating its elastin and collagen. This increased skin "bulk" can hide wrinkles and eliminate the appearance of sagging.

Vitamin C creams also are particularly useful in hiding light wrinkles around the eyes. Since vitamin C creams are relatively mild, they can be used by people whose skin reacts poorly to products containing other kinds of acids.

•**Taking It on the Skin**

Apply topical antioxidants such as vitamin C directly on problem areas to receive benefits at skin level - most of the data on taking antioxidant nutrients by mouth indicate that taken orally these nutrients don't have a dramatic effect on skin rejuvenation. An added benefit: 10% ascorbic acid (vitamin C) cream on the skin will make the skin less likely to burn, blocking the chemicals that ultraviolet light stimulates in the dermal layers; so, in a sense, it's a sun block, as well as an antioxidant.

•The Acid Solution

Vitamin A (retinoic acid) and alpha hydroxy acids are traditional acid treatments for the skin. Alpha hydroxy acids (AHAs), such as glycolic acid and lactic acid, are naturally occurring organic acids that have grown greatly in popularity during the past few years. They reverse the aging process by causing changes to make the skin look younger: stimulating cell renewal, reducing the dead layers to minimize dryness, increasing blood flow to the skin so the skin is pinker and stimulating formation of new elastin and collagen fibers to help reduce the obviousness of wrinkles or fine lines.

Since some people's skin reacts poorly to alpha-hydroxy acids, when you first try one of these products, start with one at low concentration. Check the ingredient list and stick to products below 10 percent. After determining if your skin is amenable you can apply more concentrated sunscreens, cleansers and moisturizers.

However, you should know where glycolic acid comes from. A very small percentage of glycolic acid is derived naturally. It is usually reproduced in laboratories (mainly in West Virginia), like most natural acids you can purchase over-the-counter or obtain from doctors. It is safe, but just keep in mind many products are often marketed as “natural,” when they are really chemically processed.

•Vitamin A Versus AHA's

Although vitamin A (retinoic acid) products are considered the most effective anti-aging skin care products, they are only available by prescription and can have serious side effects whether you're outdoors or not. These products

almost always make your skin sensitive to sunlight, leaving you vulnerable to painful, damaging sunburns and irritated skin. The AHAs, on the other hand, are available without prescription and can be used more safely with little skin sensitivity.

•What can AHA's do for you?

- AHA moisturizers are designed to boost skin tone and texture while reducing discoloration and skin spots.
- Products containing AHA's and other natural ingredients can soothe and repair skin while supplying anti-aging and antioxidant nutrients.
- Dirt, oils and leftover makeup can clog pores and interfere with the skin's natural regeneration processes. Facial cleansers with AHAs allow the skin to revive.
- Applying moisturizers with AHA's daily is vital for preserving the skin's natural moisture content and keeping skin supple and young in appearance.
- Apply AHA refining cream to exfoliate skin, remove dead cells and uncover younger looking skin.
- Apply night creams that include AHAs after cleaning your face while the skin is damp. Overnight, these creams unclog pores and reduce signs of aging.

Courtesy of "Energy Times." This article was previously published in April 1997.

•Moisturizing Balance

To help prevent or minimize signs of aging and maintain your skin's healthy balance, one of the most important things to do is to add moisture daily

to your skin. Maintaining a healthy moisture balance helps preserve your skin's elasticity, one of the most important components of fighting off the signs of aging. The reason for replenishment of moisturizing daily is to counteract the regular loss of water through the skin. Consequently, spreading a cream or lotion across your skin is only a temporary remedy in the continuous process of moisture departure.

Very dry skin is highly receptive to moisturizers. The best time to moisturize dry skin is when you are relaxed or have just come out of the shower. Since this is when your pores are open. Moisturizers can penetrate most deeply.

Collagen and elastin act as protective emollients and help the skin stop drying out. Oils, such as almond oil, moisturize by forming a barrier to moisture loss. Almond oil is especially good since it is very light and easy to tolerate.

Knowing the importance of constant moisture, it makes good sense to look for cosmetics with moisturizing ingredients. Effective ones include: sesame oil, vitamin E (tocopherols, tocopherol acetate) and urea.

Humectants, such as aloe, glycerin and honey moisturize by pulling moisture from the air and helping our skin hold it in. Keep in mind: as you grow older dry skin may become more of a problem. You'll need thicker creams to hold moisture in.

Astringents work by absorbing excess oil. Although the most effective astringent is zinc oxide, witch hazel can also act as an astringent, but is mostly used for toning and soothing the skin. Depending on their composition, various masks can either absorb oil or add moisture to the skin and temporarily reduce fine lines.

•Cosmetic Cover Up

Although, as the population ages, plastic surgery has become more widespread, not every solution to the visible signs of aging has to be overly invasive or require a scalpel's sculptural slices. The simple use of cosmetics can beautify and make you feel younger when applied properly. For example, dabbing a very subtle application of a light color blush on the top corners of your forehead conveys a more wide-eyed uplifted look. Distributing darker colors in the inside corners of your eyes gives your nose more prominence and distracts the observer's attention from problem areas such as blemishes or wrinkles.

However, it is not only important to master time-tested cosmetic techniques, but you should also learn about ingredients to watch for - and those to watch out for - before you bring cosmetics home from the store.

Knowledgeably checking ingredient labels can provide eye-opening surprises: cosmetics touted as natural aren't always what they claim to be. Those that contain lanolin and other animal oils, should be used with caution by anyone with highly allergic skin or who wish to stick to vegan products. SD alcohol-40 and petroleum dry the skin in the long run, although they temporarily moisturize. Other ingredients to watch out for: astringents containing acetone and soaps with a very basic pH (9.3 or higher), which can dehydrate or clog pores.

•Below the Surface

Although alpha hydroxy acids break down superficial skin layers, mechanical exfoliation loosens and removes dead cells from the skin.

Whenever you exfoliate, carefully observe and monitor your skin for delayed reactions or those which occur immediately. If you apply topical exfoliating treatments on the skin and then place skin cream on right on top, you dilute or neutralize the effects of the exfoliant. It is wiser to exfoliate at night and wait until the morning to moisturize.

Exfoliating with sand granules, light sanding, brushing or scrubbing should be performed with caution because they can irritate skin. Better to exfoliate when your skin is taut and you are calm and relaxed, such as after a bath or shower. Do not exfoliate skin that is too dry.

When you exfoliate, pay close attention to the skin - if it starts to appear red, pink or puffy, you are probably scrubbing too deep. Also monitor your skin for irritation as you exfoliate and later check for a delayed reaction. As you become more experienced exfoliating, pay close attention to your skin to determine how often and how much of this procedure your skin can tolerate. That way you'll know how long to allow yourself for recovery time between treatments. Optimal times between treatments can vary greatly, depending on the characteristics of your skin.

●Skin Sensitivity Cautions



A variety of substances can alter the way your skin behaves and influence skin care reactions:

Certain drugs, such as birth control pills or hormone supplements, can alter skin reactions to various skin care products, rendering treatments more or less effective. If you are using these substances check with your health practitioner for any known side effects.

Benzoyl peroxide applied while using a rejuvenating cream may neutralize the effects of the cream. Mixing them may cause irritation or a mild burn.

After using exfoliating creams, do not go into the sun immediately after application. You will be at a higher risk for sunburn because you've removed the top dead layers of skin.

Always do a patch test before extensive application of a new product. Test a small amount of the product on the skin inside your elbow to observe how your skin reacts. If your skin reacts poorly, better to have a small irritation unobservable by others on the inside surface of your arm rather than prominently spread across your face.

●Aging in the Sun

Sunlight is probably the most avoidable cause of skin aging. You should limit your sun exposure regardless of your skin color and wear sun block when

sunshine is unavoidable. Although fair skin is prone to sun-damage more easily than darker skin, all skin tends to become more easily irritated with age.

Although brown skin may not burn as quickly as fair skin, it may develop brown spots from the sun, which are permanent, unless you have them removed.

•Stress Escalates Aging

Extreme stress escalates adverse affects on both the body as well as your skin. Unfortunately, when you are subject to large amounts of stress your body chemistry go off balance hindering the benefits of skin creams and anti-aging products.

To combat the harmful effects of stress, many people take antioxidant nutrients such as vitamin E, selenium and vitamin C as well as B vitamins. In addition, you may have to change your skin products or the quantities you apply.

An Important Precaution

When trying different products during stressful times, exercise extra caution in mixing products: People experiencing extreme stress usually are generally more sensitive and their skin more easily irritated or inflamed because of the heightened state of their body's immune system.

For instance, if you are stressed out, you may find your facial rejuvenation cream, which your skin usually accommodates, now produces redness and inflammation or doesn't seem to work. Being under stress will not nullify the effect of the cream, but it can make it uncomfortable to apply. Eventually, when your stress subsides, you should be able to return to your regular beauty regimen and products.

Stress may also influence the way your facial muscles behave - making them tighter and unattractive. In addition, anxiety can be reflected in your face and cause worry wrinkles. Consequently, relaxation exercises that relieve your wound-up feelings can help your appearance.

External stresses such as weather conditions, seasonal changes and environmental pollution also cause changes in the skin and may adversely shift your appearance.

•De-stress Your Skin

Just as stress makes your body more vulnerable to disease, it also seems to hinder the skin's resistance; it is more difficult to keep the skin young looking. Therefore, feeling better about yourself, may help produce younger looking skin that reflects your inner feelings.

To promote young looking skin...

- ◆ De-stress your body. Reduce your emotional stress, which will spare internal hormone reactions and help the skin remain supple.
- ◆ Get a good night's sleep. Lack of sleep can exacerbate skin's lackluster appearance.
- ◆ Avoid inclement, stressful weather that can stress you out and damage your skin.
- ◆ Promote healing from within when your body is less stressed, healthful and relaxed. Your skin will mirror your inner health.

•All in the Mind

Keeping skin young looking and protecting it from the effects of aging can be helped by tapping into the powers of the mind, body and spirit. One of the easiest, most important things you can do to control your skin's destiny is to gain control of your emotions - how you feel influences how you look.

Home Beauty Care Rejuvenation Regimen



- ◆ Apply rejuvenation cream at night after cleaning your face.
- ◆ Use sun block in the morning after your face is clean, with or without moisturizer, depending on your age and dryness of your skin.
- ◆ Gently cleanse the skin daily with a moisturizing bar formulated with glycerin, aloe vera and vitamin E, without chemicals or harsh detergents.
- ◆ Vitamins, antioxidants and botanicals have dual action - they work internally and externally allowing you to perform at your best while looking your best.
- ◆ To improve circulation, massage the face in a clockwise motion.
- ◆ Use exfoliation to remove dead skin cells, optimize the skin's appearance and improve tone and texture.

- ◆ Engage in daily aerobic exercise. Aerobic activity greatly improves circulation, tones the face, de-stresses tight muscles and provides oxygen to the skin for proper cellular metabolism. Aerobic dance that incorporates jumping up and down tones and firms the skin to help prevent sagging. This stimulates the skin in a way similar to massage and the new oxygen treatments.
- ◆ Massage the wrinkled areas of your skin. Allow yourself to relax to decrease facial lines and preserve your collagen and elastin.
- ◆ Drink plenty of water to maintain skin elasticity.

Cure Common Skin Problems with Food

Breakouts: According to dermatologists, acne seems to be a disease of Western civilization. For instance, when people from other parts of the world start eating a Western diet, acne increases dramatically. While chocolate and pizza still do not cause acne, dermatologists believe iodine is known to trigger red pimples. This mineral is found in dairy products, salty foods and shellfish. People who stay away from these foods find they have fewer breakouts. A mineral that does seem to help pimples, however, is zinc, which is a common acne treatment in Scandinavian countries.

Rosacea: This skin condition is characterized by flushes in the face and pimples. It generally attacks fair-skinned women and usually in the years before menopause. Avoid alcohol, foods that are steaming hot, spicy foods and foods containing histamines including sharp cheese, vinegar and pickles.

Rashes: First, consult an allergist to see if a rash is triggered by a food. Otherwise, research has shown eating foods rich in omega-3s leaves complexions less red and flaky.

Liking How You Look

If you look around, the world is made of people of different body shapes and sizes. Appreciate your appearance by taking a look at your genetics. Look back on your family tree and find unique differences that set you apart from everyone else.

Concentrate on the aspects of yourself that you like and stop putting so much emphasis only on your appearance. See your life as a whole.

●Keep These in Mind! Don't:

- Compare your looks or body shape to others
- Be too self-conscious
- Tell yourself, "I wish I had. . . "
- Obsess over dieting or exercise

•Emotional Eating

Many people know what it's like to eat when you're not really hungry. Different people do it for different reasons and many don't realize in order to break their bad eating habits they need to be aware of more than just what is going in their mouths. Without this awareness, they are prone to repeat the cycle every time they are stressed or lonely. Only about one in ten emotional eaters succeed at changing their behaviors for longer than five years.

It's not just about having self-discipline; you have to get to the root of the problem. Many women find themselves eating when they get together with friends socially. Social eaters should practice getting together with friends without food. They need to separate the fun of socializing with friends from the food itself.

I can identify with those of you who suffer from bouts of emotional eating when you have too many things on your list. When faced with particularly stressful days it may seem easier to use food for comfort. Other people have the opposite problem. In the face of stress and feeling overwhelmed some stop eating altogether. These two behaviors may seem unrelated, but they are actually caused by the same thing. In both cases, your emotions overwhelm you and it affects your appetite.

The only way to stop these behaviors is to identify what triggers the behavior. With some people, fear of happiness or fear of attention cause “slipups”. They are afraid of the attention they may get from the opposite sex or feel they don’t deserve to be happy. These are real emotional problems that need to get resolved.

Take comfort in the fact most people have trouble changing their eating habits overnight. You need to commit to your goal and recommit every day. Focusing on what you do wrong will get you nowhere. Remember that every time a piece of food passes your lips you are making a decision about your health and well-being. Treat yourself well; learn what fulfills you...not just what fills you up.

•Healthy Diets

Physical symptoms are often reflected in the skin. That’s why vibrant and healthy skin comes from having a healthy and nutritious diet. Make sure you eat a variety of foods because they all have different functions and affect your skin differently. Eating habits are crucial when it comes to beautiful skin.

A Japanese potato named “Hylan” has proven quite successful for keeping the skin’s appearance wrinkle and acne-free. Saltwater grown algae and

seaweeds are now used in body and skin care products and treatments. Recent studies have sparked interest in Carrageen, which comes from red algae like Chondrus Crispus.

●Anti-Aging

Let's be honest for a moment and disregard all inaccurate claims and information about the aging process. As of now, the causes of aging are still undefined and not agreed upon by the scientific community. While there are several promising theories, nobody can be 100% sure of how to reverse the degenerative process of aging.

Is it a genetic condition, with signals passed down through generations in our DNA? Or can we link our ultimate demise to the corrosion of mitochondria that eventually burn out from free radical damage? The answer is still up in the air.

However, with all the information gained from research, we do at least have the data necessary to combat the effects of aging. This disabling process can be slowed with holistic and natural cures, which can also increase your body's health. By using both anti-aging techniques and living healthily, we can easily live longer than the life expectancy of 75 years.

So don't be suckered in by the claims of con artists and mass information scams. The Internet allows us to research claims and find out what's new.

Here's a good basic start for an anti-aging regimen:

◆**Healthy Diet:** As you age, diets should include eating right as well as taking a fair selection of vitamin supplements. It's possible your body may require higher levels of certain vitamins and minerals. By fortifying yourself

with additional supplements, you increase the body's strength and the immune system. There are many different dietary supplements out on the market, including recently FDA approved **nutraceuticals**, which claim to protect us from disease. Because it's difficult to be sure of all the different products on the market, even with Internet research, you might want to speak to a physician about what diet suits you best.

◆ **Keeping in Shape:** No matter how good you look, if you don't keep your body healthy and strong, it will probably betray you at some point. Create a gym schedule for yourself and stick to it. If you have trouble making commitment, consider hiring a personal trainer to keep you motivated and into healthy fitness activities. Not only does this allow you improve your body's stamina and energy levels as you age, but it will increase your self-esteem and spirit. Your mental health is important too - if you lose the will to live, the lust for life or are chronically depressed, you'll eventually find yourself losing strength.

◆ **Home Life:** Extreme stress is linked to aging. Is this so for your home environment? It's important to create new habits for yourself at home that will allow you to maximize your productivity, feel more self-worth and energy. Many people are overstressed from over-work so returning to a relaxing home where you can relax really helps release excess stress. Try to create an environment where you can get away from whatever ails you, so that you can recuperate and let your body build up the defenses it needs against the aging process.

◆ **Medical Treatment:** Unless the doctor knows about a health problem you have, there's nothing they can do about it. It's essential that you keep in touch with your physician on a regular basis. Many ailments can be resolved

if discovered in its early stages, so if you notice anything out of the ordinary, call up your health expert. You can also request some informational packets from the doctor or look up side effects, symptoms, etc. on the web. The more you and your physician know, the less likely you'll be caught short and unaware.

Health and Beauty



Although we tend to presume beauty confers health, there is a difference between having a great figure and being healthy. Nevertheless, there is one beauty characteristic that is worth all the fuss and is beneficial for your long-term health. For women, a waistline of over 32 inches puts one at considerable risk for diabetes, heart attacks and breast cancer.

More important than whether there is any correlation between one's beauty and health, is appreciating you're healthy and have not experienced anything that has significantly altered your appearance or your ability to perform simple everyday activities. When you realize some people are blind or deaf you can see how petty and even shameful it is to obsess about an imperfect body. We should feel lucky and not lament.

Healthier Skin and Hair

Are you in need of a healthy solution to better skin and hair? Some experts suggest fat! Not fried foods and junk foods, the “healthy” fatty foods. Those containing good oils like avocado and butter. Some doctors don’t believe saturated fats are bad for you because they are found in nature and humans are designed to process animal fats.

•Changing Your Clothes and Attitude

The power of clothes to change your attitude and perception of yourself is amazing. Why did we revel in dressing up as young girls and teenagers? Clothes help us fit in and first impressions are often based on clothes. An evening gown makes us feel sexy and elegant, a business suit powerful and in control. Clothes help us play characters and feel more expressive and flirtatious. It’s important to remember the fun of dressing up, especially when there are few opportunities to do so. Even if you are just posing for the closet mirror, put that slinky dress on with the spiked heels!

Not only are clothes an outlet for you to express glamour, sexiness and fun, they are also your whole presentation. Surprise friends and acquaintances by adding a splash of color to your usual work uniform.

Orgel suggests wearing bright blue, violet, red and gold shades against a strong white or black base. Wear something to work that can double as eveningwear. Comb the stores or your closet for dress or pantsuits that can look casually hip once you remove the jacket or after you add a sexy sparkling blouse... Orgel stresses the importance of de-stressing during all the hustle and bustle of the holidays, particularly during office holiday parties.

“This is a fun and exciting time, use stress productively to distract you from the negative effects of this excitement. This way you won’t feel worn down from it,” she says. “Concentrate the most on how you wear yourself. Be confident, amiable and have a positive attitude.”

-The Resident Publication

Makeup can also change how people perceive you because makeup can dramatically change how you look.

“Makeup lifts your spirits and your perception of yourself by recontouring and highlighting your best features.”

-The Resident Publication

Solutions for Beautiful Skin



●How Affirmations Can Help Your Inner and Outer Beauty

Do you believe the way a person thinks can affect their skin? My observations, after years of experience as a practitioner, show that it can. When people de-stress their minds, they look younger and their wrinkles become reduced. De-stressing the mind and body de-stresses the skin. When you keep your worries inside, your skin often will get very dry, especially if you are worried over extended periods of time.

Stress may also cause the skin to break out. The more you worry and lack self-confidence, the more likely you will get pimples! People whose skin have volcanic type pimples or pitting are usually very emotionally sensitive. They find it more difficult to make important decisions, especially without the guidance of a mentor, a parent or a boss. I've treated many college students during their exam time when they were under extreme stress and their skin was highly sensitive and broken out. This is fairly common. Some of the students went on internal or external medications to improve their skin. Regardless of whether or not they had gone on some type of medication, most of these student's skin returned to normal after the anxiety was over. The same effect occurs when individuals start new jobs, get married, date someone new, etc. Not only do people with highly stressed skin experience more problems with

pimples, pitting and scarring, their skin also ages much more rapidly than individuals who are less stressed.

Practitioners can learn to read personality traits by a person's skin. The key is to treat people differently according to their skin type and to prepare them to relax to obtain a healthier state of mind and body before working on them. When individuals are prepared this way, the work is done properly, you can achieve the best results.

Elaborate rituals for bathing and caring for our skin have been around since ancient times. Beauty recipes and daily baths with aromatic facials and body massages have been documented as far back as 3000 B.C. In today's day and age we use these ancient regimens combined with scientific advancements to get wonderfully effective treatments.

It's important to know how to take proper care of the organ that takes care of you! The skin is the body's largest organ. The body's skin serves several functions; although it protects the inner body from the environment, it also acts as a regulator to expel waste and adjust body temperature. An all-inclusive balanced skin care regimen uses several of these topical ingredients and nutritional supplements such as vitamins, minerals, plant and biological extracts, biotechnology, antioxidant and moisturizers to guarantee the powerful anti-aging approach for maintaining healthy skin. For a healthy glow, minerals like calcium, potassium and magnesium are essential for fresh, supple skin.

Massages: Underlying Benefits

Sure, we all know that massages feel great and leave us rejuvenated and relaxed. However, what most people don't know is that massages can actually noticeably improve our appearances. Since all of your muscles, including facial,

are more relaxed than usual, you appear less tense and more rested. Massages can also improve the appearance of visible cellulite and this effect can last several days if you maintain a low-salt diet. Salt causes water-retention, which accentuates cellulite, so staying away from too much salt is generally a good idea.

Skin Care Ingredients Defined

◆ A.H.A.s (Alpha-hydroxy acids)

naturally occurring acids that, when used topically, remove dead skin cells and moisturize the skin. Fruit, glycolic and lactic acids are examples of A.H.A.s.

◆ Allantoin

a botanical extract that soothes the skin and reduces irritation.

◆ Antioxidants

natural or synthetic substances that combat the effects of environmental aggressors like pollution and the sun. Some examples of natural antioxidants are: vitamins A, C and E.

◆ Aromacology

the study of the psychological effects of aromas on human behavior and emotions.

◆ Aromatherapy

the use of fragrant essential oils and herbs to treat psychological and physical conditions.

◆ B.H.A.S (Beta-Hydroxy Acids)

acids that have the same action as A.H.A.s but tend to cause less

irritation. Salicylic acid is a B.H.A.

◆ **Botanical**

describes a product that contains plants or ingredients made from plants.

◆ **Carcinogen**

a substance that causes cancer.

◆ **Ceramides**

fortifying complex fats found in the hair and skin; commonly used as a moisturizing agent.

◆ **Coenzymes**

substances found in the skin's lipid structure; can be found in dietary supplements and if used consistently can greatly reduce risk of heart failure, liver damage and the degeneration of your skin.

◆ **Collagen**

a substance found in the skin that gives the skin its thickness and strength; also used as a moisturizing ingredient.

◆ **Elastin**

a substance, like collagen, found in the skin that gives the skin its shape and texture; also used as a moisturizing ingredient.

◆ **Emollient**

a natural or synthetic substance that softens the skin.

◆ **Essential Oils**

fragrant essences that come from plants in the form of oil; often used in aromatherapy treatments or as ingredients in products.

◆ **Free Radicals**

skin-damaging molecules found in the atmosphere that are generated by

natural body functions like breathing or environmental aggressors such as pollution, smoke and sun.

◆ **Humectant**

a substance that moisturizes the skin and hair by retaining water.

◆ **Hypoallergenic**

describes a product that does not contain some of the ingredients that commonly cause allergic reactions.

◆ **Keratin**

a protein that is a component of hair, nails and skin.

◆ **Lipids**

materials like waxes, oils and fats that moisturize the skin.

◆ **Liposomes**

microscopic moisture-holding globules designed to burst when they come in contact with the skin. A faster ingredient method of delivery.

◆ **Melanin**

pigment produced by cells that give skin its color.

◆ **Nonacnegenic**

describes a product or ingredient that does not clog pores.

◆ **Organic**

a plant or animal that is grown without chemicals or pesticides.

◆ **pH**

the degree of acidity or alkalinity of a substance. It is measured on a scale of zero to 14 (zero being very acidic, seven being neutral and 14 being very alkaline).

◆ **pH-Balanced**

a term that implies that a product has a similar pH to that of the hair and skin (in the range of 4.5 to 5.5).

◆ **Photoaging**

damage to the skin caused by exposure to sun.

Essential Lavender Oil: A Skin-Safe Topical Application to Promote Rapid Healing

Lavender is an essential oil and has a dual benefit. Firstly, it promotes **rapid healing** in a variety of skin injuries including scabbing, burns scarring, irritation, rashes and acne as well as surgical incisions and surface skin problems. Scars will fade over time but lavender helps to reduce the discoloration at a much faster speed, even in cases where it looks like it won't change. This very potent oil repairs skin at a cellular level, from the outside in. It can lighten the color up to one and a half to two years, depending on how deep and thick the scar is. **This miracle method works** best when the oil is put on the skin five to seven times a day. If you notice white discoloration forming around the healing area, just add a little water. Oil and water don't mix, so it will not get diluted or affect its potency. I've seen it with my clients of all ethnic backgrounds and my own paper cuts. It has also helped many African-American clients who tweezed their hairs and had dark spots from scars where they had picked at ingrown hairs. It also works well for acne or any other skin irritation. It may take a while but the clients who had skin damage now have clear skin.

Another benefit is that it is used to achieve deep relaxation for stressed individuals as well. You can buy this oil in your better health food store; ask for **sweet** since it smells better. To maintain lavender oil's properties it should be kept in a glass bottle at room temperature away from sunlight. Also, wash hands

after use and don't touch near or under the eye.

Although massage has been around since the earliest civilization, a great healing benefit can also be found through the use of essential oils. They can be placed on the skin through a carrier oil if they're very strong. These healing plant essences are health aids for not only the state of mind, but for the skin and body as well.

Coenzymes: What You Need to Know

Coenzymes are found naturally in our skin's lipid structures. They have a smaller molecular structure than most enzymes and therefore can be used in topical beauty treatments, which is great news considering its preventative benefits with regards to health and beauty. Coenzyme Q10 is probably one of the most effective new ingredients on the market. Its primary function is to **prevent** the signs of aging rather than to **retrospectively** attempt to eliminate lines, blemishes and even diseases that have already appeared. It can be found in dietary supplements at many health food stores—50 milligrams twice a day on a full stomach is the recommended dosage, but your dermatologist might advise you differently depending on your skin. It can also be found in salmon, spinach, anchovies, broccoli, nuts, sardines and mackerel but not plentifully enough to aid in cell regeneration.

If used regularly, CoQ10 promotes vibrant, glowing skin with healthy texture and diminished fine lines. Therefore, it is most effective for dull, dehydrated skin with skin and time damage. Unlike alpha hydroxy acids (AHA's), which aggressively peel irregularities off, CoQ10 works on the epidermal layer, which means it works to stop them before they appear.

Aging slows down metabolism, therefore diminishing the body's natural

supply of coenzymes needed for a healthy body and clear, line-free skin. Coenzyme Q10 deficiencies are the most common and can also result from an unhealthy or malnourished diet, alcoholism, UVA and UVB ray exposure and even the use of some prescription drugs. If applied topically as a supplement, your body will show benefits in no time. CoQ10 also aids the actions of other enzymes and stimulates the natural cell renewal that deteriorates with age—by 40-45 at least 25% of the body's coenzyme has deteriorated. This deficiency can contribute to heart failure, liver damage and the degeneration of skin's essential structures. It is therefore an extremely good idea on both a cosmetic and a physiological level to be safe and try applying CoQ10 regularly in very small amounts.

(Please see: Beware of Certain Wrinkle Creams!)

Answers to Common Questions About Personal Skin Care:

Q: I want to get a thorough cleaning, but I'm afraid I will irritate my sensitive, acne prone skin. What do you suggest?

A: Gentle and effective cleansing can be done with a mild, soap-less cleanser. Wash with the pads of your fingers and use lukewarm water twice a day. You can follow with a mild and medicated acne treatment.

Q: What is the best way to cleanse my skin?

A: It depends on the type. Dry skin can be cleansed twice daily with a non-soap cleansing bar or a rinseable cleanser, followed with a moisturizer. Normal skin can be washed in either the morning or evening and can be followed by a moisturizer if you so desire. Oily skin should be cleansed up to three times daily with a cleanser specifically formulated for oily skin. After cleansing, follow with a toner or astringent.

Q: What would be the best soap to use?

A: Glycerin soaps are the least likely to dry your skin. They also have good moisturizing properties. Higher priced, more fancily packaged products usually add ingredients such as sudsing agents and emollients. So, you have to decide what feels best to you. Just because something is expensive doesn't mean it's better and just because something is cheap doesn't make it a great buy. I have learned a lot of tricks (expensive ones) and secrets when buying make-up and skin care goods. Why should you pay for beautiful packaging when many less glitzy products work just as well? Don't waste the time or money. Choose wisely.

Q: What is an effective acne treatment besides benzoyl peroxide?

A: Other anti-acne ingredients are salicylic acid, alpha hydroxy acids, sulfur and resorcinol.

Q: What is a benefit of salicylic (beta hydroxy) acid?

A: It acts as a peeling agent to loosen debris from clogged pores; especially helpful for blackheads. Blackheads are a mixture of dead skin cells, dirt oil and bacteria.

Q: How safe are those adhesive strips for removing blackheads from my nose? Should I be aware of any unwelcome side effects? Do they really work?

A: Unless the skin is very flexible and the blackheads are very large, they will not be removed from the skin. You will unearth tiny, little hairs along with the dirt. What is even worse is the hairs that are removed usually return thicker and

more visible and you wind up with an unwanted hair problem. Any product that promises to remove something from below the skin is likely to cause other problems. Be wary of any commercially available product that makes claims about “deep cleaning”. Regardless of what the box says, nothing is able to penetrate the pores to lift out anything trapped beneath instantly.

Q: What is Retin-A [™] and Renova? Are they effective and how are they used?

A: They are available only by prescription and are the most effective topical anti-aging and acne-minimizing treatments (available in cream, liquid and gel form). What they do is chemically exfoliate the skin and speed cell turnover. This increased cell turnover removes old skin and appears to clear up inflamed acne lesions. They are also effective in treating wrinkles as a result of photoaging. While on these treatments, use a mild, non-medicated soap and avoid frequent washings and harsh scrubbing. Caution: Certain individuals’ skin may become excessively red or swollen, blistered or crusted. If you are experiencing any of these problems, discontinue use, immediately and consult your physician. Also, do not remove hair from the skin (such as waxing) while on this therapy, you may cause serious abrasions or burns.

Q: I’ve heard a lot about Retinol. It is safe or does it work, what is it?

A: Retinol is pure Vitamin A. It has been shown to greatly benefit the appearance of aging skin, through frequent and consistent use. It diminishes the visibility of fine lines and wrinkles and enhances the smoothness of the skin’s texture by aiding in the removal of the top layers of dead skin cells. Vitamin A is a fat- soluble compound and the human body cannot synthesize it. Additionally

it tends to loosen its efficacy when exposed to air and may cause irritation. Be sure to use an SPF sunscreen of 15 everyday while using Retinol.

Q: I'm over thirty. I feel that I am too old for breakouts so what is causing my "adult acne?"

A: If breakouts occur each month (around the chin or jawline) hormones may be to blame. Changes in progesterone levels stimulate oil glands to overproduce--which clogs pores. If skin cells don't shed efficiently, they clump inside pores and the skin's bacteria multiplies and becomes inflamed. Stress is a major contributor to elevating hormones that cause our skin to change.

Q: Can Retinol and AHA's be used at the same time?

A: Yes, although AHA's are recommended for day and Retinol at night.

Q: How long can certain beauty products last, such as self-tanner, Retin-A TM and whitening toothpaste?

A: Self-tanner without an SPF should last up to three years; ones with SPF contain an expiration date. Retin-A TM or Renova also have an expiration date as do most whitening toothpastes. Other products to be aware of: eye creams and eye gels should be replaced every year and Vitamin C and Retinol products may turn brown and smell rancid before the expiration date.

Q: Why would I use a toner or refresher?

A: They are designed to remove oil and give skin a healthy, fresh feeling. They also tighten pores temporarily. They are not recommended for normal, dry or acne prone skin.

Q: What is a facial toner and what will it do for me?

A: The facial toner will gently tone and exercise your facial muscles. It can also improve the tone and texture of your skin. It provides stimulation when a very gentle signal is transmitted through the contacts to the muscles. As the strength of the impulse increases, the muscle flexes exactly as in normal exercise. When the signal stops, it leaves the muscle to relax before starting the next stimulation. It has three exercise programs where the target areas are the face and neck and its main purpose is to revitalize.

Q: How do I keep my skin oil-free all day?

A: Cleanse your face in the morning and use a toner or astringent formulated for oily skin. Wipe it across the oily parts of your face and then use an oil-free foundation and powder blush. You may dust your face sparingly with translucent powder. If it feels oily during the day refresh your face with another application with a toner (keep a small one, along with some cotton balls, in your purse.) The translucent powder absorbs the oil. If you're in a hurry, you can try stick foundation to help downplay the appearance of oily skin and blemishes. For the best coverage, wipe the stick directly onto the skin and blend with your fingers.

Q: I want to know all I should about Alpha Hydroxy Acids.

A: There are many AHA strengths available. If your skin is sensitive, start low with a 5 percent, which is safer. Other skin types can use up to 10 percent, if their skin can tolerate it and feel safe. When your skin becomes used to them, you may increase the percentage to twice a day. Be sure to cleanse your face first to remove surface oils and then cover your skin gently with the product. Silicone

serums are light, non-greasy moisturizers that if you put on before AHA's can make them more effective. If your skin becomes slightly pink, keep in mind that this is normal with AHA's and usually the effects diminish over time. However, if irritation persists, lessen the percentage, cutback on the usage or discontinue.

Q: I was thinking of using a facial mask. What are the benefits?

A: That depends on what type you use. Cleansing masks are designed to leave skin smooth and glowing, while moisturizing masks are intended to soften dry skin. Deep-cleansing masks remove excess oil and dirt along with dead skin cells depending on your skin type. Oily skin will benefit from a clay mask, which absorbs oil and can be used twice a week. Dry to normal skin types may look to deeply moisturize. If you have sensitive skin steer clear of drying, clay-based masks. Don't expect overnight results. Most of us have skin that changes and can be both oily and dry in different areas. A spot treatment can be just what you need.

Q: What about facials?

A: In order to open pores, your skin is cleansed, massaged and moisturized after being examined and evaluated. Then your pores are unclogged and a toner or astringent is applied. According to your skin type a facial mask is applied. After all this is done, the skin is gently blotted and moisturized again. Be sure to let the esthetician know that it's your first facial. Never plan a facial when you are under high stress as your skin becomes hyper reactive and more than likely your pores will be tight so the skin won't get clean, trapping the dirt and oil. In this case use gentle scrubs and a foundation for extra protection from dirt, etc.

Q: Who should use a moisturizer? Should it change according to the seasons?

A: Normal or oily skin doesn't need as much as dry skin or if your skin is exposed to the sun a lot or a particularly harsh climate. During the winter, you may want to use a heavier moisturizer than the one you use in the summer. Be sure to choose one with a sunscreen. Moisturizers are effective in maintaining soft, smooth and supple skin and they can help stop the dehydration that will cause wrinkles to appear quicker. Moisturizing your hands, neck and elbows are very important to postpone some of the signs of aging.

Q: How is my acne caused?

A: A combination of factors, heredity and a fluctuation in the level of hormones caused by puberty, pregnancy or menstruation, stress, improper care and cleansing the skin and irritation all play a part in how acne looks. Breaking out may be a sign of a recurring nervous problem. Weathering your emotions and putting stress in its place and knowing you can work out your problems are a good beginning. If you monitor your behavior and change or re-program the way you think, you will have more control over your skin's behavior.

Q: I understand that the sun causes most skin damage. What should be done to protect myself from these effects?

A: It's been documented the sun is your skin's worse enemy. 70% to 90% of all visible affects of aging--wrinkles, sagging and discoloration--are due to the sun. Some other reasons I believe sagging occurs is due to the lack of aerobic activity

and severe stress, which breaks down the underlying muscle. The sun ages the skin and in some cases causes hyper and hypo pigmentation, where the color of the skin is irregular with spots that are lighter or darker than your natural color. The best idea would be to wear a hat and stay out of the sun. However, this isn't always possible. Therefore, be sure to always have a sunscreen on. Many products like face creams and moisturizers have an SPF of 15. The lighter your skin, the higher the SPF you should use; if you have dark skin it does not exempt you from using sunblock. Dry skin needs a cream base while oily skin should use one that is alcohol-based. Children have special sunscreen needs as well. Keep any child under six months out of the sun completely.

Choose very simple formulas, avoid fragrances, colorants, essential oils, plant extracts and vitamins. Also don't use chemical absorbers like octyl methoxycinnamate, avobenzene and the benzophenone. Be sure everything is proven safe and effective. Blondes and redheads should be aware they are more susceptible to photoaging because of the lack of pigment.

Q: Is there a way to get rid of facial sagging?

A: Aerobic exercise along with jogging and dancing can smooth out wrinkles anywhere from slightly to fully (similar to the longer lasting effects of collagen). This technique will firm sagging skin slightly but not jowls or heavy sagging. You will see a difference in either case. This is a great way to erase them. Then there are the other methods I mentioned in this book.

Warning: Burn Alert

Retin-A™ works by thinning out the epidermis layer, which is made of dead skin cells. When it thins out the skin and old skin is removed, live skin comes closer to the surface. This chemical exfoliation process helps clear up acne and diminishes wrinkles. Normally a very thin layer of dead skin is removed during the waxing process but when there is less dead skin it is extremely sensitive and removal of any layer will add to the trauma the skin experiences. Hair removal causes more trauma because the skin is opened. The thicker hairs have larger roots, which can cause a more severe abrasion to the skin.

The skin had a delayed reaction to waxing and the burn didn't appear until two days later. She was under severe stress at the time, taking the Bar exam, which made her skin extremely sensitive. This sensitivity was combined with the use of the topical Retin-A™ treatment. **Any method of hair removal** would have affected her skin by making it extremely puffy and red, this was a **third degree burn**. Her doctor suggested Neosporin to prevent infection and said she'll probably scab. My suggestion to help her heal was to not wear makeup and to avoid sweating, which meant giving up heavy exercise, sauna and facials. I also told her to pat herself dry and not to put anything else on the area when taking a shower. She should also stay out of the sun.

I told her to try to relax and not stress herself, as that was an important factor in her skin's sensitivity. After one week she began using Lavender essential oil so she wouldn't scar. She was very upset, and blamed herself and felt that she looked ugly. Four weeks later her skin appeared flawless at her wedding. These things happen and it's important to remember that you learn from the experience so it won't happen again.

●Under-reported Risks About Tattoos

Do you have a tattoo? Permanent eye makeup? What you might not know is that it contains iron oxide, a metal that may become magnetized during medical procedures like MRI's, which involve magnetic fields. This can be extremely painful so it is important to carry a card, notifying doctors of your tattoo, its location, to prevent possible risks:

EXAMPLE:

I have a permanent tattoo on my _____ (fill in body part(s)).
If I am unable to communicate in case of accident, please adjust any electromagnetic equipment, which may magnetize the iron oxide, so that I will not experience any painful pulling on my skin.

Ingredients You Don't Want In Your Skin Care

- ◆ Mineral oil
- ◆ Sensitizing lanolin
- ◆ Irritating artificial colors or fragrances
- ◆ Drying Specially Denatured Alcohol
- ◆ Formaldehyde Preservatives
- ◆ Peroxide (majorly dangerous)

Ingredients That Hurt Sensitive Skin

- ◆ Strong soaps
- ◆ Detergent based shower and bath gels, especially those containing sodium lauryl sulfate

- ◆ Abrasive scrubs
- ◆ Toners with alcohol
- ◆ Shimmery Make-Up containing mica or bismuth oxychloride
- ◆ Solvents, such as nail polish remover

Ingredients to Look For

- ◆ Water
- ◆ SD Alcohol 40
- ◆ Glycerin
- ◆ Polysorbate 20
- ◆ Niacinamide
- ◆ Snakeroot
- ◆ Anise
- ◆ Cedar
- ◆ Clove
- ◆ Coriander
- ◆ Cubeb
- ◆ Elecampane
- ◆ Eucalyptus
- ◆ Ginger
- ◆ Marjoram
- ◆ Wormwood
- ◆ Cumin
- ◆ Peppermint
- ◆ Propylene Glycol

- ◆ Diazolidinyl Urea
- ◆ Methyl Paraben
- ◆ Propylparaben

•Exfoliation – Injury Prevention and Care

Don't forget to not only exfoliate your knees and elbows but to slough the skin directly below the neck. This area is sensitive but it is also susceptible to dryness. Give your chest a gentle going-over when you're in the shower, using soft strokes with a loofah.

The beauty pages are filled with advice to ready your skin for the summer but did you know the sand from the beach can help smooth your skin as well as any store-bought granules or body scrubs? Next time you're laying on a towel, grab a handful of wet sand and smooth it over rough knees and callused feet. Don't rub too deeply; if you turn the skin pink or darker you will cause mild to severe irritation. Afterwards, rinse yourself off in the water.

You can achieve the same all-over smoothing by combining your favorite moisturizer with full-sized tealeaves. Green tea contains antioxidants that are great for the skin. Researchers suggest you can apply black or green tea to possibly reduce and prevent sun-induced skin cancer. Did you know an ointment made from oak bark tea and witch hazel can quickly and effectively dry out poison ivy or poison oak sores?

An At-Home Exfoliation Recipe

All skin types: Combine 1/4 non-ripened mashed papaya (which contains an enzyme that works like an AHA), two tablespoons of honey and one teaspoon of vegetable oil. Mix well and apply to face and let it sit for ten minutes.

Remove the dried mask with fingers being sure to leave a thin film. Then take a warm washcloth that has had all the excess water wrung out and place over your face and wait for the cloth to cool. When you're sure it's cool enough, rinse off the skin and pat the skin dry.

A Simple Beauty Routine for Good Beauty Habits: honeydew is a mixture of egg white and honey. To prepare it: separate white from yolk. Mix egg white with enough honey to form a sticky substance. When this is applied to your face the egg white acts to tighten the skin and dries while honey forms a vacuum when it's pulled off with the fingers.

Preventing Stressed Skin Reactions and Damage and Alleviating Facial Muscle Tension

The mind is totally connected to the body in the way that it responds to stress. The body reacts to stress not only via heart attacks and ulcers, but also in the tightening up of muscles in the arms and legs. What is really amazing is that when we are stressed our facial muscles tighten in an unconscious way. "Worry definitely ages people, making them look burdened. The key is to avoid the furrowed brow and frown that will eventually turn into permanent, unhappy-looking lines. If you work off stress and anger, they won't end up transforming your face in an unattractive way.

- "*Woman's Day, Special Beauty Issue,*" *Up Close and Personal: Whose Body is this Anyway?*" July 1995

Most of us carry musculature that makes us look older when we manage stress in a way that is perceived as difficult. This is very common. When we're open to possibilities and not hard on ourselves, when we let worries go, life seems easier. If we change our views and perceive stress as opportunities, we gain other experiences. Hardships become less stressful.

This works for me. I have conditioned my mind to cope in manageable pieces. For example, I recently had severe water and electrical damage in my apartment--I knew what the consequences of "seeing my life falling apart" would be, so I operated as efficiently as I could without getting emotional and in doing so I changed my perception. The outcome was less stressful because I engaged in performing a task and I watched myself play Perry Mason to get through obstacles and manage things better--which also made me feel better. Being angry and not wanting to take action only made things worse.

Sometimes I would feel my facial muscles tightening and I would end up with little teeny wrinkles between my eyes and forehead. I have learned how to let go and de-program those muscles and wrinkles, lessening the wrinkles and becoming more relaxed in the process. We can all learn to de-program those behaviors that age us unnecessarily.

We need to focus more attention on learning more about stress in our skin and how to identify it before approaching a professional. Everyone should be more caring about this because that's how damaged skin can be prevented. Scarring, rashes and severely swollen skin still occur too often.

How to Identify Stressed Skin

There are many signs skin is stressed and these signals vary from

person to person. Fluid retention can cause uneven skin tones and blotchiness. If your skin appears much lighter or is too white, then it is stressed, no matter what your ethnic background. You may be suffering from serious exhaustion or tremendous psychological or physical stress or both. This can include, not enough sleep or some sort of crisis going on. If this occurs either go for treatment at another time or make sure your treatment is very delicate and you are extremely aware of how the skin reacts in the beginning of the treatment and through out. Let your operator know if your skin becomes puffy because sometimes people experience delayed reactions. Extreme puffing may not necessarily leave any type of damage, but it's a warning sign your skin is under tremendous stress either from physically storing stress or worry. Your operator's careless treatment can also cause this reaction. Under these skin and body conditions it is best to move with caution.

What can you do in this case? If you are receiving a facial, don't expect much residue to come out of the skin because generally when the skin is tight, tense and stressed the pores are closed - even if they seem open.

Visible, open pores are something else. They are a result of years of misuse of products or not using products, constant worry and/or a poor diet. If the skin is stressed the pores can close and it becomes more difficult for anything to come out of it. Worry, exhaustion, even weather can close pores. If possible, reschedule treatments for a time when you are more relaxed. "If the skin is discolored, some pink or unusual lightness or is blotchy in areas or when skin is under stress, it is a warning sign to be very careful. For the most successful treatment, plan services around times when you're

not under a lot of stress to prevent these kind of reactions.

- *"Dermascope, "Affirming Inner and Outer Beauty," March/April*

1996

Scarring and Skin Repair

Scars are caused by the body's overproduction of a substance called collagen during the final stage of a wound's healing process. This results in a raised red or purplish scar. They are so common nearly everyone has more than just one. According to a survey, the average American has four scars on their bodies that are visible to others. The majority of our scars come from childhood, whether it was falling off our bikes or running into a tree. The process of scar formation can last up to several years or begin soon after the injury.

This kind of scarring is known as hypertrophic scarring and is caused by an over-production of collagen in the fibrous tissue located at the wound's site. The second kind of scar is known as keloids and is similar in composition but often goes outside the wound area. These are the kind of scars, which do not fade over time.

The most common reason for people to remove their scars is simply the desire to eliminate an unsightly mark or bump. Others experience an itchy irritation or have gotten a scar near a joint, which can impair mobility or feel uncomfortable.

The easiest and most cost-efficient methods of reducing and lightening scars are:

1. Applying a topical cream to the areas to make it softer and smoother. This may take a long time and results are not guaranteed.
2. Applying gel sheets to the scar's site. Although they are proven effective it

takes quite some time and the sheets are thick, messy and not reusable; which can be expensive for large scars.

3. Massaging the scar but this may just cause more irritation.

Among the more expensive treatments are:

1. Custom-made pressure garments, which must be worn for the majority of the day and can be uncomfortable.
2. Radiation is also an option but it is expensive and results are not guaranteed.
3. Laser or surgical surgery is the more popular trend but results are not guaranteed and those prone to keloid scarring suffer the possibility of producing a larger scar.
4. Silicon sheeting that can be washed, cut-to-size and reused. It is usually used with a hypoallergenic tape daily and should be worn for at least six to eight hours daily for one to nine months. The electrostatic pull from the silicone reduces and lightens the scar, softening, flattening and smoothing the skin.
5. Gotu kola has the ability to heal and regrow new skin while repairing painful lesions and skin ulcers.

•What Really Causes Wrinkles?

The general misconception is that smoking, alcohol, lack of sleep, caffeine and leaving on makeup can cause wrinkle-like appearances around the eyes. Relax; this condition is only temporary and very treatable. Make sure you are aware of all your allergies because they may be causing the skin to look puffy and wrinkled. Consult someone who knows how to treat them so that you don't get this reaction.

●Hormonally Changing Skin

A woman's skin is always changing throughout her life, especially since it is greatly affected by stress, adolescence, pregnancy and environmental factors. When a woman reaches her 40s and 50s she is especially prone to skin changes as menopause causes hormonal shifts. The skin will feel drier and more sensitive, tired, lacking in vitality and dull. Plus the usual skincare or products do not seem to be as effective.

Look for products that cater to your skin's changing needs, especially those that contain purified soy complexes, vitamin A and enriched botanicals to boost your skin's vitality, elasticity and other loss factors.

●Cherry Treatment

Cherries are used more in spa treatments because they have excellent exfoliating properties that soften dry skin, increase hydration and stimulate cell growth. A typical treatment begins with an application of a combination of cherries, moisturizing honey, jojoba oil and Dead Sea salts to exfoliate and polish skin.

●Cold Sores

The virus Herpes causes cold sores. While there is no cure for them there are alternative therapies used for controlling outbreaks. Research shows amino acid lysine can help prevent the virus from multiplying by blocking arginine, the amino acid the virus needs to grow. You need to take 1,000 to 6,000 mg of lysine a day and avoid eating foods rich in arginine such as chocolate and nuts. You can also taking vitamin C and garlic supplements, which are known to increase immunity. Aim to take at least 1,000 mg of vitamin C and garlic capsule

with 5,000 mcg of allicin per pill. If you feel like a cold sore is coming, double your dosage.

Facial Masks – Clarifying What Masks Do

Facial masks are one of the world's oldest beauty aids. Women have long used clays, muds and creams on their faces to cleanse and tone their skin. In fact, in the nineteenth-century, women used to bind their faces every night with thin slices of raw beef to keep the skin from wrinkling, giving it a youthful freshness and brilliance.

Facial masks are a good way to counteract the effects of stress on your skin. Choose one that zeros in on the problem you need to correct. Understand that while the ingredients may be beneficial, they do not actually penetrate the skin but improve the surface texture and appearance. There are protein masks for dry skin. Others target oily skin with drying agents like clay or additional astringents. Some masks even contain benzoyl peroxide to help control pimple-causing bacteria and heal existing blemishes. Make sure you follow the directions so you don't cause the skin to dehydrate (dry it out).

In addition, different types of facial masks perform a variety of functions such as tightening and conditioning. Most tightening masks are hard and are applied as a paste, which dries and hardens. Most of the action occurs during the drying phase. On the other hand, most conditioning masks are soft and are applied as a soft, moist paste, which does not dry. Most of the action occurs because of their active ingredients.

Masks that harden are usually more difficult to remove than soft masks. They are usually used for cleansing and toning up the skin. They are most often used with normal to extremely oily skin type. Soft masks are most often used to

nourish and normalize skin and are most often used with normal to extremely dry and mature skin types. However, remember that any given facial mask may perform both hard and soft mask functions.

Masks are usually mild formulations that use active ingredients and chemicals such as phytonutrients and botanicals, rather than relying on abrasives. They dry, tighten, nourish and moisturize the skin with rejuvenating compounds. As a holistic treatment, it treats the outer layer of the skin by saturating it with protective agents including allantoin and glycerin or kaolin. Look for these ingredients when you choose a mask for your skin.

For example, certain masks are hybrids that break down debris using jojoba beads and stimulate circulation with bromelain, rosemary, green papaya meal, witch hazel, mushroom polysaccharide, etc. However, if you have sensitive skin, use masks which contain active green papaya and exfoliating agents with caution.

Remedies and Solutions for Acne

Blackheads, whiteheads and pimples are caused by clogged oil glands and hair follicles. Drying lotion is extremely effective in alleviating inflamed blemishes and whiteheads. This treatment can reduce redness, irritation and slow blemish growth.

Calendula or marigold is an excellent facial wash for acne because of its astringent and antiseptic properties. It is one of the best all-time skin remedies, especially since it's antibacterial and antiviral action makes it an ideal treatment for acne and general skin care. Look for soaps that blend the healing characteristics of calendula with soothing oatmeal, ginger and lemongrass. They will cleanse your face of its excess oil and dirt but won't dry your skin.

Treatments such as Lasers and light-based devices have also gained popularity for several esthetic skin ailments, including acne. The only standard treatment available before for the treatment of acne for most patients was topical and oral medication that had several drawbacks including various side effects and they are highly expensive. Laser treatment manufacturers offer fewer side effects with lasers for acne treatment and also promise low cost. They work similarly to antibiotics that destroy the *p. acnes* bacteria that contribute to clogged pores and cause inflammation. Information about such laser treatments can be obtained from your physician or health care professional.

•Skin Lightening Service

Skin Lightening Service helps to lighten pigmentation such as age spots, uneven skin tones, sunspots or discoloration. The process uses electric mittens or moist, warm towels to accelerate the lightening process as well as a moisturizing massage.

•Paraffin

Paraffin is used as a hydrating mask with essential oils for the hands or feet.

•At Home Facials

1Wash your face with a mild cleanser. Combine one cup of boiling water and one cup of milk into a large bowl. The lactic acid in milk loosens dead cells. Let the mixture cool to room temperature, splash your face with it and leave it alone for several minutes. Then rinse with warm water.

2In a blender or food processor, make a paste using a half-cup of almonds, a little honey and a few drops of water. The oil from the almonds moisturizes and

the texture exfoliates. Gently massage it into your skin for a few minutes to slough off cells. Rinse with warm water.

3Apply a layer of sour cream to your face. Let it sit for 15 minutes while the cream's acids soften your skin. If your eyes are puffy from being tired, put a slice of cucumber on each eye. Then uncover your eyes, rinse with cool water, pat dry and apply moisturizer.

•Hand Care

The winter can really damage the skin on your hands. But with the right products and the right steps, you can keep them well polished.

First, exfoliate the dead skin from your hands to allow the moisturizer to penetrate. Use an alpha hydroxy lotion and then work on your dry cuticles. Lastly, apply a rich moisturizer to your hands and massage them for a couple of minutes.

•Hand Lift

A hand lift is a non-surgical lift for the hands. The hands are exfoliated with alpha hydroxy acids and then protected with an antioxidant hand treatment. This reduces the appearance of fine lines and wrinkles and leaves hands feeling softer and younger looking.

•Solutions to Skin Treatment Problems

•**Benzoyl Peroxide:** Benzoyl peroxide may cause lightened or bleached spots to appear on the skin and increase dryness and redness. Prevent this from occurring by applying it to the skin the evening before.

- Clay:** Because clay may increase flaking, redness and dryness, use an oil-free moisturizer or sunscreen to counteract the problem.
- Retin-A™ and Tetracycline:** Avoid direct sunlight, from 10 AM to 4 PM and use sunscreen since the sunlight causes photosensitivity, especially for those with sensitive skin.
- Salicylic Acid:** It may increase your chances of burning because it exfoliates the skin. Take precautions by applying this to the skin the evening before.
- Sulphur:** Since it may increase dryness or sensitivity, apply the evening before and use an oil-free moisturizer or sunscreen.

Microdermabrasion

Numerous changes have been taking place in the beauty field including increased advances in the equipment and procedures. One, in particular, is a new laser called ultrasonic microdermabrasion and the tri-phasic resonator (TPR). It is a 1064 long pulsed yag used for permanent hair reduction and is the only machine that can truly be called a non-invasive body sculpting device. It is one of the only two lasers on the market that can treat any skin type and is very fast. It costs from \$400 to \$500. Settings are simple and the handpiece glides over the area with a clear view. According to research, subjects averaged a loss of four inches per area in a six-week period because it helps to break down cellulite while building up muscle mass. But there is insufficient evidence that results are permanent so it is important to remain objective.

This technique offers many advantages. The procedure involves the use of several different attachments, including a bi-elastic power blade for exfoliating, a fibroactivation disk, a precision prong and anti-wrinkle micro-laser. The laser is used to heal and bring collagen to the skin. It hydrates the skin instead of

dehydrating the tissue, tones the face and eliminates most discoloration. In fact, age spots and hyperpigmentation can disappear in one treatment. Some advantages ultrasonic treatment offers are:

1. It doesn't dehydrate the skin
2. It doesn't imbed crystals into the skin
3. It doesn't emit dust in the air for the technician to breathe
4. It cannot over treat or unevenly treat the skin
5. It does not break down or clog

The system uses a hand-held piezoelectric device known as the bi-elastic sonic blade, which transmits vibrations called “elastic waves” at a frequency as high as 25,000 cycles per second to the skin and its underlying tissues. This method offers the benefits of mechanical action, thermal action and ultrasound. It also increases cellular metabolism and the micro-circulator system.

Ultrasonic Microdermabrasion promotes highly effective moisturization for three main reasons. First, the ultrasonic action of the “elastic wave” “micronizes” and makes the product smaller and easier to push into the skin. Secondly, the waves help to introduce the moisturizing particles deeper into the tissues of the body, inducing extra-cellular hydration. Third, the ultrasonic “micro-massage” compresses and decompresses tissues, causing intra-cellular hydration.

The sonic blade dramatically increases blood flow to the skin's surface to further increase cell renewal and skin nourishment. The compression and decompression of the skin surface increases cellular nourishment and hydration, particularly in those with pale or aging skin.

Since the amount of melanin pigment determines skin color and is accumulated in the horny layer of the skin, Ultrasonic Microdermabrasion offers

a clearing function to significantly improve the appearance of age spots and hyperpigmentation. It also offers a stretch-mark function, which utilizes the wrinkle laser handpiece with one of three different applicators, to deliver precise amounts of micro-current to skin. It stimulates the inflammatory phase that increases fibroblast proliferation and increases blood circulation to the skin as well as the inflammatory phase.

Light Force Therapy

Approximately 80 million people in the United States suffer from one or another form of joint pain, among which 43 million suffer from arthritis. Traditional therapy includes the application of non-steroidal anti-inflammatory drugs, such as aspirin and ibuprofen. While they do control symptoms such as pain and swelling, they inhibit the synthesis of new cartilage and harm the lining of the stomach and intestines.

Light Force Therapy uses light-emitting diodes, a combination of red, green and infrared LED energy. It generates alternating pulses of energy at different frequencies, which are absorbed within the *Candida albicans*, a yeast inhibiting our digestive system. It is a normal part of organisms and has different functions. Without it, our intestines would be defenseless against many pathogenic bacteria. However, overgrowth of this yeast produces toxic substances that poison the human body and weaken the immune and nervous system. Elimination of *Candida* can be done through a program involving acupuncture, the use of acidophilus, avoidance of sugar, alcohol, dairy products and caffeine.

Ultrasound Microdermabrasion can treat all skin types, including tanned skin and very fine to coarse hair and with no skin reaction. The wavelength

penetrates to the depth necessary to destroy the follicle, and the energy delivered is sufficient to compensate for the thermal relaxation time of the hair. Most users will need 4-5 treatments to permanently clear an area.

Skin Care Routine



Caring for your skin effectively will usually take you two minutes in the morning and another two minutes at night. All it takes is four minutes to give your skin a youthful and healthful glow. **Here are some daily rituals and guidelines to help you along:**

Step One: Remove your eye make up

Use a damp cotton pad and gently wipe downward toward your nose. Repeat this until your eye makeup is removed. Do not apply pressure or pull the skin.

Step Two: Purify your skin

You can cleanse your skin and resist the laws of gravity by pouring a few drops of cream (the size of a quarter) into your hand and gently massage the cream into your face, neck and eye area for a few minutes. Do not pull or drag the skin and be very gentle around the eye area. Rinse with tepid water.

Step Three: Tone

Toning should always be done after cleansing to remove the cleanser and close the pores. Use two cotton pads and remove the cleanser by wiping outward. Do

not pull the skin or drag the cotton pad downward.

Step Four: Applying Treatment Creams

First, blot any excess toner from your skin with a tissue. If you are using creams to desensitize your skin or diffuse redness, then these should be applied before you moisturize. Apply a small amount to the back of your hand, and then use your other hand to dab a small amount on each cheek, neck, chin and forehead. Gently massage the cream in an upward motion.

If your face feels tight after you wash it, this is probably because you are over cleaning it by washing it too often or using a cleanser that is too strong for your skin. The first solution to this is to go easy. Lather up twice a day only with gentle and fragrance-free products, then use tepid water. Follow up with a generous amount of moisturizer. Remember to avoid deodorant, antibacterial soaps and body bars, and avoid alcohol-based toners, which only further dry out your skin.

Step Five: Eye Care

Apply gel in the morning and eye cream at night for extra nourishment. Here's how: apply a small amount on the back of your hand and use your ring finger to apply a small amount to the outer corner of each eye. Work toward the nose and then up and over the eyelids with a gentle patting motion.

Step Six: Moisturizer

Apply a small amount to the back of your hand, and use your other hand to apply cream to your cheeks, neck, chin and forehead. Massage the cream in an upward direction to the neck and face. Remember to avoid the eye area.

Weekly Rituals:**Step One: Exfoliation**

After cleansing in the morning or evening, apply your exfoliant, in small circular movements, concentrating on dry areas. Rinse away with tepid water.

Step Two: The Eye Mask

With your ring finger gently pat the eye mask from the outer corner of your eye towards your nose and cover the eyelid. Be careful not to get it in the eye. You can use your eye mask along with your face mask.

Step Three: Face Masks

Use a mask brush to ensure an even application. Start applying the mask from the center of your nose, outward toward your headline. Avoid brushing the eye area and using strokes as well as downward, dragging the skin. Continue applying the mask until the entire face and neck is covered. If you are using a mask for the eye area, apply it with your fingertips, and don't forget the eyelid and socket.

Secrets to Rapid Summer Beauty: Precautions and Treatments



- ◆ Keeping your skin looking good does not require a lot of work. A touch of baby oil after a shower does wonders, as does refreshing your chest with a mask made of potato, kosher salt, honey and sour cream. Peeling skin from overexposure to the sun can be removed by simply massaging the area with a washcloth or by avoiding harmful ultraviolet rays altogether.
- ◆ You can still attain a healthy skin glow to the skin by faking it! For dry pale skin, apply a creamy bronzing stick to the cheekbones. Moisturize the skin and apply a loose powder for all-over color. Gently exfoliate your skin prior to applying a self-tanning lotion, giving a more natural look to your “tan.”

●Summer Skin Care Product Cautions and Solutions

When the temperature rises your skin needs very different care. Since your pores produce more oil avoid heavier products that are too greasy and uncomfortable. In addition, remember some of the treatments you use regularly, such as alpha hydroxy or tretinoin, will most likely make your skin more photosensitive, increasing your risk of burning and irritation.

Q: What about alpha hydroxy creams?

A: Switch to products that won’t increase photosensitivity and use grainy scrubs and exfoliants.

Q: What should I use in place of my facial moisturizing cream?

A: Use oil-free gels or moisturizing mists.

Q: What should I use instead? Vitamin A (retinal), C or E treatment creams?

A: Use less aggressive and irritating face-brightening creams, particularly those containing light-diffusing particles if you are not careful about using sunscreen.

Q: Should I still use cream cleansers?

A: Instead of something so heavy, try using foaming cleansers or if you are experiencing blackheads, use deep-pore cleansers.

Q: What about body lotion?

A: Try switching to liquid talc, treatment splashes and body treatments.

Q: Is SPF 15 strong enough to prevent future skin damage?

A: It is not the number that will protect you but the effectiveness of the product. Look for sunscreens containing UVA/UVB block such as micro-zinc oxide, Parsol 1789 or titanium dioxide.

Q: Why is my skin so dry the day after imbibing?

A: Alcohol consumption dehydrates your skin because it is a diuretic.

Q: Why does the skin under my eyes puff up?

A: Puffy under-eyes are caused by dehydration. Fluids are retained in this area to combat dehydration.

White: The Summer Color

“Uncolored” is the hottest new color for the summer. Ivory and alabaster can be found in all kinds of beauty products from eye shadow to lip liner to glosses. No need to worry about mistakes when applying white!

You can use white to highlight areas of your cheeks, for example, the top and bridge of your nose, to give a thin appearance or the sides of your head to take the focus off aging features. The highlights will bring a viewer’s attention to a more youthful area and the parts of your body to show muscle definition, etc. This method, used by photographers, is similar to air brushing in beauty magazines.

●Beware of the Sun!

●Not only is it important to apply sunscreen, **but it is just as important to know when to reapply.** Use the sunscreen with a high SPF (i.e., 45) and reapply every two hours. Many people avoid using sunscreen because it can cause pimples and irritate the skin. Oil-free and fragrance-free sunblock can prevent such breakouts. Don’t forget your lips. They need protection too. Applying lip balm with SPF 15 will help prevent cracking and drying.

●If you do get sunburn plain yogurt or aloe vera gel is a remedy.

●Choose fragrance-free for all of these products, as synthetic fragrances contain petroleum derivatives and other toxic ingredients that are not disclosed to the consumer.

Seasonal Sun Protection

The summer months not only increase the need for a sun block that works but some women may have to invest in a richer moisturizer as well. The summer is more dehydrating to the skin because of intense sun exposure, salt water, perspiration and air-conditioning. If your skin feels chapped or tighter during this time, you may need a different moisturizer.

Tricks of the Beauty Trade



●For the Hair:

- Smooth moisturizer on your hair to get rid of those frizzies.
- Sprinkle baby powder on your hair roots to increase hair volume.
- Massage your scalp when shampooing to loosen flakes.
- Put a drop or two of essential oil into your styling products.
- Lining your hair with a silk scarf will reduce static.
- Avoid hair products with alcohol. They can dry out your hair and strip it of its luster.
- Do not use shampoos with diethanolamine (DEA). It is a suspected carcinogen.

For the Nails:

- ◆Dip polished nails into ice water for a quickie dry
- ◆Push back cuticles after a warm shower

- ◆ File nails when you have polish on to avoid breakage
- ◆ Soak your hands in milk before a manicure. The lactic acid in milk is an alpha hydroxy acid that will gradually exfoliate the dead skin around your cuticles.

●For the Skin:

- Dab some Visine into your pimples to reduce redness
- In addition to cucumbers, figs also offer relief for puffy eyes
- Tweeze your eyebrows after a hot shower and apply concealer to stray hairs when you don't have time to pluck to help camouflage the hairs.
- Use moisturizers with petrolatum which is probably the best product available on the market for trapping moisture in the skin.
- Products with glycolic acid will smooth your skin, fade discoloration and reduce the appearance of fine lines.
- Face and body concealers are a girl's best friend!
- To treat scars and discoloration resulting from ingrown hairs, try over-the-counter skin bleach. It should contain at least 2% hydroquinone, which serves to lighten the skin, although physicians can prescribe a stronger prescription that may work faster. Oftentimes this treatment is used in conjunction with Retin-A™, which usually should be applied in a thin layer every other day. On the days you don't use it, try bleach.

●For the Eyes:

- Be sure to remove your mascara and eye makeup thoroughly, but don't scrub too vigorously. Leaving your eye makeup on may cause your eyelashes to fall out.

- If your eyelashes are breaking off, change your mascara. It may be making your lashes too stiff and brittle.

- For the Lips:**

- Your lips do not contain any melanin which protects against UV damage. Only buy lipsticks that contain sunscreen, preferably higher than SPF 15.

- Scents:**

(Always choose natural fragrances)

- Wear your fragrances at the center of your body - navel, neck and cleavage- where body heat is given off

- Spritz your favorite scent on your pillow and scarves to add aroma to your entire environment

- Rubbing your wrists after spraying perfume on will prevent the fragrance from diffusing from your skin

Same Line Skin Care Products

There is a slight advantage to using skin care products from the same line, especially since following an organized program can simplify your life. It also helps you maintain a regimen that will target every skin care need. The problem with mixing different lines is ending up with too many skin-irritating ingredients. Additionally, if your skin does not react terribly, it is safe to mix and match different brands.

How Long Beauty Products Take to Work

Generally speaking, it takes approximately 21 days for beauty products to work. For example, if you're using alpha hydroxy products, you might see improvements in skin texture and appearance within a couple of days but fine lines and wrinkles won't disappear until you have used the product for at least 21 days. For best results always remember to cleanse, correct, hydrate and then protect.

How to Hide a Red and Chapped Nose

First, slough off any dry flakes by gently rubbing your nose and lips with a small washcloth soaked in warm water and a hydrating facial cleanser. Then apply a heavy moisturizer to the dry, sore areas around your nose and on the corners of your mouth. Mask any blotchy patches by dabbing a yellow-tone concealer and finish by dusting a yellow-based pressed powder. Remember to heal your chapped lips by keeping them hydrated with a moisturizing lip balm.

What to Do if You Over-Tweezed Your Eyebrows

We have all had to face this dilemma before – what do you do if you over-tweezed your eyebrows and now they're super thin?

First, put your tweezer down and stop tweezing! Don't pluck another hair. Use your brow pencil and shadow the area to mask their thinness with a pencil that matches your hair color. Use swift, small, light strokes. Draw a line that begins above the inner corner of your eye and goes slightly above the outer rim of your iris and then tapers down. If you need more guidance use a brow stencil! Place it above your eyes and then fill it in with a pencil. Once your brow fills in,

give your brows a soft, natural effect by using a stiff, small brush to create a hair-matching shadow over the line.

Do this for a few weeks, until your eyebrows grow back. Then make sure a professional shapes them the next time.

●Desensitizing Tweezing Pain

Products don't always have to be used for their original stated purpose. For instance, did you know that Anbesol, an ointment designed to numb the feeling around the gums can also be used for make tweezing easier? If the pain of plucking overwhelms you, just rub some Anbesol on the skin around the area you're going to tweeze and you should feel a lot better. Keep it away from your eyes. Another method is holding the skin taut, which will desensitize the pain dramatically. In addition, changing your posture so that your body weight is distributed differently because your nervous system can't focus pain on two different spots at the same time, therefore minimizing tweezing pain.

Shaving Insights

Got caught without shaving cream? Don't sweat it – there's another bathroom product that will do the trick: hair conditioner. Just lather it onto the area to be shaved. Not only will it help prevent nicks, cuts and scratches, it will moisturize the legs as well.

Brown Blotches

The most common cause of unsightly asymmetrical blotches is estrogen. Women who are pregnant or taking birth control pills for contraception or perimenopause symptom occasionally develop melasma. This occurs when the body's extra estrogen increases its sensitivity to sunlight, which increases pigment production. Consult your gynecologist and see if he or she can prescribe a pill with less estrogen.

Other possible reasons include irritation from the sun, allergies or chemicals. Inflamed skin cells react by releasing melanin.

To soothe, fade and bleach dark skin spots or discoloration, rub a product with hydroquinone onto the areas as directed. Hydroquinone can correct skin conditions. If blotches are flaky, raised or stay for more than two weeks, see your dermatologist. Problems can arise when it is used for an extended period of time, such as skin cancer, stopping the production of melanin and can become a skin irritant.

Slimming Your Chin

If you want to camouflage or hide your double chin, try using this information. Layer your hair from the jaw down and style it forward to elongate your face to minimize and soften the jawline. Use a neutral-toned blush to apply it high on the cheekbones to make your features appear more chiseled. Finish with a subtle shade of lipstick to draw attention away from the lower portion of your face. Don't forget curl your eyelashes to focus attention upward.

Other Solutions to Your Beauty Product Dilemmas

◆ **Leaking Lotions:** Make sure your bottles are not filled to the top, especially when you are in a beauty club plan. Create a vacuum seal by removing the cap, squeezing the bottle so the lotion bubbles to the top and screw the top down while you're still squeezing. Use Zip-Lock bags to prevent lotions from spreading.

◆ **Gluey, Clogged Pumps:** Run the bottle under hot water. If that doesn't unclog it, stick a pin in the hole and try it again.

◆ **Shedding Makeup Brushes:** Rub new brushes in the palm of your hand to remove loose hairs. If your brushes are too old and are shedding get rid of them.

◆ **Discontinued Products:** Call the customer-service department of the company to ask where you can still purchase what's left. You should also ask what products work best and are similar to the discontinued one. Search for beauty supply stores that sell closeouts and look online.

•Thinking About Plastic Surgery?

Here is an evaluation of some of the more popular plastic surgery procedures:

- **Face-lift:** Facelifts promise to eliminate saggy jowls, double chins and smile lines and usually last 10 years. The surgeon makes an incision inside and behind the ear and then separates the skin from the underlying tissue. This lifts the muscles and sutured, soft tissues. This results in skin being re-draped higher on the face.

Risks: Bleeding under the skin, infections, hair loss, nerve damage and numbness. The cost? \$5,000 to \$10,000.

●**Brow Lift:** Brow lifts promise to smooth forehead creases, frown lines and eliminate droopy upper eyelids. They last indefinitely. The surgeon makes several small incisions above the hairline to elevate the skin and soft tissues, resulting in a repositioning of the skin.

Risks: Include the eyebrow moved too far up and facial numbness due to severed nerves. The cost? \$4,000 to \$8,000.

●**Nose Job:** Nose jobs promise either to correct breathing problems or create a desirable shape and last indefinitely. The surgeon trims, reshapes and augments bones and cartilage.

Risks: A common and easily treatable condition called hematoma – swelling due to accumulated blood under the skin. However even though internal scarring is rare, it can cause breathing problems. The cost? \$3,000 to \$7,000.

●**Cheek or Chin Implant:** This promises to create higher cheekbones and to build a receding chin and lasts indefinitely. The surgeon places a silicone implant that mimics the curves of the facial skeleton when wrapped around the cheek or chin.

Risks: Possibility of infection and/or cheek implants being asymmetrical. The cost? \$1,000 to \$1,500 for chins and \$2,000 to \$3,000 for cheeks.

●**Volume Restoration:** Volume restoration promises to create a smoother and more youthful appearance by plumping up the skin and lasts indefinitely. The surgeon takes fat from one area of the body and injects it into the face to recontour the eyes, cheeks or lips.

Risks: Unfortunately, because fat can clump up cysts are possible, but can be removed by the doctor. The cost? \$700 for lips to \$3,500 for the entire face.

Laser Resurfacing and Chemical Peels: These promise to minimize fine lines and spots from sun damage and aging. Peels can last for a few months and laser resurfacing can last for a year. Surgeons use glycolic or trichloroacetic acid peels to burn away the top layer of the skin. Laser resurfacing vaporizes the skin's top layer.

Risks: There may be thickened scar tissue and loss of pigmentation, especially if it is done too often. Another risk includes temporary redness. The cost? \$1,000 for peels and \$3,000 to \$5,000 for laser resurfacing.

Collagen Injections: They promise to get rid of deep wrinkles around the eyes and the mouth by injecting bovine collagen to fill them in. Using your own collagen can eliminate the risk of allergic reactions to bovine collagen. Another option is using collagen like substances from a human cadaver. It lasts for three months.

Risks: There is a less than 1% chance of allergic reaction. The cost? \$300 for bovine collagen injection, \$1,000 for an Isolagen injection and \$400 for a cadaver injection.

Breast Augmentation: Enlarge breasts by inserting a saline implant either over or under the chest muscle. There is, however, a lot of controversy surrounding silicone implants, thus they are rarely used for breast augmentation in the U.S. It lasts indefinitely.

Risks: An unnatural look or a rippling effect is a possibility. The cost? \$4,500 to \$8,000.

Breast Reduction: This process decreases breast size by removing excess fat. It lasts indefinitely.

Risks: Possible risks include loss of sensitivity or pigment around the nipple and poor scar healing. The cost? \$6,000 to \$10,000. Luckily, most can be covered by insurance.

Tummy Tucks: These promise a flatter stomach and last indefinitely, depending on weight gain and pregnancy. The surgeon removes excess skin and fat from the stomach by making a long incision near the pubic hairline.

Risks: Possible risks include poor scar healing and infection. The cost? \$6,000 to \$8,000.

Butt and Thigh Lifts: It removes excess skin from drastic weight loss and lasts indefinitely. An incision on the bikini line is made which removes excess fat and skin. For sagging inner thighs, a small incision is made in the crease of the groin and the butt to remove skin and fat.

Risks: Extensive scarring is a grave possibility. The cost? \$4,000 to \$7,000.

Liposuction: This process removes excess fat from areas of the body including the stomach, thighs, hips, buttocks, breasts, upper arms, neck and back. The surgeon uses a vibrating machine that breaks up the fat and then infuses a local anesthesia and adrenaline into the area to reduce bleeding and bruising. Lastly, a suction tube removes the pockets of fat. It can last indefinitely and depends on weight gain, particularly if it's more than 15 pounds.

Risks: Temporary numbness, bruising, itching, small scars and uneven skin tone are all very possible with this procedure. The cost? \$4,000 to \$7,000.

•**Compression Therapy**

Compression therapy was originally used by ancient Egyptians to treat leg ulcers with bandages. As time passed, physicians began using elastic compression bandages and then stockings.

Compression can increase the body's natural muscle pump by forcing blood towards the heart. Vein flow is improved since enlarged veins return to normal size, which in turn helps them function properly. It also normalizes the transportation of nutrition and balances the elasticity of tissues to improve lymph flow by bringing the skin and skin tissues closer together.

Compression therapy with bandages, stocking and pneumomassage preserves these therapeutic qualities. It increases tissue pressure by accomplishing one of the following:

1. Reduces increased ultrafiltration into the interstitium
2. Improves reabsorption from the interstitium
3. Makes the joint and muscle pump more effective
4. Reduces fibrosis or sclerosis of the interstitium

In addition, it increases drainage activity of the lymph vessels and the lymphatics and lymph capillaries in the epidermis. However, the effectiveness depends on the compression pressure, the used compression and the agility during compression.

The material of the bandage establishes the depth of the compression effect on the epidermis or deep regions. For example, short stretch bandages are mostly used for the compression of cellulite, primary and secondary lymphedema and combination forms such as venous-lymphedema. It allows plenty of lymphatic fluid, waste and toxins drainage. In addition it causes high pressure during exercise and physical activity and low pressure when the body is at rest.

Foundation Tips

Selecting a make-up base is a matter of choosing a color that matches the skin tone. It may surprise you to know that all skin colors are various shades of brown, so neutral skin tones actually have the most amount of brown.

A simple rule to follow is:

~●~

Fair – Ivory

Neutral – Beige

Olive – Bronze

~●~

The key to natural-looking foundation that remains throughout the day, is making sure your skin is healthy and looking good in the first place. A proper cleaning regiment consists of a cleansing step and a toning step. This second step is important because, after removing the cleanser, there may still be cleanser residue. The third step, moisturizing, helps the foundation last longer.

●Product Tricks

In a world where many products are overpriced daily or just too expensive, it's good to find clever ways to turn the market to your advantage. For instance, baby products – lotions, wipes, etc. – are also effective for adults, with a little creative thinking. Because these products have to be extra-safe for little kids, they can be very effective for removing make-up (wipes) or moisturizing sensitive adult skin (lotions).

Another clever and effective item that can be used after hair dying is ketchup. By diluting it in hot water, it can serve to eliminate the smell of the dye. Just rinse your hair with the mix about twenty minutes before showering and you should come out smelling fine.

Static Hair

Does static keep your hair up or make it unruly? Try rubbing fragrance-free fabric softener over it. That should relax the hairs and make them stay in order.

If you've used conditioner for extended periods of time, you may notice the hair accumulates a residue buildup. If this happens to you, try soaking your hair with some mint tea – one of the active ingredients is tannic acid. This effective acid should clear off any excess buildup in the hair.

Are you trying to get that sleek hair appearance? Before you hop out of the shower, turn off all the hot water and freeze the hair for about ten seconds. This causes the cuticles in the hair to shrink and close, giving you that shiny new look.

Your Beauty Priorities



What do you love? A fabulous lipstick to make your smile shine? A moisturizer that makes your skin glisten like an ocean on a sunny day? Having your hair texture reveal its curls? Find your one specific area to focus on, and then look for other beauty products that may be more affordable and serve your needs perfectly well, in place of a more expensive product. Always read current beauty magazines for the newest tips on great bargains and new products to balance your beauty budget. There are many products on the beauty and drug store shelves that are very inexpensive and have a track record.

●Fragrances

Don't underestimate the impression your fragrance or scent can leave on your love interest. However, choosing the right one for you can be hard. And it's also important that they are not synthetic, which are petroleum-based.

Here's how:

For a mood-booster, look for scents that have champagne notes.

For a relaxer, choose caramel, vanilla or honey hinted scents.

Go natural with cucumber.

To leave your scent everywhere, try:

1Scenting your sheets, pillowcase, bras and undies.

2Lighting candles and using emitting rings.

3Applying scented body cream after you shower.

4Spraying the air around you and walking through it.

5Spritzing your pulse points.

6Spraying your perfume above your hairbrush and brushing your hair lightly.

7Spritz a cotton ball with your fragrance and place it in your bra, evening bag or underwear drawer.

According to studies, men are attracted to scents such as pumpkin pie, vanilla and even doughnuts because it reminds them of mom baking in the kitchen.

Match your perfume to your personality:

If you like **Green Fragrances**, ingredients that smell like nature, such as cut grass, citrus and florals, you are someone who is willing to accept risks and make commitments. You tend to dislike routine and need a variety of choices and alternatives.

If you like **Oriental Fragrances** or strong, earthy tones, such as sandalwood, vanilla, jasmine and patchouli, you are a person who hates superficiality and gravitates towards intense relationships. You don't want to do anything that may conflict with your feelings.

If you like **Floral Fragrances**, classic traditionally romantic scents such as rose, lily and carnation, you are your own style guru and like to surround yourself with luxury and class.

If you like a mix of **Floral and Oriental Fragrances**, such a combining jasmine and gardenia with sandalwood or vanilla, you are driven by your emotions and don't often approach situations rationally. You are a free spirit and you believe in others.

If you like **Chypre Fragrances** or crisp moss scents with a strong dash of green, you have a strong personality. You like to take on challenges in your life, love and work. You always put in your best and end up succeeding.

Here are some tips you can use when shopping for a fragrance:

- ◆ Since fragrances mix with the body's pH, they smell different on everyone. So test how the fragrance smells on you before you purchase it.
- ◆ Avoid sniffing fragrances back to back because you will have a harder time telling the difference between them.
- ◆ Shop for perfumes in the morning because your sense of smell is strongest then.
- ◆ Before you take a whiff, wait a couple of seconds for the alcohol to evaporate and the scent to reveal itself.
- ◆ When you are applying your fragrance, avoid your wrist area if you wear bracelets or a watch because it will mesh with the scent to make an unpleasant aroma.
- ◆ Spraying a little perfume on your hair will leave the scent smelling longer.

Skin and Product Pointers

◆ **Foundation that makes pores larger:** Large pores usually affect people with oily skin. So use powder foundations to absorb the oil. Not only do they stay put, they aren't absorbed into the pores and creases. If you want something on the dryer side, look for powders, talc and clays.

◆ **Moisturizers that don't absorb:** This usually happens to those with oily skin. Reduce the oil with an alpha hydroxy cleanser or apply the moisturizer to damp skin or right after a shower. Also consider using a lighter lotion and avoid heavy creams.

◆ **Do you have a rashy, beard burn?** Apply a moisturizer, since skin cells grow most quickly in moist environments.

Nails

◆ **Putting your socks on ruins your pedicures:**

For pedicures and manicures, it takes lots of patience. To minimize your drying time, use a fast-drying polish or apply your topcoat the next day.

During the winter, coat your nails with oil after an hour of drying and wrap them in Saran Wrap.

◆ **Hangnails:**

Whatever you do, do not pull out your nail. If you can't make a trip to the manicurist, moisten the area with lotion and gently clip it off. Make sure you cut it close but not to the point you end up digging under the skin. Soak the area in warm, salty water if it is red.

◆ **Nail polish that becomes yellow:**

Use a topcoat with a UV protector or if you are using paler shades, change to a darker color. Also, be aware that discoloration often occurs from self-tanning lotions, so wear rubber glove when you are applying it.

◆ Your nail polish won't come off:

Use an acetone-based remover, but not too often since it dries the nails.

If you smudged, dab a finger in nail polish remover and rub it gently and quickly over the damaged nail. Then apply the topcoat and one coat of polish underneath the white edge of the nail.

Caring for Your Nails

◆ To reduce excess cuticles, use creams with alpha-hydroxy acids.

◆ Push back cuticles after a hot shower so they don't split or crack.

◆ Cut and file your nails when your nail polish is still on. The polish prevents nails from splitting because it cushions the nail from the clipper. You may have to touch up the polish.

Body

◆ Flurries of dead skin:

If you have eczema or psoriasis, seek help from a dermatologist. But, for regular dryness and scaliness use a moisturizing cleanser when you shower and a moisturizer when you come out, especially during the winter. You may also find short, warm showers are gentler to the skin than long hot ones.

◆ Dry elbows:

Fruit acids are the most effective for patchy, wrinkly elbows.

Tips

◆ Apply your moisturizing cream in the morning and before you go to bed.

Hydrate, hydrate, hydrate. This is vital for anyone's home care routine.

◆ Applying heat helps moisturizers get absorbed into the skin faster and makes

you feel better as well. Put a wet washcloth in the microwave in an almost sealed plastic bag for ten to twenty seconds. Lay it on your wrist to see if it's at a comfortable temperature. Place it on your forehead and then on the other facial areas before you moisturize. The heat will draw almost any topical product into the skin. This is also useful for relaxing the neck and shoulder area, where many of us place our stress.

Beauty at the Drugstore



Looking great doesn't require a lot of money and sophisticated products. Here are some beauty tips for bargain hunters, from some of Hollywood's hottest stars:

- ◆ To help cure dry skin, a daily spritz of milk and water can do the trick. Also, try adding beer to skin moisturizers and conditioners.
- ◆ Have a nasty pimple? Smoothing on a bit of toothpaste can help remove that blemish!
- ◆ Drops of Vitamin E can prevent wrinkles and remove fine lines.
- ◆ For dry and brittle nails, apply a coat of an oatmeal-honey-lemon juice mixture to help strengthen them.

Better Beauty Treatments - Kinerase

Smoothing wrinkles is the main concern for many women. A natural treatment called Kinerase works well with those who have fine lines and

sensitive skin. Kinerase is made from kinetin, a growth hormone from plants. It works by normalizing the rate of cellular turnover – something that slows as you age. Kinerase claims to improve the appearance of skin texture and color, targeting roughness, blotchiness and fine wrinkles. It claims, that by measuring your skin surface's water evaporation, it is possible to determine moisture retention. Kinerase is non-acidic and will not burn or irritate your skin. In fact, studies show it has virtually no side effects. Since it has no interactions with drugs or other products, you can use it before applying makeup, sunscreens and other cosmetics, without irritation. If you spend a lot of time outdoors, apply sunscreen with a minimum SPF of 15. However, it does not permanently improve your skin, for your skin will return to its normal appearance if Kinerase is not used. Additionally, if you use Kinerase for three months, schedule an appointment with your dermatologist or plastic surgeon for an evaluation of your skin improvement. For real results it needs to be used regularly for three to six months, but benefits will appear after four to six weeks. It costs about \$60 – \$70 for a three-month supply and is available without a prescription.

Facial redness is an embarrassing problem affecting many adults. Rosacea or moderate sun damage may cause this problem; either way, inflamed blood vessels are the problem. A high-tech solution called PhotoFacial uses a spectrum of light that pulses your skin to destroy abnormal blood vessels. It is the most effective treatment for rosacea and sun damage, and it improves fine lines, enlarges pores and pigmentation problems. It requires about five, 15-minute treatments and costs about \$2000.

What Men Need to Know



Ladies, don't be afraid to share information with the men in your life! They may not know as much as you do. **Maintain Beauty Under Pressure** is a bank of information, commonly unknown to both men and women. Additionally, since most men aren't offered this advice, share it with your brothers and friends as well.

Many men simply rely on the advice of sales people and advertisements, whose sole motivation is to sell the product, rather than inform consumers how to choose their products. The current personal-image magazines target younger consumers with the same emphasis as women's magazines. Men cannot benefit from cosmetic products, when they still remain largely uninformed. The beauty industry is reaping the rewards.

For more information, see "Ingredients you don't want in your skin care."

Grooming and Beauty Rituals that Don't Work



•For Men

Combing the hair to one side to try to cover up a bald spot. Instead, just get a closer haircut or shave it off so that you look better. Accept it or realize change can be good. It may enhance your image, so don't get stressed by it.

●For Women

1. It doesn't help to use hairspray or other products when you're losing hair, because it can dry the hair out and cause added stress.
2. Wearing tight clothes thinking you'll look slimmer.
3. Growing full bushy eyebrows, the kind that go up and down, not just across.
4. A thick mustache or lots of visible hair.
5. Chipped nail polish.
6. Sharing mascara or eyeliner; you could get pink eye.
7. Getting more than one facial a week

●For Men and Women

8. Being unkempt or not making an effort to have a nice appearance for others.
9. Taking a bath and forgetting to buff the calluses off the elbows. It leaves the skin looking dark and unappealing.
10. Wearing too much cologne or perfume.
11. Pulling unwanted hair by yourself instead of getting it done professionally.
12. Pulling out hair every time you see gray

13. Staying out in the sun too long.
14. Exfoliating your skin too deeply.
15. Ignoring the truth when you need rest.
16. Working out too much. It overbuilds muscles and causes stress because your body is not used to it.
17. Picking your teeth in public.
18. Using the wrong beauty products and prescriptions or continuing to use products and prescriptions, even after they don't give you any results.
19. Sleeping with dirty or greasy hair.
20. Washing your hair every day strips essential oils from your hair and scalp.

A Few Beauty Tips That DO Work for Both Men and Women

1. Massage your face to stimulate circulation and achieve a healthy glow.
2. Essential lavender oil has many properties that help improve the appearance of the skin and fade discoloration rapidly. It heals scars and acne and relaxes muscles. The aroma can help clear the respiratory tract.
3. In addition to essential lavender oil, rubbing Rosa Mosqueta around your eyes will diminish the appearance of fine lines.
4. Using a heat compress or ice pack when you are stressed or feel a headache coming on and applying to a different area of your body, will help distract physical pain. The heat might also be a source of comfort.
5. Both heat and massages are good for diminishing the visibility of wrinkles on your lip and other areas of your body.



Stress and Beauty

When you express yourself in anger, you might find that people shut down and stop listening, in response to your tone. Approaching the situation in a calmer fashion will be more likely to bring you to a resolution.



The Causal Links



Stress from Different Origins

There's physical and psychological stress, and there can also be a **combination of the two**. My view of stress is psychological. Stress in the skin and sensitivity show up similarly and come from different origins. Tight pores can indicate stressed skin or great skin. When someone has very little relaxation and constant worry or must be on top of things, the skin is usually more **hyper-reactive**, causing a more sensitive reaction in the skin. I find there's also less moisture and flexibility in the skin. This can even occur after a hard gym workout (physical stress in the skin). With some people the skin breaks out easily and there is less elasticity. Beware if you have this problem: be extra cautious.

Tell the practitioner to go through a doctors' recommendation or someone who also has treatments with sensitive skin. It can show up in different combinations. I believe that extreme and unreleased emotions, particularly anger, happiness, sadness and frustration, break down the skin's resistance and age us. An unresolved psychological problem will greatly show the consequences on your facial appearance.

You won't always feel a physical pain when your skin is stressed or sensitive. You might not even be aware that your skin is stressed, although sometimes color changes are an indication. That is why it is important to learn to identify stressed skin. Scabbing and severe delayed skin reactions can result during treatment. In the case of waxing, excessive swelling and delayed healing occurs. Redness and swelling take longer to disappear. In the case of a bad operator with electrolysis, you risk deep scabbing, which can scar if not healed properly. Your chances of stressed skin are high when you are dealing with an ongoing stress-causing crisis or coping with extreme daily manageable stress. An example of this is menopause, which can be managed, but causes both physical and psychological stress and heightens skin sensitivity.

Relaxation is always the best solution, especially whenever stress is present. It is important to find a relaxation technique that works for you. For example, getting more sleep, working out or taking no-pressure time for yourself might help you relax. Remember your relaxation should become a priority during hard times.

Experience and discover action-oriented messages and self-empowerment of relaxing and rejuvenating can help change your negative thoughts towards life while under stress. "Schedule waxing or electrolysis for a peaceful day. The more stressed or tired you are, the greater your sensitivity. This can make hair removal a bit more uncomfortable." (Glamour, "Skin and Body Care by the Clock and Calendar," January, 1993.)

“Here's the root of the matter”: in response to stress, the pituitary gland stimulates the adrenal cortex by secreting an excess of ACTH (adrenocorticotrophic hormone), which in turn sends a flood of the hormone androgen coursing through your body. The increased androgens coursing through the bloodstream can cause your normal soft body hair to grow coarser and darker." (New Body, Special Issue, "Health Scene," September, 1990.) I have been cited as a pioneer, bringing focus and medical attention to the link between stress and excessive hair growth and the mind, body, beauty connection, within the beauty trade industry. Several of my published articles have appeared in trade magazines on this subject. It is now time to put this issue further on the front burner of consumer awareness. With this information you can make more informed decisions about your skin and beauty care.

In the last decade, medical science has given credence to the "Mind, body, health and beauty connection." This information has cured many clients from "skin stress reactions," and I hope you will obtain the same results. Everyone suffers from stress in the skin at some point in their lives. But for those of you who do daily, I hope this information and insight will be helpful to you.

An Additional Precaution

In addition to undergoing procedures in a healthy, relaxed state of mind, try applying Ela-Max to the skin before procedures such as electrolysis and waxing. Ela-Max is an over-the-counter rectal cream, but it can be used on other parts of the body for partial numbing if you are especially sensitive to pain. It is a skin desensitizer that does not require wrapping to be effective as many other products like this one do. I would recommend it especially for men, but generally any products containing lidocaine or any ingredient with the suffix, “caine,” will work to dull pain for men and women. Apply up to an hour before the procedure for maximum benefits.



Integrative Medicine



A new form of alternative medicine integrates conventional medicine with herbal solutions. Some practitioners believe vitamins, herbs and meditation complements drugs and traditional treatment in the healing process. Patients can take ownership of their bodies and cure themselves. Integrative medicine uses less of a mechanistic approach to diagnosing a sickness and perceives ailments as friction between the patient and variables in the environment. Four lifestyle routines may enhance the benefits of integrative medicine. These include the development of meaningful satisfying relationships and an exercise and diet regiment customized for your body and lifestyle, which detoxifies the body of impurities internally and externally.



Herbal Solutions for Hair and Skin



Herbs and a Variety of Uses

Thyme:

Thyme is great to help you relax after a particularly hard day. One tablespoon per each cup of boiled water makes a good tea that helps headaches, soothes minor coughs and chest congestion and aids in digestion. Gargling an infusion of thyme can help a variety of respiratory conditions, such as laryngitis and tonsillitis. Thyme and water combined into a paste can also be used on a variety of external conditions, such as burns, cuts, eczema and psoriasis because of its antiseptic properties. Thyme oil has been shown to stimulate the brain.

•Mustard:

Using a mustard poultice will enable you to increase the blood flow to the area where it is applied. This is useful for cleansing and nourishing the skin through better circulation as well as relieving muscular pain and aches in the joints. However, be aware that mustard may cause a mild skin irritation.

Mustard helps internally as well. Since it makes you sweat, it aids in removal of toxins from the body. During a cold or flu, mustard tea or a bath with mustard sprinkled into it will help your body recover sooner. Also, a mixture of hot water and mustard makes for a great footbath.

•**Ginseng:**

This root is particularly helpful in boosting energy and strength in later years or during recovery from illness. A dosage of 500 mg up to 3 times a day increases energy, sharpens the mind and helps the body deal better with stress. Also, ginseng has been found to help the liver function better as well as protect against radiation damage.

•**Parsley:**

Aside from being a good source of vitamin C, parsley helps mask garlic and onion in the breath. It also helps the body get rid of excess water and is particularly good for cleansing the female reproductive system. Gastric pains can be relieved through the use of parsley as well. Parsley tea is good for treating gallstones and the internal organs in general. When used on the skin, it relieves insect bites and removes skin parasites such as lice.

•**Cayenne:**

For people with poor circulation, cayenne tonic will stimulate blood flow, to help warm up cold hands and feet. Better circulation will in turn strengthen the heart, blood vessels and nerves. Combined with a little honey, lemon and water, it works well as a gargle to soothe a sore throat.

•**Peppers:**

Not to be confused with pepper (as in salt and pepper), chili peppers can come in two categories, sweet and hot. They are an excellent source of vitamin C, with green bell peppers having double the amount in oranges, red peppers having

triple the amount and hot peppers having over three and a half times as much. Also, spicy peppers act as an anticoagulant to help blood clots in the vessels of the body. Hot red peppers have also been used to aid in the treatment of anorexia, hemorrhoids, liver congestion, cancer, varicose veins and tumors.

•Mint:

Not only will the 600 varieties of mint give you minty fresh breath, they also act as excellent carminatives that help the many functions of the digestive system. Mints reduce flatulence, stimulate digestive juice flow and help treat ulcers. Mint tea has been used to help anxiety, tension, travel sickness and colds.

•Rosemary:

Rosemary stimulates circulation and also has a calming effect on digestion. It stimulates the mind, making it great for headaches or depression associated with debility. A rosemary poultice can be used on sore muscles or pains associated with nervous system problems. Rosemary oil stimulates hair follicles and circulation of the scalp, making it helpful for hair loss prevention. It detoxifies tissues and reduces discoloration, as well as speeds up the healing process for smoother skin.

•Caraway:

Caraway is useful for easing stomach and intestinal pains and it also stimulates the appetite. As an astringent, caraway can be used for diarrhea, bronchitis, laryngitis and chronic asthma. Women can use caraway's calming effect to relieve menstrual cramps.

Horse-Chestnut-Seed:

In its extract form, horse-chestnut seed can be used to treat varicose veins. A safe dose is 50 milligrams three times daily in capsule form. However, children or either pregnant or lactating women should not use this herb.

Herbal alert:

- Be careful of those herbal preparations that are made in China and sold in health food stores in the USA. Some of those contain unsafe levels of mercury, lead, arsenic or prescription drugs!!!! A law passed in 1999 requires complete labeling--until then be sure to get them *only* from a certified acupuncturist or other practitioner of alternative, Eastern medicine.

•Essential Oils**Chamomile Extract:**

Cleanses, calms, heals, an astringent and anti-inflammatory. Rub oil onto skin to soothe swelling and pain resulting from varicose veins.

Essence of Avocado:

Contains high amounts of Vitamins A, B2, D, E, K and promotes skin cell growth. Protects against environmental stress and heals rashes, burns and irritations.

Essence of Dandelion:

Astringent and detoxifier

Essence of Honeysuckle:

Removes impurities, dirt and makeup

Essence of Kukui Nut:

Deep penetrating moisturizer and emollient

Essence of Lemon Peel:

Stimulates circulation and decreases the appearance of fine red lines from capillary fragmentation

Macadamia Nut Oil:

Stimulates oxygen circulation in the skin; moisturizes and heals.

Marshmallow Extract:

Softens, soothes and heals skin.

NaPCA (synthetic):

Retains moisture and improves softness and elasticity

Rosemary Essential Oil:

Dilates capillaries near the surface, which may help prevent varicose veins. Also try taking hamamelis (witch hazel) in the 12c potency three times a day for no longer than a week to treat these uncomfortable and oftentimes unsightly veins.

Tea Tree Oil:

Used for treating acne and as a non-drying antiseptic.

Avocado Extract

The vitamin A found in avocado extracts helps to fight dullness and restore your skin's radiance.

Trehalose

This is an extract found in desert plants and contains powerful hydrator to recharge your skin's own moisture.

Birch Extract

Birch Extract contains beta hydroxy to retexturize, smooth and refine your skin.

Coriander

Coriander is a powerful skin calmer which helps to soothe skin, even if it is sensitive.

Zinc Phenolsulfonate (mineral):

Reduces redness, especially for blemishes.

More on Tea Tree Root

Tea Tree may look just like an ordinary shrubby tree, but it is a powerful natural antiseptic, local anesthetic, cooling, circulation booster and new cell growth stimulator. Tea Tree Oil is Australian grown and has a strong odor similar to eucalyptus. Oil from it can help control infections and reduce inflammation caused by bacteria and when applied externally, can battle acne, toenail fungus, athlete's foot, dandruff and sunburn. It can also combat skin fungi, yeasts and staphylococcus germs. It has many other uses, including an

anti-irritant following shaving and a cuticle softener to prevent painful hangnails.

There are more than 300 varieties of tea trees, but only one known as *melaleuca alternifolia* has all the extraordinary qualities above. It houses several antibacterial and antifungal agents, including high terpinen-4-ol content and a low cineole content. These substances, along with 100 other compounds, make it effective. Wounds bound in tea tree oil-soaked dressings usually healed completely with no damage to adjoining tissue. This same solution has successfully treated sore throats, bad breath, boils, frostbite, gynecological disorders, skin infections, rashes and infections of the mouth and gums. Reports show that when tea tree oil was applied twice a day to nail fungus, 60 percent of it was completely or partially healed in six months.

It is also available in creams and gels. If used properly, it can save you money, pain, energy and time. For domestic use, a few drops added to water or a cleaner, acts as a household deodorizer, disinfectant and easily eliminates parasites and insect infestations from both indoor and outdoor plants. Amazingly, it can alleviate skin problems, lice, fleas and tick bites from cats, dogs and horses.

It has long been used for mild to moderate acne. For blemishes, it is as effective as benzoyl peroxide. Look for products, especially lotions, that contain tea tree and lavender oil. They are excellent remedies for oily and blemished skin.

Be Warned: Though herbs are natural, they still contain chemicals that can cause adverse reactions. Therefore, look out for side effects, such as dizziness, upset stomach or headache, and be alert for allergic reactions like bumps and rashes.

In tea tree oil, the cause of these adverse reactions is photooxidation, the process by which the oil is broken down by light, warmth and moisture. If your oil has been exposed to these elements for any period of time from several days to several months, it can become up to three times more allergenic than normal.

So, store it in cool, dark areas, away from windows and natural light. Keep the bottle firmly sealed and open it as seldom and for as short a time as possible. Also, buy tea tree oil in brown bottles only (they naturally block light). If you have trouble breathing within thirty minutes of trying an herb, contact 911 or your local emergency number. Contact the store manager, because some herbs interact with each other negatively. And always make sure that your doctor is aware of the herbs that you are taking.

Herbs for Acne

Herbal medications that can be used are infusions and decoctions of herbs that help to purify the blood, such as dandelions, nettles, yellow dock, burdock, cleavers Oregon grape root and blue flag. To control hormonal excesses, use infusions of false unicorn root, sage, wild yam and Chinese angelica. You can also use a steam facial to open pores. Pour 1 pt. boiling water over 1 tsp. of either lavender, elderflowers, chamomile, lime flowers, yarrow or lady's mantle. Allow the herbal steam to wash grease from your face for about 8 minutes. Gently wipe the blackheads with clean cotton wool afterwards. To clean greasy skin, mix equal parts of fresh lemon juice to rosewater or elderflower water or distilled witch hazel. Alternatively add lemon juice to oatmeal and water or clean skin with warm milk or yogurt.

Herbal Tea Remedies for Women

●Lemon Balm

Eases the symptoms of an upset stomach and the flu, as well as depression.

●Dandelion

Used to diminish skin problems and as a laxative. Can also be used during times of hormonal imbalance and as an energy booster.

●Rosemary

Helps heal imperfections of the skin, such as acne and other forms of skin inflammation.

●Motherwort

This plant lowers the heart rate and is noted for its anti-depressive and calming properties.

●

●Sage

May be used to regulate one's menstrual cycle and relieves symptoms of hot flashes.

●Chasteberry

Helps relieve hot flashes and regulates the menstrual cycle and other age-related symptoms, such as mood swings. Overall, it is beneficial for one's fertility.

Did you know a mix of some of these essential oils, including rosemary, cedar, lavender and thyme, has been shown to counter the effects of alopecia areata or hair loss?

There are now snacks that are made laced with herbal medicines. However, most of these snacks do not contain enough of the herb to be as effective as a supplement.

Drinking seltzer water, which has quinine, can relieve muscle pain. Large quantities of quinine may increase one's health risk, but this amount is about ten times more than found in tonic water.

●Natural and Fruity Age-Defying Remedies

●Blueberries

●Help prevent retina damage and blindness in those over 65. It can be eaten fresh or as a yummy blueberry shake.

●Fruit Mask

A natural mask made from papaya, pineapple, olive oil, milk and honey can smooth wrinkles and lines out of the skin and improve one's overall complexion. Papaya and pineapple contain AHA's, the natural fruit acids that dissolve dead skin and increase the manufacturing of collagen in the skin. Honey is a natural humectant that locks moisture into the skin. For dry skin, jojoba oil might be added. Because it is loaded in lactic acid, an AHA, milk also has exfoliating properties for maintaining soft skin and a radiant complexion.

Necklines drooping with age can be reduced with a night cream made from cocoa butter, olive oil, vitamin E oil and lanolin. This mixture may be too rich for acne-prone skin.

For **sensitive skin**, a skin soak made from green tea and oatmeal will make the skin naturally smooth. Drinking green tea itself is beneficial for one's overall well-being as it has been noted for its anti-carcinogen capacities.

Psoriasis

Herbal remedies can relax and strengthen the nervous system. These include skullcap, vervain, wild oats, passion flower, chamomile and hops. Licorice may help support the adrenal glands.

To counteract the dryness of skin, take infusions of herbs that enrich the blood. These include sarsaparilla, Oregon grape root, burdock, queen's delight, yellow dock, red clover, nettles and blue flag. Chine angelica, dang gui is a useful blood tonic too. External applications of essential oils of lavender mixed with olive oil or lavender or bergamot oil mixed with equal parts of St. John's Wort oil and comfrey oil. Only fine milled oatmeal saps and sensible sunbathing could help ease this condition.

Eczema

The main herbal treatment for this is internal. Take infusions or decoctions of alternative herbs such as yellow dock, burdock, red clover, figwort, fumitory, heartsease, purple coneflower and nettles. Such herbs help nourish and cool the blood and skin. Combine them with infusions of herbs that help the nervous system, including oats, skullcap and vervain. Add herbs that support the adrenal glands such as licorice and borage. Avoid cowslip, which

may cause an allergic reaction.

External treatments can also be used to oil dry skin using the essential oils of lavender or chamomile added to almond or olive oil. External applications of the oils of evening primrose, Vitamin E or jojoba can also be effective. To nourish the skin, add oatmeal to the bathwater and use oatmeal soap. Some sufferers gain relief from Epsom salts or sea salt added to the bath water. To reduce inflammation, try a poultice made from watercress, comfrey root or leaf or chickweed, mixed with fine oatmeal.

Herbal Hints:

- ◆ Herbs suspended in beeswax help make a healing bandage for your skin.
- ◆ You can use lavender oil to help treat localized skin problems. Use it in its pure form (i.e. without a carrier oil) as it is very gentle, for its anti-bacterial and anti-inflammatory actions which are useful in treating acne, cuts, burns and rashes and relieve pain.

Aromatherapy

It has been shown that reoccurring exposure to any pleasurable scent can reinforce an individual's well-being and can positively alter state of mind.

Aromatherapy, therefore, is a technique based on the belief that specific scents have the power to alter our moods and health and “aromachology” is the study of this link. It also draws harmful toxins from your body while letting it absorb its minerals and trace elements. Essential oils from plants (rosemary, geranium, lavender, rose, peppermint and jasmine) do have the ability to calm, enliven and arouse, so indulge! However, be aware that there are naturally scented essential oils, which are effective, and oils that are simply scented synthetically. Check the ingredients to make sure that the oil you are using is authentic.

•Hydrosols

Hydrosols are a natural complement to aromatherapy. Hydrosols are essential waters of the plants or floral waters. Some of the flower essences proven to be physically and emotionally beneficial are not harvested in their oils, but can be found in these waters. Hydrosols are actually distilled plant waters, not to be confused with many commercial floral waters which are simply distilled water with essential oils or sugars added to them. The real thing has unique properties for aromatherapy and can also be used for bathing and cooking.

You can apply them directly to the skin wherever you feel you need to be rejuvenated: face, hands and feet (try soaking them in these aromatic hydrosols!). You can use them in conjunction with facial oils, but be sure to apply them first. Mix them with masks and cleansers for added moisture and anti-aging benefits. They can be used as toners, aftershave treatment, compresses and facial steamers to unclog pores and promote a healthy, glowing complexion. If you have had electrolysis, apply hydrosols afterwards to relieve discomfort and smooth your skin. Take a hydrotherapy bath, by adding hydrosols to the water, or spray them as a mist on yourself and around your home for a clean, soothing fragrance.

● Here are some useful Hydrosols:

Rose geranium: This is a fragrant antiseptic that can be used in baths or as a facial tonic. It is soothing and very calming when inhaled. It is very useful as a headache and depression remedy, since it has euphoric qualities, which relieve anxiety and hysteria. For insomnia, add lemon verbena and drink it for better sleep.

Tea tree: This anti-fungal can be used to relieve baby rashes and sore throats.

Witch hazel: It is astringent, anti-inflammatory and antiseptic. It is also a powerful antioxidant and can be drunk to relieve effects of radiation treatment. It can also calm down varicose veins and hemorrhoids.

Chinese Herbs for De-Stressing

Pick your option—steam baths, rock climbing, drinking a glass of red wine.

Link pain, discomfort or inconvenience to your present belief about your unwanted habits, so it moves you away from them. For example, beauty sleep is more important than having a late meal. I would rather sleep than eat. It's too much of an effort to cook or get out of bed. Find a positive way to deal with your food issue. You might want to write a comment you can see frequently, like this, **"I realize I would rather sleep than eat. It makes my day go better. I feel better."** What are the consequences if you do the wrong things?

Being honest with yourself will help you get what you want sooner than when you don't acknowledge the truth. Tell yourself, I want to stop self-sabotage and conquer this problem. Start finding reasons and make your list. Get ready to move...and easily break a habit!

Top Selling Herbal Products

1. Ginseng
2. Garlic
3. Ginkgo Biloba
4. Echinacea
5. St. John's Wort
6. Saw Palmetto
7. Echinacea/Goldenseal combo

8. Pycnogenol/Grapeseed

9. Goldenseal

10. Evening Primrose

Is natural necessarily better? Herbal products do have therapeutic effects, and those who rely on herbs for every sniffle or pain usually have had positive previous experiences with them. But it has not been decided whether one's body is more receptive to herbal medications than synthetic ones. People who have sensitive skin sometimes turn to botanical extracts, thinking they are safer and less irritating, but allergic reactions are more likely with natural products. While herbal products are aesthetically appealing, have pleasing aromas and are thought to be organic and (therefore safer for the environment), some companies still use pesticides and excessive packaging.

Ingredients should be listed on product labels according to FDA regulations. You cannot benefit from the herbal ingredients if the product does not contain 5 to 10 % of the herb. Look for the words "essential oil" and "extract" rather than "fragrance" or "essence." Once you smell the product, you can tell instantly if the scent is natural or manufactured. Genuine botanical products have a range of subtle smells, while manufactured scents are pungent. Fruity smells are transient, so if you smell berries or apples, it is most likely manufactured. Don't expect genuine herbal products to be a cheap alternative. A good deal usually points to manufactured scents, which probably are mass-produced for a lower price.

The increasing popularity of herb and plant extracts have led to questions on how to regulate them and to what extent. In Germany, findings and evaluations related to all herbal medicines and phytotherapies are compiled by a

regulatory agency especially formed for this purpose.

One difference between this agency and the FDA is their evaluations are based on independent studies, while the FDA relies on information provided by the manufacturer.

This compilation is entitled **The Complete German Commission E Monographs** and includes information on side effects, dosages and possible interactions with other drugs.

Distillation

Steam distillation is done when the time is right for a plant and when the potency of its chemical constituents is at its peak. When the harvest is done, the plant is carried to a distiller who distills the plant using tested pure well water or deep spring water for the steam. Simply by inhaling its aroma, the distiller can tell when to stop the distillation process. Time, temperature and the craft of the distiller combine to produce a perfectly distilled hydrosol.

The benefit of using hydrosols in esthetics is they combine both the therapeutic qualities of essential oils with herbal therapy, but are still gentler than concentrated essential oils. Hydrosols contain plant components, without any of the plant's tannic acids and droplets of essential oils without terpenes, (chemical derivatives). Distillation concentrates the organic acids in the hydrosols, which leaves them perfectly acid-balanced and excellent for skin care. They can be applied directly to the skin as an antiseptic, anti-fungal and anti-inflammatory. They are even gentle enough to be used as an eyewash, mouthwash or even on a baby's rash.

Hydrosols can be produced from any distilled plant, even relatively non-scented plants such as witch hazel. The challenge is to coordinate development

at the right pace so aromatherapy producers of hydrosols can ensure the correct number of hydrosols are distilled, allowing each year's harvest to be consumed within that year. Growers must cooperate with distillers, and distillers must distill ethically, by being careful about not putting too much steam through the plants and diluting the hydrosol. A natural preservative should be developed to extend hydrosols' shelf life. For example, in France, hydrosols must have 10% or more preservatives added. This preservative is usually alcohol. Large companies will demand preservatives to guarantee a standard product, which is clinically oriented. However, fresh, clean, unpreserved hydrosols are preferred for their gentle, tonic action.

Purified Soy

Soy has always been known for its health benefits. But as studies show, soy can also help your skin. It helps skin maintain oxygen and collagen for a firmer, youthful appearance.

Look for products that cleanse and clarify your skin with soy. The Japanese have always used soy products and are known for their smooth and flawless skin. Although using soy facial and skin products won't protect your heart and bones, they will improve the texture and clarity of your skin with moisture naturally found in soy. Soybean oil is a good moisturizer and contains antioxidant properties that fight the effects of aging. It is gentle enough for sensitive skin. Soy protein can also strengthen fragile hair.

Licorice

The Chinese licorice root is used to treat numerous skin diseases in East Asia and is known to reduce inflammation. It contains steroid-like substances and provides rapid relief.

In 1994, a study of this herb used for atopic dermatitis confirmed its outstanding reputation. When 37 children were given a Chinese herbal medicine containing this licorice, 18 children experienced a 90% reduction in their symptoms after a year of usage.

Other Herbs

Herbs containing berberine as an active ingredient reduce inflammation of the skin, when taken either internally or applied as a cream, especially in psoriasis. Herbs in this category include goldenseal root, Oregon grape root, barberry root and coptis root.

Burdock root has been known to detoxify the liver and as a treatment for skin inflammation. In fact, British herbalists use burdock as a treatment for liver toxicity conditions such as eczema, psoriasis and boils, especially on the head, face and neck area. In Japan the root is served as a food and can be prepared the same way you would a carrot – as fresh juice or stir-fried.

Aloe is also a popular remedy when applied directly to damaged skin, as a cream or gel. It is most often used on burns, abrasions and dermatitis. It heals the skin effectively because of its anti-inflammatory, anti-microbial and analgesic properties.

You Want These Natural Ingredients



Algae Peptide: This is an extract from the Hawaiian red sea algae and has a high content of the protein hydroxyproline. It helps the skin make new collagen and has been clinically proven to decrease the appearance of wrinkles, increase skin firmness, moisture and smoothness.

Glycolic Acid (Alpha Hydroxy): For more than twenty years, this has been extracted from the acid of sugar cane and has an array of great skin results. It is effective, yet gentle enough for those with sensitive skin. It can decrease the dead skin layer, increase the thickness of the living skin, even out skin tone and keep pores clean. It can slough away and remove the dead and outer damaged skin layers, leaving a healthy glow.

Salicylic Acid (Beta Hydroxy): This exfoliating ingredient can reverse the signs of aging skin and keep the skin surface smooth. It can also unclog pores, remove dead cells and debris.

Sphingolipids and Ceramides: These ingredients are lipids which are in young and healthy skin. They hydrate the skin by absorbing and retaining its natural water content. Lipid size decreases because of aging and environmental stress, making skin appear drier and lackluster. However, once lipids are restored, the skin becomes moist and healthy once again.

Herbal Extracts: Some examples include Kola, Matte and Guarana extracts, which can minimize skin irritation and promote healing. Another extract is chamomile, which has anti-inflammatory and calming properties.

Hyaluronic Acid: This protein holds up to 1000 times its weight in water, in order to moisturize the skin. It's a protein found in the deep layers of the skin.

Oxygen Formulations: These chemicals increase cellular oxygen consumption and can increase the amount of Adenosine Triphosphate (ATP) present in our cells. Since younger skin cells are richer in ATP than aging skin, this formula can rejuvenate the skin.

Ascorbic Acid (Vitamin C): This antioxidant can prevent signs of sun damage, since it is a photoprotective substance. However, it is not a sunscreen. Vitamin C is needed to make collagen in the skin, and, when applied externally to the skin, it can be absorbed 20 times more than taken internally.

Titanium Dioxide: This is a great blocker of damaging UVA rays, which contribute to skin aging and sun damage. It is also gentle enough for those with sensitive skin.

For Cleansing

Facial Cleansers: If you have normal to dry skin, use a gentle cleanser containing Chamomile to soothe and algae peptide to moisturize and soften.

Face and Body Wash: If you have normal to oily skin or are prone to acne, the vote is in. Use a gentle exfoliating cleanser containing salicylic acid to exfoliate dead cells from the pores and the skin surface. The result: smoother, clearer skin.

Make-Up Remover: No matter what your skin type is, look for a moisturizing lotion containing hyaluronic acid and Vitamin E, to dissolve eye makeup and soothe the eye area. It can also remove foundation and lip color.

To Exfoliate:

Alpha and Beta Exfoliators: These ingredients are suitable for all skin types. Look for a formula of 5% glycolic acid and 2% salicylic acid, in a base of Chamomile and Eucalyptus. It is great for cleaning pores and gives the skin a healthy glow.

Glycolic Gels: This is suitable for all skin types as well. Look for a formula of 10% glycolic gel and algae peptides, since it moisturizes and rejuvenates in a glycerin-rich base. It can also unclog pores, smooth the skin and even out skin tone. In addition, choose one that contains herbal extracts to minimize skin irritation.

AHA Clarifier: This is great for oily skin and skin prone to acne. It exfoliates dead cells and clogged pores, and its anti-inflammatory herbal extracts minimize irritations.

To Rejuvenate:

Vitamin C: Look for a botanical formula that offers at least 6% vitamin C to the skin. It will help protect against photoaging and refresh, smooth and revitalize the skin. Also, use a formula with algae peptides to further moisturize and boost collagen production.

Lipid Drops: This is suitable for all skin types and can replenish the skin. Particularly look for sphingolipids and ceramides to seal in moisture and protect from environmental damage. Tests show it can increase skin moisturization for 6 hours after a single application.

AHA Moisturizing Crème: This is also suitable for all skin types. It can boost the skin's collagen production and increase skin smoothness and skin firmness, as well as the appearance of fine lines.

Aloe Vera, vitamin E and sea algae extract: Look for these products when choosing a soothing gel. They can heal skin that is peeling or irritated and decrease redness and inflammation from shaving.

Oxygen Formulations: This is suitable for all skin types. Look for it when you are buying a mask, since it can increase oxygen consumption and cellular metabolism. When used regularly, it can revitalize the appearance of the skin.

Glycolic Acid: This is suitable for normal to dry skin. A combination of glycolic acid and hydroquinone is especially effective as a bleaching agent to lighten skin discolorations and even the skin tone.

To Moisturize:

Moisturizes with SPF 15: Look for a titanium dioxide-based sunblock, since it can reflect the sun's harmful rays, without absorbing them. Also look for ones containing vitamin E and hyaluronic acid, to seal in your skin's moisture.

AHA Body Lotion: This is suitable for all skin types. Look for a formula containing a 15% blend of glycolic, lactic and malic acids to exfoliate dead cells and to leave the skin smooth and soft. It is great for rough and dry areas.

Hydrating Eye Gel: This is suitable for all skin types and is rich with protein. Choose products with hyaluronic acid to moisturize the eye area.

Beware of Natural Remedy Scams



With the heightened interest in the impact our health has towards our well-being and longevity, there has been a huge increase in manufacturers who are trying to create a market for their goods. Please beware, because the results from these products may not live up to the hype. There are several warning signals to be aware of:

- ◆ Claims of a “miracle cure,” or “secret formula.”
- ◆ Testimonials from supposed experts who don't have any credentials or affiliations listed and can't be checked.

- ◆ Ingredients are not listed.
- ◆ Claims that the product can cure cancer, AIDS or reduce weight, without exercise and dieting.
- ◆ Vague or undocumented case histories.
- ◆ No medical or scientific studies to support product claims.
- ◆ Did you know natural products can have more side effects than synthetic ones? Make sure the label lists potential side effects.

Beware of Certain Wrinkle Creams!

Be careful about using products with coenzyme Q10 to treat wrinkles. People who used it complained about waking up with a red and itchy face. The side effects were so severe, antihistamines didn't even reduce the swelling. Most had to resort to using prescription cortisone.

Herbs and Drugs You Should Never Mix

If you take: Licorice (for asthma and ulcers)

Stay Away From: Medicines for high blood pressure.

Why: Both deplete potassium from the body, potentially leading to cardiac arrest.

If you take: Ephedra (for weight loss)

Stay Away From: Theophylline (for asthma), caffeine, Ritalin, Sudafed or other tricyclic antidepressants, like Tofranil, Elavil, Norpramin and Palemor

Why: They all increase heart rate and blood pressure, which could lead to heart attack or stroke

If you take: Garlic (to stave off colds)

Stay Away From: Blood thinning drugs like Coumadin.

Why: Both have blood thinning effects that cause difficult clotting

If you take: Aloe, senna or cascara (as a laxative)

Stay Away From: Any other over-the-counter stimulant laxatives

Why: A double dose of laxatives may flush medication from your system before it takes effect.

“Effects of Electronic Stimulation in Promoting the Nutrition of Facial Skin”

Researched by W.D. Currier, M.D., F.A.C.S., F.I.C.A.N.,
of Pasadena, California.



The words “nutrition” and “metabolism” are misused, perhaps due to the misunderstanding of their definitions. Since the widest definition of nutrition involves the intake and digestion of food, and metabolism is the process of turning that food into energy (consequently producing both tissue cells and waste), nutrition encompasses metabolism. After nutrients are ingested, they must be transported, before they can be converted. Blood is the nutrients’ “conveyor belt,” and its efficiency is key.

Experiments involving nerve stimulation of facial muscles, have provoked interest in facial skin circulation. Contractions of these muscles were induced at six points, regularly, over a twelve-month period. At the end of this

period, the patients' diet and rest patterns were monitored. Then results were measured. Fine lines and wrinkles had diminished, puffiness under the eyes had decreased, the jowls had firmed noticeably and improvements were discovered in facial tissue tone, skin texture, tautness and complexion. According to a questionnaire sent to the patients, a large percentage had continued to use the nerve stimulation instrument even after the study had ended.

Facial skin has unique characteristics and special conditions. For facial skin, the arterial tree distributes nutrients and oxygen, the capillary network delivers them and the venous channels carry away waste products. The capillary system contains miniscule vessels called true capillaries. These have permeable walls, through which blood and fluids exchange gas and nutrients. While in the rest of the body, blood circulation primarily provides nutrition and oxygen and eliminates waste. In skin circulation, the blood first and foremost regulates body temperature. Blood bypasses the true capillaries due to a special arrangement of shunts and therefore misses tissue metabolism. Instead, the blood flows directly to superficial veins, where it's cooled. Only in the "blush area," the head and neck, does the skin participate little in the body's thermal fluctuations.

•Facial Massager / Exerciser

The shape of the face is dependent upon the tone of the muscle underlying the skin. The skin adapts to the condition of the muscles, which support it. Facial muscles, with age, lose their tone and elasticity, causing the skin to sag, pouch and wrinkle. A lack of facial tone can be seen in double chins, crow's feet, bags and lines.

The Facial Massager / Exerciser causes the muscles to contract and relax rhythmically to improve the facial muscle tone. A small signal transmitted to the

muscles stimulates them, gently increasing, causing the muscles to flex while simulating normal exercise. The signal then stops, letting the muscles relax before the cycle is repeated.

Use of the facial toner fights visible signs of aging by smoothing wrinkles, crow's feet and lifting jowls. The appearance of a turkey neck or double chin can be removed by use on the muscles of the neck over time. In addition, blood circulation and lymphatic flow are improved, thereby improving the condition and elasticity of the skin.

•Facial Acupressure

Facial acupressure is a similar method of treatment to the Facial Massager / Exerciser. Instead of massaging, pressure is applied by the fingertips at specific points of the face, balancing and redirecting *qi* or life energy. This method helps to naturally maintain youthful skin tone and a beautiful complexion. It is offered in many salons and through private practitioners.

•Electrostimulation

Electrostimulation is a technique using electric current to tighten up the facial muscles. It will not remove wrinkles, but it can make your skin appear firmer and more youthful. Using a small handheld device, like an electric razor, you can see amazing benefits over time. Massaging these same areas instead of using electrostimulation can superficially reduce signs of aging. Simply getting restful sleep might also have the same effect, although electrostimulation is much more lasting. After building up the muscles, a touch up is required every few days or weekly. Also look for electro-magnetic detox therapies for skin problems, illnesses, allergies and immune or lymph system.

●Problem Areas and How to Fix Them

- 1. Sagging upper eyelids, crow's feet and under eyes bags.** Pinpoint the muscles around your hairline, just above your ears. This will stimulate the muscles around the eyelids. Keep in mind the eyelids should not be closed on application. You will notice a movement between the lid and eyebrow. The forehead may lift slightly.
- 2. Laugh lines and sagging cheeks.** For these areas, focus on the area under the cheekbones in line with the ear and corner of the mouth. The side of the cheek and corner of the mouth will lift gently, improving facial contours in the entire lower half of the face. Experiment with this area – you may have to adjust the level of the electric impulse or area to find where this is most beneficial to you. Remember everyone's face is different.
- 3. Pouches and lines surrounding the mouth.** Concentrate on the area above the jawbone at a slight angle. The upper and lower lip will simultaneously contract gently.
- 4. Lines around the cheek, nose and upper lip.** Use the same technique as in #3, as there are no muscles on the lip or nose area.

Vitamins, Essential Fatty Acids and Minerals For A Healthier You



Vitamins do not have tangible nutritional values like carbohydrates, fats and proteins. They are necessary coenzymes and for chemical reactions that metabolize nutrients and convert them into a form usable by our bodies. Some vitamins are water-soluble, while others are fat-soluble, and fats are a vital part necessary for our daily diet.

Vitamins are necessary for impact on and interacting with nutrition. Also they are popular in the field of dermatology and beauty industry as topical applications to prevent, slow or even stop different parts of the aging process, by supporting your body's ability to replenish itself. Also there are three specific essential fatty acids, which have profound health effects on the metabolism and endocrine system, which regulates the heart and helps maintain the skin's elasticity and moisture. Therefore, this section of the book focuses on vitamins, minerals and essential fatty acids and how they can be used to maintain "beauty under pressure." Confused when to take your vitamins? Take multi-vitamins with a meal and make sure they include essential fatty oils. Drink fluids to help them dissolve. Take Vitamin E with a meal or snack, along with a little fat, as with multis. Take half of Vitamin C with breakfast and the other half at dinner. Take 500 mg or less of Calcium to maximize absorption, and don't take iron with these.

• **Multivitamin Treatments**

Antioxidants are here to stay. Although Vitamin C serums are often unstable and turn brown, and Vitamin A loses its effects when exposed to light, oxygen or water, most products have become better formulated. In addition, many more ingredients such as co-enzyme Q-10 and alpha lipoic acid are often included.

When buying skin products, look for a combination of antioxidants. Studies have shown blends of antioxidants to be much more effective than isolated antioxidants. These free radical ingredients help destroy skin cells and collagen. Therefore, it is highly recommended that you mix and layer your creams. For example, layer Vitamin C and E treatments in the morning, because they both defend against UV rays and environmental pollutants.

Also remember, the best time to apply creams is at night, when you are most relaxed. The skin is more permeable making it easier to absorb them. Try using Vitamin A and Retin-A™ creams at night as well.

Great news! Manufacturers have added something to make antioxidants last longer, so you don't have to worry much about expiration dates. Here are common antioxidants and their effects:

◆ **Vitamin C** diminishes fine lines and fades dark spots.

◆ **Vitamin E** helps retain the skin's elasticity and seals the skin. Promoting healing from the inside out.

◆ **Vitamin A** increases cell turnover and reduces wrinkles.

◆ **Coenzyme Q-10 and Alpha Lipoic Acid** have been known to defend cells and reduce fine lines.

◆ **Green Tea and Gingko** ease red patches and eliminate free radicals.

Vitamin/Mineral General Information Chart

Vitamin or Mineral - Daily Value (DV) or Recommended Intake - Safe Upper Limit-
Additional Info

- **CHLORIDE** Helps regulate fluids (3,400 mg). One teaspoon of salt has 3,000 mg of chloride.
- **COPPER** For healthy connective tissue in heart and blood vessels (2 mg-9 mg). Oysters, lobster and crab are loaded with copper.
- **CHROMIUM** Works with insulin to help your body use blood sugar (120 mcg-1,000 mcg). Take more than 200 mcg only under a doctor's care.
- **IODINE** Part of thyroid hormone that regulates your calorie-burning rate (150 mcg-1,000 mcg). Most dietary iodine comes from using iodized salt.
- **IRON** Part of hemoglobin which carries oxygen to the cells (18 mg-65 mg). Don't take more, unless a blood test says you're anemic. High iron is linked to heart disease.
- **MAGNESIUM** Needed for strong bones, healthy nerves and muscles (400 mg-700 mg). Take no more than 350 mg. Higher may cause diarrhea.
- **MANGANESE** Part of many enzymes that control the chemical reactions in your body (2 mg-10 mg). Whole grains are the best food source.
- **MOLYBDENUM** Helps your body make hemoglobin (75 mcg-350 mcg). Deficiency not found in humans.
- **PHOSPHOROUS** Part of DNA, genes and also bones (1,000 mg-4,000 mg , over age 70: 3,000 mg). Very prevalent in foods; deficiency is rare.
- **POTASSIUM** Helps maintain normal blood pressure (3,500 mg-4,500 mg). Due to potential risks, take supplements only under doctor's care.

- **SELENIUM** Protects cells from free radicals that cause cancer and heart disease (70 mcg-200 mcg). Studies have shown 200 mcg cuts risk of lung, prostate and colorectal cancer in half. 1,000 mcg may be toxic.
- **ZINC** Important for wound healing and a strong immune system (15 mg-30 mg). Too little or too much zinc can weaken our immunity.
- **VITAMIN A** Critical for healthy eyes and skin (5,000 IU-10,000 IU). Avoid supplements of beta-carotene in amounts of 25 mg or more.
- **THIAMIN** Helps body turn carbohydrates into energy (1.5 mg-50 mg). High levels of thiamin, riboflavin

● **Supplementing a Good Diet**

Previously the prevailing theory was the assumption that if you were eating a well-balanced diet, you were getting all the necessary nutrients and minerals. Many doctors now recommend a daily multi-vitamin that contains 100% of each dietary vitamin and mineral, in addition to a well-balanced diet. However, they also warn that taking a multi-vitamin cannot and should not be used in place of eating a well-balanced diet and does not “cancel out” the side effects of vices to our health, such as smoking or excessive drinking.

Taking vitamins is no longer seen as a means of compensating for dietary deficiencies, but it *has* become a form of preventive medicine against heart disease, cancer and osteoporosis. Individuals may want specific vitamins and mineral supplements, depending upon their specific health needs. For instance, pregnant women need extra folic acid, while smokers should be getting extra vitamin C.

Skin Enhancers, Preservers and Healers

•Collagen

Collagen is a protein substance along with Vitamin C. It is important to the formation of tissue to allow the cells to bond together and is helpful for healing wounds and burns, allowing the reformation of healthy tissue to join together. It is also essential for teeth, bones, cartilage, capillary walls and any connective tissue. Collagen also helps to protect the body from infection.

•Vitamin C

The skin is susceptible to loss of vitamin C, when exposed to the sun. This can increase the chances of getting wrinkles and even worse, skin cancer. In fact, the application of vitamin C directly to the skin, provides long-lasting protection from the harmful effects of ultraviolet light. For the best results, it needs to be applied regularly.

•Vitamin E

The skin is remarkably receptive to the anti-oxidizing effects of vitamin E. It is widely used in the alleviation and treatment of burns and scars. Vitamin E acts by preventing the growth of bacteria. Its antiseptic effect is extremely beneficial for the skin.

•Selenium

Selenium is a great trace mineral for the skin. It is important for maintaining the elasticity in body tissues that helps keep a youthful appearance. It is also helpful in reducing menopausal symptoms, like hot flashes. Many people also use selenium to treat and prevent dandruff.

•B Complex Vitamins

The B complex vitamins are great stress and fatigue fighters. They help release the body from nervous tension, irritability and anxiety. In addition, the red blood cells that supply oxygen to the tissues are dependent upon these vitamins. High cholesterol, anemia and insomnia can be relieved with B complex vitamins. They are great for the mind and body!

•Panthenol

Creams containing panthenol, a member of the Vitamin B group, help heal damaged skin, by increasing the level of moisture retained in the skin and reinforcing the development of proteins that make-up the structure of the skin.

Gotu kola

Gotu kola has been used in Asia for centuries, to heal leprosy and other skin conditions such as wounds, varicose veins, dermatitis and cellulite. It stimulates the growth of hair and nails, increases blood supply to connective tissue, enhances the growth of connective tissue, increases protein growth and promotes the tensile integrity of the skin. Gotu kola has the ability to heal and regrow new skin while repairing painful lesions and skin ulcers.

In one study, gotu kola was effective in 85% of all patients who suffered from scleroderma. Gotu kola compounds promote rapid healing in wounds and contain compounds, which behave similarly to steroids.

Licorice

The Chinese licorice root is used to treat numerous skin diseases in East Asia and is known to reduce inflammation. It contains steroid-like substances

and provides rapid relief.

In 1994, a study of this herb in atopic dermatitis confirmed its outstanding reputation. When 37 children were given a Chinese herbal medicine containing this licorice, 18 children experienced a 90% reduction in their symptoms after a year of usage.

Other Herbs

Herbs containing berberine, as an active ingredient, reduce inflammation of the skin, when taken either internally or applied as a cream, especially in psoriasis. Herbs in this category include goldenseal root, Oregon grape root, barberry root and coptis root.

Burdock root has been known to detoxify the liver and as a treatment for skin inflammation. In fact, British herbalists use burdock as a treatment for liver toxicity conditions such as eczema, psoriasis and boils, especially in the head, face and neck area. In Japan, the root is served as a food and can be prepared the same way you would a carrot – as fresh juice or stir-fried.

Aloe is also a popular remedy when applied directly to damaged skin as a cream or gel. It is most often used on burns, abrasions and dermatitis. It heals the skin effectively, because of its anti-inflammatory, anti-microbial and analgesic properties.

Essential Vitamins for Daily Lives, Longevity and Beautiful Skin

•Biotin

Biotin is a B vitamin that helps maintain the health of your hair and skin. In particular, it can help prevent graying hair. It is commonly found in whole grains, nuts, vegetables and milk. Hair loss, fatigue, muscular pain and appetite

suppression can result, if there is a deficiency in this important vitamin. Try Biotin to help dry, brittle or peeling nails.

•Choline

Choline, an ingredient in lecithin, is important in the transmission of nerve impulses. It can be helpful for people with symptoms of Alzheimer's disease. Moreover, it can assist with memory and learning processes. Because lecithin is a fat emulsifier, it can lower cholesterol, assist the liver in the removal of poisons from the bloodstream, reduce excessive fatty deposits on the liver and facilitate the normal fat metabolic process. Both lecithin and choline are commonly found in green leafy vegetables, legumes, egg yolks, nuts and some meat, such as liver. A deficiency in choline can lead to liver disorders such as cirrhosis, as well as hardening of the arteries.

•Folic Acid

Folic acid is most useful in preventing neural birth defects, such as spina bifida. If you are a sexually active woman who can become pregnant, then nutritionists recommend that you check with your doctor, as to the right dose to take.

Harmful homocysteine in the blood is reduced by folic acid, vitamin B6 and vitamin B12. Therefore, a deficiency of folic acid, as well as vitamin B6 and B12, leading to elevated homocysteine levels, can increase the risk of heart disease.

Folic acid is also essential to the formation of red blood cells. It helps prevent anemia, plays a role in protein metabolism and facilitates normal growth. Moreover, it prevents canker sores, can act as a natural pain reliever, helps

nursing women to lactate and can, along with PABA and pantothenic acid, delay graying hair.

Folic acid is found naturally in green leafy vegetables and meat.

Caution: Too much folic acid can be problematic for those with epilepsy and those with allergies.

•Inositol

Inositol with choline forms the fat emulsifier lecithin. It is useful in lowering cholesterol, maintains healthy hair, assists in body fat metabolism and can act as a relaxant. It is also helpful in treating the skin disorder eczema. Inositol is commonly found in whole grains, nuts, fruit, milk and meat.

•Vitamin B5/Calcium Pantothenate

Vitamin B5 plays a role in cell growth, the development of the central nervous system and the synthesis of antibodies and digestive processes. It is also helpful in maintaining healthy, normal skin, assisting in healing wounds, fighting infections, preventing fatigue and is often used as a supplement to relieve stress and allergy symptoms. Vitamin B5 can be found in whole grains, bran, eggs organ meats and peas.

•Vitamin C /Ascorbic Acid

The water-soluble Vitamin C is perhaps the most popular of all vitamin supplements, due to its multi-purpose nature. Most notably, it plays a role in slowing the aging process, preventing heart disease, stroke and cancer. It does this by lowering the incidence of blood clots in veins and by preventing the production of cancer-causing nitrosamines. Vitamin C also fights infections,

facilitates the healing of wounds, acts as an antihistamine to reduce allergy symptoms, lowers cholesterol and acts as a natural laxative. It is more commonly used to decrease the length and severity of the common cold and helps to increase iron absorption. In conjunction with other vitamins, minerals and enzymes, it promotes capillary integrity and strengthens the connective tissue collagen.

Vitamin C is found in fresh fruits, especially citrus fruits and berries, green vegetables and meat. However, cooking destroys it.

Caution: Too much vitamin C can cause mild diarrhea so it is important to cut back the dose if this happens.

•Vitamin D / Ergosterol / Calciferous

Also called the “sunshine vitamin,” this hormone-like vitamin helps to strengthen the formation of teeth and bones, by regulating calcium and phosphorus usage in the body. Therefore, this vitamin is crucial in the developmental stages of infancy and childhood. It is mostly manufactured in the body when our skin is exposed to sunlight. Hence, it is essential to have regular exposure to the sun. When taken in conjunction with vitamins A, C and D, it can help prevent colds and be used in the treatment of conjunctivitis. Vitamin D is found in fish oil, dairy products and fat.

Caution: When taken in high doses for a long period of time, Vitamin D can be toxic, because it accumulates in the body.

Vitamin E /Tocopherol

Available in both liquid and solid forms, Vitamin E is another vitamin with multiple uses. It helps to slow the aging process and prevent cancer. With

beta-carotene, Vitamin E is helpful in preventing scarring when used topically, speeding up the healing of burns, protecting the lungs from pollution, lowering blood pressure, preventing various muscular cramps, preventing cataracts and strengthening the immune system.

Vitamin E is found in whole grains, green leafy vegetables, meat, eggs, vegetable oils and avocados.

To avoid heart problems, it is recommended you take Vitamin E daily. Check with your doctor for an appropriate dose for you.

•**Bioflavonoids**

Bioflavonoids are powerful organic compounds. Although they are not vitamins, they are still important for good health and should be part of every well-balanced diet. They help improve circulation, improve liver function, fight bacteria and viruses, reduce inflammation and pain and improve vision. Because they strengthen the capillary walls, they can help prevent bruising. Bioflavonoids are especially beneficial in improving diabetics' circulation, thereby helping to prevent eye cataracts and macular degeneration. Moreover, they can be useful in cases of hypertension and in preventing colds and infections.

Bioflavonoids are found in many plants, peppers, berries and the white pith under citrus fruit peels. For best results Vitamin C should always be taken in conjunction with a bioflavonoid complex.

Maintaining the Balance of Trace Minerals

Human beings are complex organisms who require an intricate blend of nutrients to remain healthy. The exact combination of nutrients is so important. This is particularly evidenced by the workings of trace minerals and the impact

they have on the human body, when it is out of balance.

Our bodies are wonderful organic machines that continually work to keep order and balance within the body. This balancing process in the body is called **homeostasis**. It is characterized by the continual process of absorption or excretion of the many trace minerals and biologically active chemicals within the body, depending on whether we have too little or too much. Excess trace minerals can be excreted through the feces, urine and sweat. Even hair can be a minor pathway for excretion, particularly of metallic trace minerals. The body has a high tolerance for excess or low levels of trace minerals, but this is only temporary. Inadequate or excess levels of trace minerals over a long period can lead to poor health. In particular, if there are too many trace minerals in the body, the kidneys and intestines can't handle its excretion. This can lead to poisonous levels of the mineral accumulating in the body.

●Essential Trace Minerals for Our Daily Lives

Chromium

Chromium is an important trace mineral. By working with insulin, it assists the body in metabolizing sugar and helps in the utilization of protein and fats. For diabetics, chromium is crucial because it facilitates the entry of glucose into the cells, enabling carbohydrates to be burned off efficiently. In fact, adult-onset diabetes can be caused by chromium deficiency. Chromium supplements can help reduce the blood sugar level in those with high levels.

Chromium also enables the body to burn off fat more efficiently, when taken in conjunction with exercise. In addition, it can help those with high blood pressure.

Interestingly, chromium is also important for healthy skin. Taking

chromium supplements can improve the skin of those with acne problems.

Chromium can be found naturally in whole grains, nuts, brewer's yeast, cheese and molasses. For information about recommended supplement doses, nutritionists recommend that you see your doctor.

•Cobalt

Cobalt is essential for maintaining normal cell growth, healthy nerve tissue and for red blood cell production. It is a part of vitamin B12. A deficiency in either can lead to anemia. It is found naturally in meat and shellfish. Hence, although a deficiency in cobalt is uncommon, when it does occur, it is usually in vegetarians. Cobalt also has properties that some trace minerals have in enzyme reactions, particularly the enzyme action for the formation of antioxidants.

•Copper

Copper is an important trace mineral in red blood cell formation and aids iron absorption and usage. It is also important for the maintenance of the skeletal system. Iron is dependent on the presence of copper for its action; a deficiency in copper can lead to anemia. Copper and vitamin C together are important for the synthesis of collagen. Usually, healthy individuals don't need copper in their diets.

Caution: Too much copper can lead to insomnia, hair loss, depression and irregular menstrual cycles. Constant fatigue can also make it harder to fall asleep

•Fluoride

Fluoride may be important for maintaining healthy teeth and bones. It

may help prevent tooth decay, but this claim has been challenged. It is unlikely that the average healthy individual would require fluoride supplements, as it is readily available in our tap water and sodas.

Caution: Too much fluoride can lead to mottling and discoloration of teeth, weakening of the bones, abnormal bone growths, digestive disorders and heart disease. Consider all sources of fluoride, including tea and fish.

•Iodine

Healthy thyroid functioning is dependent on the trace mineral, iodine. The thyroid regulates our metabolism. So, when we have a lack of iodine (a component in the thyroid hormone, thyroxine), goiter and other diseases relating to improper thyroid function can be the result.

Iodine is important for normal growth. In fact, if a pregnant woman has iodine deficiency, her children may inherit the iodine deficiency and become retarded. Iodine is also helpful in keeping the **hair, skin**, nails and teeth healthy. Iodine also protects against radioactive trace elements being absorbed into the body, by being taken up by the thyroid instead.

Eating too many cabbage-type vegetables, such as cabbage, cauliflower or turnip, can lead to a deficiency in iodine. Iodine is readily available in everyday table salt and some seafood! To determine whether you are getting enough iodine in your diet, nutritionists recommend you see your doctor.

Caution: Too much iodine can affect the skin adversely. It tends to make acne problems worse in adolescents. An excess amount of iodine is said to aggravate the skin because it is excreted through the pores.

•Iron

Iron is essential for the healthy production of hemoglobin, the carrier of oxygen, in the blood. It must work with enzymes in the body, as well as vitamin C, copper, cobalt and manganese, to do its job efficiently. It also works with the many B complex vitamins, in its production of blood.

Iron levels must be sufficient for people, especially athletes, who require the efficient use of hemoglobin in the blood, to deliver oxygen to the muscles and for general endurance. Insufficient iron levels can lead to less optimal muscle use and fatigue. Too little iron is most notable in women than in men, due to the loss of blood from their monthly menstrual cycles. In particular, women who are trying to lose weight by dieting and also exercising excessively, may suffer from iron deficiencies. Iron is also especially important during pregnancy and breast-feeding.

Anemia is a symptom of iron deficiency, which leads to fatigue and an overall lack of energy. It is also visible in **the** hair, which tends to become dry and loses its sheen. The skin wrinkles more and becomes paler to the point of a pasty grayness in some cases. Also, nails break more easily and the mouth and tongue can become rather tender.

A good source of iron is in red meats. Therefore, vegetarians are at a greater risk of iron deficiency than non-vegetarians. Because iron supplements can lead to side-effects of diarrhea, constipation, poor absorption of zinc and sometimes nausea, only those with low iron levels, as indicated by blood tests, should take iron supplements. Nutritionists recommend you see your doctor, if you are not certain.

Caution:

For women who suffer from excessive menstrual bleeding, or menorrhagia, there is a new treatment available called uterine balloon therapy. It helps treat the uterus' lining and prevent serious blood loss.

Too much iron can accumulate in the body, increasing the risk of heart disease. This is one reason menopausal women are at greater risk of heart disease, due to the termination of the menstrual cycles.

•Lithium

Lithium is most popularly known as a treatment for bipolar mood disorder (commonly known as manic depression). It has also been used to help those suffering from cocaine, alcohol or other drug withdrawal.

However, because it can interact with so many other substances in the body, it should never be taken in the form of supplements, as toxicity is a risk. It can lead to side effects such as weight gain and fatigue (from reduced thyroid functioning). Nausea, muscle weakness and diarrhea can also occur when the lithium replaces sodium, leading to a sodium deficiency. It can also reduce the levels of folic acid in the body. Some medications, used to treat arthritis and pain, may inhibit the excretion of lithium, leading to possible toxicity.

Caution: Only take lithium, at the recommendation of your doctor.

•Manganese

Manganese plays a role in thyroid function, the digestion of proteins and the central nervous system. It is also important for activating many enzymes in the body and facilitates vitamin B1, E and iron usage. Because so little is stored in the body, it can be taken as a supplement and may be helpful in preventing middle ear problems, retarded growth, poor fertility and low blood sugar, in the

case of a deficiency. Low levels of manganese also seem to play a role in heart disease and in the reduction of good cholesterol levels. A manganese deficiency seems to be a cause of dermatitis, which seems to infer that it plays a role in collagen breakdown. It is also said to be important for strong bones and may, therefore, play a role in osteoporosis.

Manganese deficiency is common, because it is removed from grains in the refining process. Therefore, it is important, especially if you are a woman at-risk for osteoporosis, to see your doctor, to determine the right dosage of manganese supplements for you.

Caution: Manganese offsets iron, in that too much manganese can reduce iron levels and vice versa. Also, manganese should be taken separately from calcium, because they are also competing substances.

•Molybdenum

Molybdenum is necessary for iron metabolism and is involved in enzyme systems that play a role in the metabolism of carbohydrates, protein and fats. Although it was once widely considered to be poisonous, it is essential to healthy fetal development and to the formation of tooth enamel, which keeps the teeth healthy and strong. In fact, a deficiency in molybdenum is now known to be implicated in cancers of the stomach and esophagus and possibly age-related cataracts. Like manganese, molybdenum is also removed from grains in the refining process. Therefore, nutritionists recommend that you see your doctor to determine how much molybdenum to supplement your diet with.

Caution: Molybdenum competes with copper, meaning that too much of one can lead to a deficiency in the other. Also, too much sulfur can decrease molybdenum levels.

•Selenium

Selenium is only required in very small quantities in the human body. However, it is essential to have selenium somewhere in your diet. White bread strips flour of its selenium content, and yet this trace mineral is perhaps an anticancer agent. In addition, it is said to boost the immune system due to its antioxidant properties. A deficiency is said to lead to poorer T-cell counts.

This mineral is also important for hormone regulation in men and exists in high concentrations in the semen, as well as in the prostate. Therefore, men seem to need selenium much more than women. It seems to also play a role in reducing the risk of heart disease. Moreover, selenium helps the **skin and tissues** keep their elasticity and may help in treating **dandruff**. In some cases, it may be able to relieve menopausal hot flushes.

A deficiency in this selenium may lead to problems with dry skin and dandruff, fatigue and even cataracts.

Check with your doctor if you want to know how much selenium to supplement your diet with, particularly if you are over the age of 50.

•Vanadium

Vanadium is important for healthy bones, teeth, cartilage, thyroid functioning and even muscle development. In addition, a substance derived from vanadium, vanadyl sulfate, is important in the treatment of diabetes, to enable the insulin to work effectively and also for lowering cholesterol.

Usually, vanadium should not be taken as a supplement. However, if you suffer from diabetes, you may wish to consult your doctor to see if a course of vanadium supplements would be appropriate for you.

•Zinc

Zinc is crucial in the integration of all the bodily processes and is therefore essential for most of our body functions. This mineral is found in many areas of the body, including the kidney, liver, nervous system, bones, pituitary glands, thyroid glands, blood, semen (in males) and even the **hair**, fingernails and toenails.

It is a component of insulin and plays a primary role in food absorption in the intestines. Moreover, zinc is vital in enzyme action and protein synthesis. It also maintains blood acidity and alkalinity and controls muscle contractions. Zinc is also necessary for efficient prostate gland functioning.

A deficiency of zinc can lead to a lowered level of **energy and alertness**, **fatigue** and an increased vulnerability to injury or infection (such as colds and flus). In men, it can reduce the risk of prostate trouble and testicular atrophy. For pregnant women, it can help to increase birth weight. Also, lowered zinc is implicated in **acne problems**. Zinc seems to be instrumental in stimulating the antibodies to fend off any external organisms on the skin surface.

Zinc is another trace mineral, lost in the production of white bread, so it is important to be on the lookout for signs of zinc deficiency, such as white spots on the fingernails. If you are an athlete, zinc is lost while exercising, so it is even more important to maintain adequate zinc levels in your body. Also, if you have a cold or flu, zinc is helpful in reducing the severity and length of symptoms.

Zinc is found naturally in foods, such as lamb chops, wheat germ, oysters and pumpkin seeds. If you want to know if zinc supplements are necessary, nutritionists recommend you see your doctor for recommended doses.

Essential Fatty Acids: Why You Want Them in Your Life

The beneficial fatty acids, which come from vegetable oils and fish oils are: Alpha-linolenic acid (Omega 3), Linoleic acid (Omega 6), Oleic acid (Omega 9).

In order to gain the full advantage to maintain and restore health, all three of these acids must be taken. Whereas evening primrose oil, which is highly used by women suffering from menstrual cramping and irregularities, contains only two. These acids help the body to metabolize food better, essentially burning fat. Vital minerals such as calcium and magnesium help the nervous system and body relax and relieve insomnia. When the body functions better and is under less stress, an individual's well-being and beauty is easier to maintain.

Vitamins for Your Symptoms

If your symptoms are:

◆ Acne, eczema, psoriasis

Then try:

◆ Vitamin A, Vitamin D, Vitamin F, Niacin, Biotin, B2/6 or Potassium

If your symptoms are:

◆ Baldness, graying hair

Then try:

◆ B6, Copper, Biotin, Vitamin F, Paba Aminobenzoic Acid or Vitamin E

If your symptoms are:

◆ Dry skin, dry hair

Then try:

♦ Vitamin E, Vitamin A, Vitamin F, Potassium, Biotin or Iodine

If your symptoms are:

♦ Stress

Then try:

♦ Niacin, Vitamin E, B complex, C and a Multi mineral

Treatment for Vitiligo

Sometimes, after experiencing excessive stress, white spots may appear on your skin. This loss of pigmentation, known in medical circles as vitiligo, can be treated with bi-daily doses of vitamin B12 and folic acid supplements. The spread of vitiligo ceased in over half of those who participated in a recent study, with these vitamins, and re-pigmentation was found to occur in some patients.

While studies have shown folic acid and Vitamin B decelerates or even prevents the onset of vitiligo, some experts consider it to be an autoimmune disorder that cannot be so easily treated. The immune system decides that the pigment in certain areas of the body needs to be destroyed. Sometimes vitiligo causes de-pigmentation on the entire body, creating a freckled appearance. It can occur naturally, or chemicals can cause the onset of vitiligo as well.

From my own experiences, I have concluded that excessive stress can result in the loss of pigmentation and formation of white spots, on even the fairest skin. Learn to control your stress, your perception of stress and your overall health. Prescription drugs have been found to be useful, not a cure all and rather expensive. So, why not save yourself money and use vitamin supplements, which are found to be just as effective and can reverse the condition with proper stress control.

Detoxifying Your Body



Did you know that toxins can build up in your body and bloodstream? You'll notice the effects, if you pay attention to physical symptoms. such as lower back pain, constipation, skin eruptions or headaches. If your joints hurt, you may be storing toxins there. Also go to a doctor to see if she has any idea.

You can try a variety of different methods to detoxify your body: at home or professionally. Here's a list of things to try:

- ◆ Detox Diet: expensive and difficult. Does not taste good. May cause nausea, diarrhea, headaches or fatigue.
- ◆ Detox in a spa: in a floating tank or a body polish treatment
- ◆ A massage: Recommended is the Swedish massage, because of its long hard strokes. Massage therapy is a hands-on technique, designed to ease a variety of health problems. It increases blood flow to the muscles, which flushes things out. A massage relieves fatigue and lets you enjoy relaxation during and after.

At home:

- ◆ Rub down your skin with a non-abrasive loofah--Do a towel massage by twisting a large one and pulling it up and down on both sides of your neck and shoulders.
- ◆ Pour 2 lbs of Epsom salts into the hottest bath you can stand; soak for twenty minutes, and wrap yourself in a towel or blanket. You'll sweat so be sure to drink plenty of water, before and after.

- ◆ Grate ginger root, and squeeze the pulp into a tubful of lukewarm water. (it will make you sweat and is very cleansing).
- ◆ Pour two cups of brown rice vinegar into your bath water, and soak for 15-20 minutes. to neutralize muscle fatigue.

●Reasons For and Against Detox

Detoxification is a method of ridding your body of impurities, mainly by focusing on the functions of the liver and bowel, which eliminate toxins, such as pesticides, drugs, herbicides and food additives. By fasting, in theory, you are allowing your body to scourge itself of any impurities. Poor digestion and eating habits and high bacterial counts in the bowel, are signs of trouble. Toxins can come from a variety of sources and can have serious implications for one's health. Bile, a toxin produced by the body itself for excretion, can be reabsorbed, if the fiber necessary for protecting the digestive tract is not present in sufficient amounts. Many vitamins and minerals are needed to facilitate detoxification including zinc, vitamin C and folate.

Many see detoxification as a necessary measure to protect our health. No matter how hard we try, we inevitably ingest unwanted chemicals into our body. While some have witnessed the benefits of fasting, such as alleviating arthritis, it is important to remember that extensive fasting will release toxins stored in your lipid cells, thus actually increasing the level of toxins in your body. Fasting should be done responsibly and under careful supervision. A diet rich in fruits and vegetables is probably your best bet against toxic elements in the water and air. Vegetables, like Brussels sprouts, broccoli and cabbage, should be an integral part of this diet.

●Getting the Most Out of Your Spa

With so many body treatments available, from Vichy showers to hydrotherapy tubs, it can be daunting choosing the one that's right for you. Plus, there are rarely spa treatments that offer a complete therapy. However, there is one you should be aware of: body-contouring services. For example, one of the more common machines is called Endermologie and attracts numerous clients. Another alternative is known as Lypossage, a manual alternation to machine body contouring. It has been known to improve muscle tone, reduce the appearance of cellulite and produce dimension loss.

These services are great alternatives to liposuction. Surveys show that, out of 100 women, none opted for liposuction after receiving body-contouring services.

To get the most of your body-contouring program, look for a spa that offers a program of body treatments that allow detoxification and remineralization. These two criteria significantly enhance treatments. The best spas offer detoxifying seaweed wraps, fitness programs, such as yoga, to increase flexibility, and nutritional counseling, to help clients choose healthy diets. Such an integrated program is most effective in a day spa environment, where a client can spend several weeks in a program that promotes ongoing wellness.

Most spas are supportive, kind and accepting. They should boost clients' positive self-image about their bodies.

When searching for a spa, look for nourishment from the sea, incorporating seaweed, sage and aromatherapy. The body is usually covered in a warm, thick, aromatic mask, letting the skin absorb the sea's goodness, drawing out harmful toxins. It will revitalize you with minerals and trace elements that

have been left out from a bad diet and stress. They re-mineralize, detoxify and get metabolized into your skin and body for several hours.

It is still important that you learn how to avoid negative lifestyle practices, which lead to cellulite. Leading a healthy lifestyle, can change health-degrading behavior, while enhancing your overall level of fitness.

Last, there are home care products available to ensure the best possible result.

Cure Common Skin Problems with Food

Breakouts: According to dermatologists, acne seems to be a disease of Western civilization. For instance, when people from other parts of the world start eating a Western diet, acne increases dramatically. While chocolate and pizza still do not cause acne, dermatologists believe iodine is known to trigger red pimples. This mineral is found in dairy products, salty foods and shellfish. People who stay away from these foods, find they have fewer breakouts. A mineral that does seem to help pimples, however, is zinc, which is a common acne treatment in Scandinavian countries.

Rosacea: This skin condition is characterized by flushes in the face and pimples. It generally attacks fair-skinned women and usually in the years before menopause. Avoid alcohol, foods steaming hot, spicy foods and foods containing histamines including sharp cheese, vinegar and pickles.

Rashes: First, consult an allergist to see if a rash is triggered by a food. Otherwise, research has shown eating foods rich in omega-3s leaves complexions less red and flaky.

An Overview of Clear Skin

Here's a little information on acne, before we get started with treatments. Acne comes in many forms such as pimples, solid nodules, papules and in serious cases, cysts. While it is often considered a characteristic of adolescence, many people experience it well into and past their thirties. A pimple starts out in the sebaceous follicle, a follicle with big oil glands and tiny hairs. It is found on the face, chest and upper back. These glands secrete an oily substance known as sebum, which can block the follicle duct and result in whiteheads or blackheads. When bacteria leaks outside the follicle, a pimple forms.

While there is no specific cure for acne, you can overcome it naturally.

First, note that while your environment, stress, hormones and genes affect your skin, chocolate and other greasy foods do not. A plant and grain-based diet will naturally be high in skin-healthy fatty acids such as linoleic and linolenic acids and low in saturated fats. These fatty acids thin the oil secreted through skin, decreasing the chances of clogging pores. On the other hand, animal fats, which are high in saturated fats and contain arachidonic acid, promote inflammation.

Acne is often the dirt of skin friction. Sports helmets, excessive rubbing, oily makeup and picking them all play a role. Genetics and increasing hormone levels, especially among adolescents, also contribute, as do certain medications and hormonal shifts in women. For women, fluctuating hormonal levels, two to seven days prior to menstrual cycles, pregnancy and the start or end of birth control pills can trigger acne. Daily emotional tension and stress stimulate acne.

Like the rest of your body, your skin requires a balanced diet of nutrients and vitamins. It is believed cheese, butter, milk and ice cream can clog your

body's filtering system and induce blemishes. Stick to a diet rich in fresh foods, high in fiber and steamed and raw vegetables. Add more foods rich in lycopene, such as tomatoes, watermelon and pink grapefruit to your diet, for their benefits.

Be sure to drink plenty of water – at least eight 8-ounce glasses of pure water every day. It regulates body temperature and acts as an internal moisturizer, as well as keeping skin moist and clear plus keeping joints and mucous members lubricated. Ayurvedic practitioners suggest aloe vera juice to eliminate acne.

In addition, certain applications of vitamins and herbs can help clear acne and improve skin health. Vitamin A attacks damaging free radicals and when taken internally, slows down sebum production. The B vitamins, which break down excess hormones, are helpful for women whose menstrual cycles lead to breakouts.

There are also certain cosmetic ingredients that stimulate acne. Avoid products containing ingredients such as d- and c-colored dyes, isopropyl myristate and lanolin, which creep into the follicle to cause irritation. They are usually found in blushers, pressed powders, eye shadows and lipsticks, in order to give them a sheer touch. Avoid these ingredients, if you are acne-prone, and use products classified as noncomedogenic.

Since sebum production is the key player in acne eruptions, control oil production by exfoliating and using the appropriate facial masks. Exfoliating will prevent clogged follicles from occurring, by removing dead skin cells. Meanwhile, anti-inflammatory repair agents can soothe and calm irritated skin.

When buying skin care products, avoid soaps and astringents containing alcohol, because they strip the skin of its natural moisture. Look for products

containing alginated zinc triplex, salicylic acid, tea tree, benzoyl peroxide and cyclodextrin.

Ageless Skin

Inflammatory skin disease is caused by accumulated waste material in the body. These wastes come from outside the body, such as pesticides and pollution, or as accumulated cellular waste inside the body. They irritate and inflame the skin.

Herbal medicine focuses on reducing inflammation, by healing skin tissue and getting rid of irritating wastes via the liver, kidneys and large intestines.

In addition, green vegetables, the most cooling and anti-inflammatory foods, are also used to treat inflamed skin. Try eating more spinach, cucumber, green beans and celery. The green pigment, known as chlorophyll, has a high magnesium content and its bioflavonoids cool inflammation. High amounts of green vegetables will bring acute acne, psoriasis and dermatitis under control. Fill up on raw green vegetables and try juicing tall glasses of cucumber or celery daily.

•At Home Facials

Give yourself a facial – at home! Follow these steps:

1. Wash your face with a mild cleanser. Combine one cup of boiling water and one cup of milk into a large bowl. The lactic acid in milk loosens dead cells. Let the mixture cool to room temperature, splash your face with it and leave it alone for several minutes. Then rinse with warm water.
2. In a blender or food processor, make a paste using a half cup of almonds, a little honey and a few drops of water. The oil from the almonds moisturizes, and

the texture exfoliates. Gently massage it into your skin for a few minutes to slough off cells. Rinse with warm water.

3. Apply a layer of sour cream to your face. Let it sit for 15 minutes, while the cream's acids soften your skin. If your eyes are puffy from being tired, put a slice of cucumber on each eye. Then, uncover your eyes, rinse with cool water, pat dry and apply moisturizer.

Holistic Treatment for Back Pain

Dr. Jerome Greenberg / Empire Chiropractic



Empire Chiropractic

10 East 39th St.

New York, New York

1-800-789-BACK

Back pain is the leading cause of surgery in the United States each year. The pain may be chronic or a result of sudden trauma, such as a car accident. More and more often, people are turning to chiropractic doctors for treating chronic pain in the back and neck. Jerry Greenberg, D.C., a chiropractor at Empire Chiropractic, graduate of the New York Chiropractic College and former

president of the Chiropractic Federation of New York, takes a holistic, whole-body approach to this debilitating disease.

While most people are under the impression that back pain is merely the disfunction and strain of spinal system, nutrition plays a large role as well. Toxins in our body suppress the production of anti-inflammatory compounds, known as prostaglandins. Regular exercise for maintaining strong and healthy muscles will also slack some of the symptoms of back pain. Even wearing a comfortable shoe that fits properly will alleviate the pressure that accumulates in your knees and spine.

One of the measures Dr. Greenberg uses, in addition to actual chiropractic adjustments, is a deep tissue massage. Focusing on the muscles that commonly cause joints to come out of alignment, such as the pelvic muscles and the muscles surrounding the shoulder blades, allows the muscles to achieve greater flexibility and mobility.

Applied kinesiology is another method used by Dr. Greenberg to isolate weak muscle points. Because muscles are associated with organ functioning, by pinpointing weak links in a person's musculature, unhealthy organs can be identified and treated. Acupuncture treatment is also available at the offices of Empire Chiropractic. It calms nerves and helps move energy throughout the body.

This combination of chiropractic and non-chiropractic techniques attacks the core reason for back pain and not just the pain itself. The process takes time, and treatment may last for a period of time, but the results are long-lasting, and the liberation that comes, with living your life without frustration and pain, is priceless.

Beauty Masks for Your Face and Body



Masks have been loved for centuries. The idea of slathering the face and body with rich, gooey, therapeutic creams is particularly inviting, when the negative effects of the environment saps the vitality and glow from our skin. However, there are some problems that are not evident upfront. Always be careful of too many promises, such as smoother, softer skin, with only a 15-minute treatment or overnight. Masks will not work miracles, but if they are used correctly, they can offer **temporary**, skin-boosting, therapeutic benefits.

Masks are designed to be applied to the skin for short periods of time, usually from 5 to 20 minutes and then removed. As always, follow the instructions on the package and limit use to once or twice a week. There are primarily three categories of masks:

◆ Moisturizing

◆ Cleansing

◆ Exfoliating

Moisturizing masks are usually rich and creamy, and their purpose is to soften and heal skin, by creating a temporary layer that helps trap moisture in the skin. They should be either tissueed or rinsed off gently.

Cleansing masks tend to be moist, when applied, and then they harden on the skin. These contain oil-absorbing clay or mud, to help clear the pores. They should be washed off thoroughly with water.

Exfoliating masks slough off the dead surface skin cells that cause a dull complexion. They come in a variety of forms, including hardening rub-off types (be gentle), peel-off gels and alpha hydroxy acids.

Also, did you know that regular cat litter can serve as an oil-absorbing mud mask? Most litter is made of plain clay, and, if you mix two tablespoons of it with one ounce of water, mash into a smooth paste and apply to your face, in fifteen minutes you'll hopefully feel rejuvenated!

●Caution for All Mask Treatments

Remember: never use a mask of any type on severe acne (white, red or flesh-colored bumps; pus-filled) or on a rash, because it could actually worsen the condition.

So when the skin feels very tight or dry, use moisture-binding ingredients in your masks, such as aloe, sorbitol, glycerin, propylene glycol and hyaluronic acid. Exfoliating masks or gentle rubbing (NEVER scrub) can be applied to rough patches or flaky skin.

Home care remedies can include honey, heavy cream, fresh orange juice, olive oil and fine milled dry oatmeal, to make a soft, nonabrasive paste, which should be left on for 20 minutes.

●Face

Dryness is the major problem of the facial skin. Moisture helps maintain its flexibility; without it, your complexion can get irritated, rough, parched and dull. During the winter, the contrast of going outdoors into the cold and coming back indoors to the heat, causes blotchiness, rashes, dehydration and irritation. In the summer, over-exposure to sunlight, followed

by indoor air conditioning, causes dry, leathery skin, not much different from the winter.

•Hands

Since hands have few oil glands, they tend to be extra dry, when faced with the onslaught of winter cold and wind or the scorching summer sun. Also, frequent (but necessary for avoiding germs and blackheads) hand-washing, which robs the hands of moisture.

Mask treatments for dry hands should be rich and occlusive, with ingredients like petroleum jelly and paraffin, which hydrate the hands by trapping moisture inside the skin. Hydration benefits the hands with softer and more pliable skin. Soaking the hands in a moisturizing solution, consisting of pineapple juice, egg yolk and cider vinegar in a bowl, followed by good moisture hand cream, is a good home remedy.

Such treatments are useful for calluses as well.

•Feet

Feet can develop tough, callused heels and soles that can crack from day to day abuse—tight, pinching shoes; hot, sweaty sneakers; excessive walking; etc.

Therefore, feet need both extra-moisturizing, as well as exfoliation, to get rid of tough, hard skin that can crack. One ingredient that helps is lactic acid, which cleans, hydrates and loosens tough surface skin cells and callouses. The other main ingredient is glycolic acid, which softens skin and eases it off over time.

•Legs

Dryness in the legs is common, due to few oil glands and the constant chafing of pants. This often leads to itching, scaliness and roughness. Dry skin in the legs is also more susceptible to razor burn and razor bumps, while shaving.

One of the most effective masks is simply soaking the legs in warm water for about 5 minutes and then applying a thick layer of petroleum jelly over the damp skin, to help lock in moisture. After a few minutes, wipe the excess off. Another home remedy includes ground oatmeal, lemon juice, olive oil and water, to make a leg mask that should be left on the legs for about 20 minutes before rinsing off with warm water.

•Buttocks

Lots of sitting, sweat or tight pants can lead to acne and blackheads on the butt. Also, winter dryness can lead to rough and brittle skin.

Using deep-cleansing masks, with oil-absorbing ingredients, such as camphor, benzoyl peroxide or clay, can help an acne-prone butt. If dryness is the problem, use a moisturizing mask after a warm bath or shower. You can also try a home remedy of applying cocoa butter to damp, post-shower skin. Avoid sitting or dressing from the waist down for 20 minutes before removing with a wet cloth.

•Upper and Lower Chest Area

The summer heat or the hours spent at the gym during the winter traps sweat and oil in the area around your chest and in the area between the breasts. This sweat, oil and occlusion clog the pores, leading to blackheads

and minor breakouts.

Masks based on clay or mud can help to clear those clogged pores, remove oiliness and diminish blackheads. The clay and mud in the masks are effective at extracting oils from the skin, as well as providing a gentle exfoliation that removes dead skin cells and dirt. In addition to the chest, these masks are also effective for the back.

Masks can be quite beneficial to your body, to combat the environmental stresses as well as the pressure from work, life and dating. Remember though, to carefully research the different types of masks to avoid more damage. Be careful of too many promises, such as smoother, softer skin with only a 15-minute treatment or overnight. Masks will not work miracles, but if they are used correctly and not more than is necessary, they can offer **temporary**, skin-boosting therapeutic benefits. These are the facts and what you can get from masks.

Excess Hair



Minimizing Lip Hair

Before going for the bleach bottle, remember that you are better off getting rid of the hair, permanently, rather than walking around with a blonde mustache. This can be done with hot wax or a depilatory cream. If the wax is removed incorrectly, you may get red bumps, plus it will surely be painful. Depilatory creams are relatively inexpensive and painless, but it can be

messy. Although electrolysis is slightly more expensive, the hair is permanently removed. After your sessions, you will never have to worry about lip hair again!

Wiry Pubic Hair

There are hair conditioners specially designed to soften pubic hair, but regular hair conditioner should work also. Cutting pubic hair to a quarter of an inch will also make it appear softer and flatter.

Benefits of Facials



Women should go to a facial salon about once a month. A facial can:

◆ **Exfoliate**—skin cells usually take about a month to mature and fall off. A facial, with glycolic or salicylic acid, enzymes or grains, will help you shed dead skin cells and bring younger cells to the surface. The percentage of these ingredients is much higher, when given by a cosmetologist, than are found in over-the-counter facial products.

◆ **Unclog dirt from pores**—Blocked pores prevent nutrients and moisturizers from getting in your skin. A facial will help to clear up the pores.

◆ **Hydrate**—A facial that has emollient masks with seaweed, vitamins or essential oils will help to rehydrate your skin.

◆

Hair Tips



◆ **Your highlights turn orange:** Using an ash blond or light brown conditioning rinse, adds enough green to balance out the brassiness. Also, your hair will continue to bleach, as time passes and when you are in direct sunlight. But avoid chlorine because it makes the problem worse.

◆ **Your hair coils, crimps and puffs with rain:** Look for products such as pomades and thick creams to tame your hair. Use a hot blow dryer to weigh hair down. A boar-bristle brush also helps.

◆ **Your roots appear immediately after you color your hair:** Although it depends on your hair color, you generally need to touch up your roots every four to six weeks. But you can squeeze a little lemon juice on your roots and sit out in the sun. Consider switching to a lower maintenance color or highlights, since it grows in more gracefully.

◆ **Split ends:** Since straight hair has more oil in it, curly hair tends to split faster. Split ends should be cut off because they will continue to split otherwise. Coating your hair with anti-frizz products, can help. Avoid heat, rubber bands and perming. However, note some hair starts to split if there is too much time between cuts. So, if you notice your ends are fraying every five weeks, schedule a cut every four.

◆ **Your conditioner and hair products weigh down your hair:** Dab a little talcum powder into your hands, rub it through your hair and brush it out to absorb excess grease. However, learn which products are best for your hair texture. For example, if you have fine hair, condition your ends and not your scalp. Look for products with less lacquer and more alcohol.

◆ **Your hair goes limp as the day goes on:** Solve this dilemma by making your hair bigger in the morning. For example, use Velcro-roller sets, tease your roots, after blow-drying, and puff your hair with a thickening lotion. Brushing hair upside down does wonders.

◆ **Cowlicks:** Talk to your hairstylist about using a localized chemical relaxer and how to tame it with a blow dryer.

◆ **When your hair absorbs odors:** If you were in a smoke-filled room, wash your hair or put small drops of perfume on your temples and around your face.

Trying to straighten your hair?

If you want to straighten out your naturally curly hair, blow-drying is the easiest way to go about doing this. All hair types should avoid products that contain isopropyl, ethyl and methyl alcohol, because they dry out hair. If your hair is fine, avoid heavy gels or creams.

No time to wash your hair?

Here are a few things you can try:

- ◆ Use a style-reviving spray along with a light-hold hairspray
- ◆ Spritz water onto “out of control” areas and blow dry. “Spot drying” shouldn’t be done every day because this can damage your hair.
- ◆ Simply spritz your hair with water and use your fingers to comb through and style it.

Need to blow dry hair faster?

- ◆ Use a quick-drying shampoo
- ◆ Use a high-powered 1,800-2,000 dryer

Need some temporary ways to hide roots?

- ◆ Paint color on with a wet hair crayon
- ◆ Try using hair mascara, which is usually used for highlighting

Want better ways to moisturize your hair?

- ◆ Wet your hair and use a leave-in conditioner. (Do not rinse out.)
- ◆ Use a conditioning styling cream instead of regular mouse or gel

Temporary or Quick Highlights

If you want highlights for a special occasion, but don’t have time to go to a salon, try using a color-enhancing shampoo. When you finally make it to the salon, ask for the least amount of highlights necessary. The most important and visible and noticeable area is along your hairline.

“Mascara” hair highlighters are great for adding spot treatment to roots and eyebrows when you don’t have time to get another color treatment or just for a dash of color. Like regular mascara it may clump up and make

your hair feel sticky, in which case, brush it out to achieve a natural effect. You might have to play around with different shades to match your hair color. Then again, a clearly distinctive color difference may be your desired effect. It washes out easily with shampoo, so you might want to save it for a sunny day.

•Summer Hair Dos

Here are tips to make the most of your hairstyle, when the temperature rises:

- ◆ Keep bangs in line, by spritzing with hairspray, then rolling them into a huge roller. Blast with a blow dryer and remove, once the hair has cooled.
- ◆ Balance an oily scalp and dry ends, by hydrating the edges of the hair with a rich conditioner and shampooing the roots.
- ◆ Don't rub fine hair with a towel or brush vigorously.
- ◆ Instead of wearing a tight cap, try wearing a roomy cowboy hat to protect your face, eyes and hair!
- ◆ Lighten up your hair, by spritzing hair with lemon juice or a spray bottle with chamomile tea. Then, deep-condition the following day, to keep hair soft and the color rich.
- ◆ Use a boar-bristle brush with a rubber base to smooth and straighten. Then rub a quarter-size amount of styling cream, and lightly coat the surface of your hair to keep it smooth.
- ◆ If you have a special occasion to attend and want to fight humidity, follow this piece of advice: After shampooing, start blow-drying and tousling hair with your fingers until all the moisture is out. Then add a small amount of styling cream or lotion for lasting hold and shine. Wrap the top section of hair

onto a large Velcro roller and pin the remaining sections around the center roller to keep them tight. Dress and put your makeup on, unwrap and run your fingers through your hair.

Myths and Truths About Hair Care

Myth: Expensive shampoos are always better.

Fact: All shampoos and conditioners basically contain the same ingredients: detergents, lathering agents and moisturizers. So, if you find something you like, there really is no reason to spend more money on something fancier.

Myth: Taking vitamins helps your hair.

Fact: While it is true that nutritional shortfalls can manifest in unhealthy hair, these are extreme deficiencies and are usually experienced by women suffering eating disorders or crash-diets. For example, hair often looks dry or shed excessively. However, you cannot make hair shinier or healthier by taking supplements.

Myth: You should shampoo every day.

Truth: Unless your hair is oily, it is better to shampoo every other day. Most people find their hair looks better if they skip a day. If you use styling products, rinse and condition every morning to keep hair looking fresh.

Myth: Baby shampoo is gentle on your hair.

Truth: Baby shampoos are among the harshest formulas out there, because their no-tears formulas are balanced to match the human eye and not the hair.

•Maximize Your Hair's Shine

What often leads to dull locks are layers of old hair gels and sprays that stick to your tresses, because regular shampoo won't dissolve them. Solve this problem, by sprinkling a teaspoon of baking soda into your daily dose of shampoo.

•The Secret to Smooth, Sexy Spirals

To get a sexy mane of no-frizz ringlets, forget about the brush and grab a curl-retaining cream or gel. Then let your fingers do the styling. Coat damp, combed locks with a dime-size dab or a curl-enhancer, and then grab a half-inch hair section from the nape of your neck and finger-twist it into a tight spiral. Repeat this method over your entire mane. Let ringlets dry, then spritz with a spray shine serum.

•More Bang for Your Blow-Out

Whether you spent 40 bucks at the salon or spent 40 minutes wrestling with your dryer, you'll want your blown-out style to last as long as possible. Here's how:

- ◆ At bedtime, pull your hair into a loose topknot. Try using a silk pillowcase to help your hair slide instead of frizz.
- ◆ Touch up your hair with a curling iron. Avoid re-blown and dry hair, because it will dry out the strands even more.
- ◆ Fight grease with water-free hair revitalizers that clean and deodorize.

•Fight Dandruff with AHA's

We all know the benefits of alpha hydroxy acid lotion on the skin, but not many of us know what AHA shampoo can do for a scalp that is flaky and

dry.

AHA's are derived from fruit, sugar and milk. They are excellent exfoliates that work by loosening the chemical bonds that hold dead skin cells together. This makes them useful against scaly-skin conditions, such as dandruff, psoriasis, eczema and seborrheic dermatitis.

Nutrition for Your Hair

Few other features of your body make an appearance like your hair does. Everyone strives for strong, healthy hair that gives off a shiny, bouncy look.

The first step toward a healthy head of hair is getting enough of the right vitamins and minerals necessary for hair growth. The most important are vitamin B complex, zinc, amino acids, like cysteine and methionine, and selenium. They form the building blocks for hair protein keratin. Another vital mineral for healthy hair is iron. According to a dermatologist, iron has the largest effect on hair growth. The majority of people who experience hair loss problems suffer low iron levels. In addition to individual supplements, combination formulas can provide important nutrient hair support.

The health of your scalp is also a crucial factor of the amount and fullness of your hair. The scalp follicles from which hair grows are nourished through a capillary network. If circulation is poor due to tight muscles from stress, a poor diet or the use of products clogging hair follicles, hair can become thin and sparse. Regular scalp massages will promote circulation and show significant results in combating thinning or receding hair.

Since hair is an extension of the skin, many of the guidelines for skin apply to hair maintenance. Generally speaking, your hair type matches your

skin type – normal, oily, dry or combination. Therefore, many of the essential oils and plant extracts, used to balance your skin, can also benefit your hair and scalp.

Often commercial hair preparation, including shampoos, styling gels, sprays and even conditioners, can be the most damaging, especially since people have the tendency to overuse them. In fact, some doctors believe that the chemicals in commercial hair products may not only damage your hair, they also weaken your immune system and lead to illness! According to dermatologists, when you put something on your skin, it not only stays on your skin, it goes inside as well. Plus, if it's toxic, it can affect your brain, your muscles and every organ in your body. Ingredients, such as sodium lauryl sulfate and cocamide DEA, have been found by researchers to accumulate in the body and be stored in organs and tissues where they can cause harm.

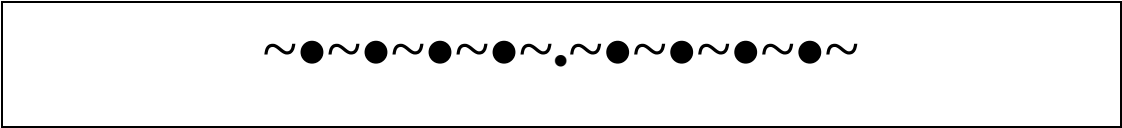
Choosing the right shampoo, is half the battle, since certain formulas not only target your hair type, but enhance your color as well. For example, some shampoos containing chamomile extract enhance highlights, while rosemary shampoos invigorate the scalp, without stripping it of natural oils.

Next, of course, is conditioning your hair, especially if you color, bleach or perm your hair. Many commercial shampoos contain strong detergents that roughen the hair shaft, make it brittle, dull and in need of extra conditioning.

Remember to wash your pillowcases and linens often, using water hotter than 130 degrees, because lower temperatures will not kill dust mites' eggs.

But don't stress too much over your hair! The more you battle your

hair to do what you want, the more it may rebel with signs of damage. Just gently coax your hair into shape with botanical products, and you will be proud of your natural bounce and shine.



Hair Damage, Dandruff and Stress



There are multiple ways in which stress can contribute to hair damage. Stress may constrict blood vessels, which reduces the amount of oxygen and nutrients to the hair follicles. The graying of hair can be a result of accumulated stress or a very sudden traumatic event. Stress leads to excessive smoking, drinking or eating, which indirectly contributes to hair damage.

It has also been said that the use of hair dye, especially brown and auburn colors, is directly connected to dandruff. The truth is that yes, p-phenylenediamine (an ingredient in the dye) can damage infection-fighting bacteria, which can in turn leave the skin more vulnerable to the fungi that can cause dandruff. However, these chemicals don't remain on the scalp; instead, they are absorbed by the hair shaft where they bind themselves in order to color. Dandruff is caused by yeast which *always* resides on the scalp near the oil glands. So, there's no need to stop touching up your color!

If you do experience dandruff, try using a shampoo with salicylic acid or protective conditioners, which are much gentler than most dandruff shampoo. Also try prepping your hair with a pre-wash and limiting your use of dandruff shampoos to once a week. If none of these suggestions work, try lathering up with a regular shampoo, then brushing it from the hairline to the nape, then the nape to the hairline. Repeat several times for several days, and you'll see improvement.

Facial Tips for Men



Men's faces are subject to the same type of damage from pollution, sun and stress as women's, in which case, men can benefit from facials as much as women do. A deep chamomile cleanse will remove oils and help improve the texture of skin.

If you decide to grow a beard or mustache, remember that facial hair contributes to a whole look and is as much of a fashion statement as your clothes. A mustache may say you are sophisticated, serious or casual. In order to grow out an attractive mustache, remember that it must balance out the other features on your face. For instance, a "turned-down" mustache coupled with droopy eyes will give a sagging effect to your face. Similarly, a small mustache under a large nose will look comical. Having a mustache can have its advantages. They can cover up crooked teeth or camouflage imperfect lips.

Beards should be grown out, so that they fit the face and hairstyle. Beards can add personality, strengthen the jawline, highlight strong cheekbones or make a man look sophisticated or romantic.

Ultrasound



Ultrasound can enhance skin treatments! Ultrasound dates back to 1794, when it was believed that bats flying at night guided themselves by sounds inaudible to humans. And in the past 25 years, ultrasound has been used for radiology tests, superficial skin surface, breast tissue, body cavities, the treatment of injured muscles, tendons, joints and now for the repair and treatment of skin.

It helps to rejuvenate and improve the appearance of skin, by moisturizing dry skin, purifying oily skin, restructuring wrinkles and fine lines, oxygenating skin damaged from pollution and diffusing redness. The major benefits of ultrasound are mechanical, thermal and chemical.

The mechanical effects include massaging of tissue, softening of scars and increasing superficial toning and elasticity. For example, a hand massage provides an average of three vibrations per second while ultrasound provides three million vibrations per second. It stimulates blood flow and reduces the scarring within the skin caused by sun damage or surgery.

The thermal effects of ultrasound create friction and increase local heat. It increases the metabolism of connective tissue cells such as fibroblasts and the production of collagen and elastin. Increased temperature also stimulates blood flow to the area, increasing oxygen and nutrients.

The chemical effects increase the chemical reactions in cells, in order to increase the healing rate. It decreases the local pH and increases the permeability of skin cells.

Even though it is still too early to change the world of facial treatments, ultrasound is faster and more efficient than most skin treatments. For example, an ultrasound facial takes about 45 minutes, while a conventional facial takes 60-75 minutes. It also enhances the active ingredients of your skin products, speeding up the effect of the product.

You may be wondering what ultrasound offers that electrotherapy does not. To begin with, ultrasound increases the penetration of active substances in gel, even if they are neutral, while electrotherapy requires them to be polar. Ultrasound poses no risk of electric shock. It is more accurate and precise, while electrotherapy often misses the target area.

Your Body Needs Fuel



◆ Never skip breakfast. Your body will go into full-tilt. If this happens, later in the day you may devour everything in sight. Studies show that people who eat a healthful, low-fat breakfast are more likely to eat healthfully throughout the day and not feel the need to over-indulge.

◆ Never go more than 24 hours without flossing your teeth. Many people don't feel this is important, but dental hygiene should be practiced every day.

You will be very glad to hear your dentist give you a good report, rather than them saying you have excess plaque buildup and gum degeneration. If this happens, you would be faced with painful tooth scraping and even excruciating root-canal surgery.

◆ Unless you have a sinus infection, medications won't make you feel any better. The more medicine you use, the less effective they're likely to be when you really need them, so never take antibiotics for a cold.

◆ Never take food cravings at face value. Beat those cravings by eating smaller meals more frequently throughout the day. Maybe eat every three hours. You may want "Time Out" or less stress.

The Effects of Stress on Metabolism and Our Weight



Find out:

- ◆ **What your basal metabolic rate is**
- ◆ **Why you aren't losing that weight and why you aren't gaining muscle**
- ◆ **How important stress is in relation to weight loss**
- ◆ **Weight loss facts that you might not know**
- ◆ **Some helpful hints to lose weight**
- ◆ **Why you feel bloated**
- ◆ **How to be happy with your weight and not make it a focus**
- ◆ **Ten reasons to start exercising today**
- ◆ **Ten common mistakes to avoid during exercise**
- ◆ **How to Prevent stress binges**

Stress and Your Basal Metabolic Rate

Stress can raise the Basal Metabolic Rate. Instead of just burning calories, a rapid stress-related increase in the BMR can cause the body to lose muscle density and tone instead of fat. Another problem is you won't lose weight easily. Constant stress taxes the body causing skin to sag and prematurely create an overall older appearance. We can't control all stress, but if we know the consequences, we can react differently and speak to ourselves with healthier self-talk so we don't perpetuate more stress. Take a seminar, which enhances self-discovery and re-languaging skills to minimize and eliminate negative self-talk. You can become much more adapt at handling stressful situations. You will realize being upset just isn't worth it.

If you feel hungry when you are stressed, it is probably because your body is asking for rest or more food to support increased metabolic demands. Try to help yourself get back on track and allow yourself some relaxation time or if it is not possible, do something less taxing. If you can't curb your appetite be safe by picking low calorie healthy foods. Don't feed stress fabricated desires--which is fattening and don't really offer comfort when you see the weight you put on as a result. We must be careful not to eat things that will end up causing us extra pounds. This food will not support your ability to perform any better. Learning how to maintain or decrease stress can be a challenge when we want food to fill an emotional hunger feeling or physical stress that stems from exhaustion.

Treat yourself the way you would treat someone special like a newborn baby. Having self-respect may be difficult under these circumstances because you don't feel like yourself. Realize you now have some idea that it may be downtime you're looking for rather than quick fixes that don't answer your

problems, like food and will make you gain weight and feel unhappy and unhealthy. Be kind to yourself and see whether you're looking for break time or a happy distraction.

Some emotions cause physical symptoms that don't promote the internal well-being and peace of mind. It is very useful to re-direct your unhappy thoughts until you are able to change these circumstances or the way you see them. Understanding why your body behaves this way enables you to jump in and take action to make small changes, giving you more control.

One way to take action is if you are eating too much, slow yourself down by eating raw vegetables instead of cooked; you may even decide that they look good. It takes more time and eventually you will eat less. Then you will have a reference or content to reframe larger problems. Taking control of individual situations will eventually empower you to set a life pattern that will give you the type of body, the energy and the quality of health that you want.

Case History

One woman said she couldn't understand why she was putting on weight and remained hungry all the time. There were several unrelated external crises in her life; her muscle was deteriorating even though she was working out regularly. There was also muscle weakness. a ringing in the ear. Her nervous system was responding to external pressures in a physiological way. Melatonin helped her fall asleep.

Her chiropractor suggested treatments involving a strict diet supplemented with fatty essential acids, more protein and nine hours of sleep instead of six. She became more aware of how external stress caused imbalances in her body and with this awareness was able to reverse the cycle: her workouts again became effective and in time she was able to attain her goals.

•Weight Loss Facts You Might Not Know

- That when you exercise hard, you burn more glycogen. Your body has to replenish this through food and with the glycogen comes extra weight--sometimes as much as four pounds.
- The more upright you are, the more fluid your body retains because the blood flow to the kidney is reduced, which in turn tells your body that you are taking in too few fluids and your body will retain whatever it has to in order to compensate. Try lying down for ten minutes. You will find your body relax and the ability to urinate.
- An average women's weight can vary by up to two pounds in just twenty-four hours.
- Drinking two cups of fluid before you weigh yourself can add a pound or two to the scale.

•Fast Tips for Losing Weight

What is important for weight loss? Here are tips to help you get that body you want while you're under pressure:

- ◆ Vary your workout routine.
- ◆ First and foremost, love who you are.
- ◆ Love your body not matter what.
- ◆ Eat smart.
- ◆ Reward yourself
- ◆ Realize the difference between enhancing your looks and transforming yourself into someone else's image of loveliness. When you do something for you, you are more likely to be successful.

- ◆ Be true to yourself and be happy with what you can accomplish.
- ◆ Fiber-filled foods curb fat cravings so try to have meals with high fiber content. For breakfast have a high-fiber bran cereal. And try to have a fiber-rich lunch or snack such as pears and berries.
- ◆ Add vinegar to bottled salad dressing.
- ◆ Baked potatoes are touted for their potassium content and for their role as a mood enhancer. Mash them with milk and seasonings
- ◆ Eat salads with tomatoes, celery, broccoli and spicy lentils.
- ◆ Get enough protein...at least 60 grams a day.
- ◆ Always choose the leanest cuts of fish and meat.
- ◆ Try beans - they are a great source of protein and fiber.
- ◆ Make room for small portions of your favorite foods.
- ◆ Consider exercising.
- ◆ Try not to make food your best friend.
- ◆ Learn to put yourself first not food.
- ◆ Eat what can benefit you and keep you young.
- ◆ Fix your head with walking, not over eating.

Learning to respect your body should never be a challenge. Always treat yourself with love and give yourself a break. Remain realistic and get back on the right track. Food should never be a replacement for love. Only you can feed your soul with positive reinforcement and healthy behaviors. Don't look at losing weight as a punishment. It's about getting and staying healthy, looking and feeling good. But, realize that if you are happy and project that, no matter what weight you are (as long as it isn't debilitating obese) you will look great because you believe you are. Isn't your happiness

what is important here? Remember the only diet that works for you is the one you can stay with.

Also, realize when you are under severe stress you will not be able to build muscle easily and possibly not much at all. **The body isn't functioning at the same level. That is why when you do everything right you may not loose weight or firm up the way you like to.** Both exercise (which is a physical and emotional distraction) and learning to redirect stress will improve your body's response so you are more likely to achieve the results you want when you are under these circumstances. Try to lessen your stress and lose that weight. Please see information about Essential Fatty Acids.

Exercising and Weight Loss



Ten Reasons to Start Exercising Today

1. Gives more energy to do the things you want to do.
2. Cut the risk of heart disease in half.
3. Gets you into a better mood, especially for mild or even moderate depression.
4. Reduces the risk for certain types of cancer.
5. Helps to regulate cholesterol levels.
6. Improve your posture and feel better about yourself.
7. Fall asleep faster, and sleep sounder.

8. Relieve stress, since exercise helps your body to relax.
9. Your thinking will be sharper. Concentration and memory recall levels improve, with increased aerobic activity.
10. Look and feel younger.

Ten Common Mistakes to Avoid During Exercise

1. **Not stretching enough.** Remember to stretch immediately before and after workout.
2. **Not warming up before exercise.** Give your body time to adjust to the demands of working out.
3. **Not cooling down after a workout.** Just as your body needs time to warm up, always give it time to cool down. Take time to lower your heart rate and stretch before going to the shower.
4. **Exercising too intensely.** Don't work out too hard. A moderate workout, for a longer time, is more effective than intense exercise, for a shorter time.
5. **Not exercising intensely enough.** In order to improve, you have to push yourself a bit and gradually increase intensity and duration.
6. **Leaning heavily on the stair stepper or bicycle.** This reduces the benefits of the exercise and can lead to wrist or elbow strain. Always try to maintain good posture throughout the workout.
7. **Lifting too much weight.** Starting lower and gradually increasing resistance, is a much more effective way to increase muscle strength.
8. **Jerking while lifting weights.** Control the weight through the entire range of motion. Use less resistance if necessary. Jerking leads to strain and injury, especially to the back.

9. Not drinking enough water. Dehydration lowers the ability of your body to perform and cope with the stresses of exercise. Drink at least 8 ounces of water, before and after a workout. Also bring water to drink, during the workout.

10. Consuming sports drinks or sports bars. These high-calorie energy boosters are more likely to cause weight gain, rather than improve exercise performance. A balanced diet and plenty of water will be more than enough energy for most workouts.

●Secrets to Getting in Shape

Sticking to a workout regimen, requires dedication and discipline, but a few tips may help you achieve some serious weight loss.

- ◆Go to a gym near home or work, a place where you feel comfortable and less inhibited.

- ◆Get to know people in your gym, or bring a friend along. Working out with someone, increases the fun factor.

- ◆Make some sacrifices to get more workout time in during the day. Leave the dishes in the sink, or save the laundry for another day.

- ◆If you had to stay late at the office and can only manage a brisk walk, then do it anyway! Make the most of the time you have.

- ◆Don't do the same exercises every day. It will only make you bored.

Most people go to the gym and do the obligatory cardiovascular workouts and follow a routine of lifting weights to tone muscles. But more important than just doing the exercises, is understanding the benefits you gain from these movements. Not only will you gain a better awareness of your body, but exercising staves off diseases as well. Osteoporosis can be

prevented with weight-bearing exercises. You build up your physical endurance, and, by becoming physically active, you improve your overall well-being. This will give you more positive energy to propel you through the other facets of life: work, relationships and leisure activities.

Exercising allows you to feel younger than you actually are. After all, genetics only control so much of the aging process. Chronologically, you may be 29, but if you spent your life eating right and exercising you could be 25 years old, biologically.

Insomnia and Exercise

When you don't get proper rest, it shows on your face like red eyes, black under eyes, etc. According to a study by the Respiratory Sciences and Sleep Disorders Center at the University of Arizona, walking every day can reduce occurrences of insomnia. Chances are, you will get a good night's sleep, you will wake up refreshed and it will show on your face.

Weight Training Supplements

Supplements support weight training. You still have to put your time in at the gym, but supplements make your time there more productive. The first thing you should start with is correcting your diet. Stop eating junk foods and foods high in fat. Eat more fruits and vegetables, plus foods with lean protein and complex carbohydrates. Some of the first supplements you should start taking are protein powder, vitamins and minerals. Continue working out, and slowly introduce other, more specialized, supplements.

Effervescent Creatine and Spermidine

Creatine is a supplement that has been used by athletes to help restore muscle metabolism and increase strength. Although the word is still out on its beneficial effect on older individuals, one study suggests that a creatine supplement can help people of all ages achieve greater gains in strength during exercise. After a five-day training regimen that included creatine supplements, middle-aged adults (mean age: 50) showed a 30% increase in muscle metabolism and a 31% increase in muscle strength and endurance.

Creatine has been in popular use for many years. It allows you to workout longer and harder, increasing your strength and endurance. However, since it does not mix very well with water— it's like drinking water and gravel—many users had to actually spoon up the residue at the bottom. In addition, since it was so hard to digest, users did not absorb much of it, and many experienced digestive distress, i.e. diarrhea. However, effervescent creatine is reported to be completely soluble in water. This means that it will be easier to drink and more will be absorbed into the body. It comes in single server packs, which make it more convenient. The downside is that it will be more expensive than regular creatine, around \$3 per serving.

Creatine has been a presence on the sports and fitness scene for years and is, for some, a proven muscle maximizer. When college athletes were put on a six-week workout program and given creatine supplements, some of their performances improved remarkably, although the results for activities that required endurance were not as convincing. It is the hope of many that the effects of creatine on muscle size will one day help benefit those with muscular dystrophy and Lou Gehrig's disease. But exactly how safe is it? The FDA has received formal complaints of seizures and cardiac arrhythmia

from users of creatine, and others, reportedly, have had muscle cramps and stomach ailments. There is not enough research, however, to substantiate these complaints.

Spermidine is a substance found in milk, soybeans, tea leaves and mushrooms. It has been shown in animal research to increase the amount of nutrients that the body can absorb from food. It also prevents muscle breakdown, which will mean a shorter recovery period in between workouts and less chance of over training. However, as of now, studies have only been used on mice, so extensive human testing will be needed, before it will be sold commercially.

•Weight Loss Scams

It seems like more and more people are on some kind of diet or are desperately trying to lose a few more pounds. More commonly, people are trying not to gain weight, which is why weight loss programs are big business nowadays.

Pills and shakes that claim to inhibit the body from accumulating fat also prevent the body from storing necessary nutrients, which normally are absorbed by lipid cells.

These products may speed up the body's metabolism and introduce stimulants that decrease your appetite. However, when these stimulants are no longer present, your body's metabolism will be even slower than it was before you started taking these miracle products.

Videos that offer "solutions" are also not the immediate answer for shedding pounds. A healthy diet and regular exercise are almost always the reason behind those beautiful bodies you see on the television screen. The

companies that market these products are feasting on the wallets of people who expect and want instant results. Weight lost gradually is more likely to stay off and will be healthier.

When trying to eat healthier, remember that the most important thing is to set realistic goals. Don't expect to stop craving junk foods and to start eating Brussels sprouts overnight. Plan for the process to take months, years or even decades! Eating habits are held tightly because they're something that have been practiced daily for many years. Expect the process to take a few months, on the average. To help yourself eat healthier, put a mirror in the dining room or kitchen. Studies have shown that people who see their reflection while eating consume 32% less fatty foods.

Natural Substances for Dietary Aid

Ephedra: A metabolism optimizer, also known as Ma-huang, is sold in health food stores.

Coenzyme A: Metabolizes fatty acids (produced naturally by the body).

Diuretics: Eliminate water from the body that can weigh you down. They are found in corn silk, oat straw, thyme, juniper berries, just to name a few.

Appetite Suppressants: A chemical from a South Asian tree, hydrocitric acid, has been shown to prevent fat production and reduce feelings of hunger.

Mood Boosters: Feelings of depression may be stopping you from losing the weight you want. Consider using St. John's wort or other serotonin promoters.

No matter how many different supplements, herbs or pills you take, nothing can replace the careful restriction of caloric intake and aerobic exercise, which is your best hope. Exercise not only burns calories, it also

increases one's energy and can reduce your appetite. Try to eat many small meals throughout the day, instead of eating three big meals. Build a support base of family and friends and if possible; get a buddy you can exercise and diet with. Finally, restricting calories and exercising, is a means of staying healthy and not just for looking good in a miniskirt.

•**Thigh Creams and Cellasene: Cures for Cellulite?**

A pill called Cellasene claims to reduce the appearance of cellulite in eight weeks. One tester of the product said that the skin was smoother, but there was no notable reduction. Thigh creams claims to be a topical antidote to cellulite. But in study where women followed their usual eating and exercise habits and applied the thigh cream for six weeks on one leg and a moisturizer on the other for six weeks, there was no difference in cellulite between both legs.

Other methods exist that supposedly reduce the appearance of cellulite. Manual Lymphatic-Drainage Massage is performed by a therapist who uses feather-light rhythmic strokes to stimulate the flow of the lymph. The lymph nodes filter out debris and toxins; thus, slowing the lymphatic system may cause inflammation to prime cellulite sites. However, for long-term results, this method won't work. Of course, you will look and feel better after a massage, but to reduce the lymphatic system's workload, you must have a real commitment to health and clean living.

Skin Brushing also perks up the lymphatic system by massaging skin with upward-sweeping movements and firm pressure. Like Lymphatic-Drainage massage, however, this method won't create long-term effects. Endermologie and SilkLight use suction to lift skin and press it between

rollers, but for the price of these products, you might as well spend the money on membership at the gym and get real results. The best method to reduce cellulite is to lead a generally healthy lifestyle: eat healthily, exercise and try to reduce toxins in your environment.

Rekindling Your Weight-Loss Energy



Everything grows old and tedious, especially a planned yearlong weight-loss program. The sense of excitement and purpose that you felt at the beginning has given way to a general sense of mental fatigue. There are many reasons why this happens. Many of the things that people put off, so that weight loss could be the priority, start making demands on their time. Most people come to realize that losing weight is hard and difficult work. Others are disappointed, because they haven't lost as much weight as they expected, mainly because of unrealistic expectations, springing from advertisements. Or, people tend to attach too many other expectations that are supposed to come along with weight loss—feeling better, fitting into clothes, social life benefits, etc. These changes do indeed occur, but usually not as much or as quickly as expected.

The thing to remember is that these things happen to everyone. The key to motivation is to redirect your energy from dwelling on the problems to putting solutions into action. Remember that weight-loss lifestyle changes need constant adjustment to fit your changing needs.

Examine Yourself

Feel good about what you've accomplished so far. The problem is that most people only look at the scale as a way of measuring improvement. Pay attention to other body changes as well. Looseness in rings and watches and pants that seem less tight around the waist are signs of improvement. Also, examine the way you feel. You may feel better than before you started. List 10 signs, no matter how insignificant they may seem, of your accomplishments.

- | | |
|----|-----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |

Redesign

If you find that you've fallen behind, do not try to catch up. You'll waste energy constantly thinking that you've come up short. Instead, develop a new set of realistic goals, and continue from there. Make daily, behavior-oriented goals—walk for 20 minutes, eat a light dinner, stop the visits to the vending machine, etc. This way you'll have a sense of reaching your goals every day. Once you're showing improvement on a daily basis, start setting weekly and monthly goals.

Think and Act Positively

By not giving old clothes that are too big away, it's the same as saying that you're keeping them just in case weight-loss fails. By not taking a

yearlong membership at a health club, it's the same as saying "if" you can't hack it, you'll at least save money. These doubts all start to take its toll on your motivation. So, make positive affirmations. Make a list of 5 things you can do within the next month. Then make another list of things you can do within the next six months to a year. All of these things are motivational and state, "I can do that," or "I **will** be able to do that."

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

Antidotes and Tips for Relieving Stress



Prevent Stress Binges

When stressed out, reaching for food can become as automatic as breathing. Many people treat eating with taking a break or as a way of coping with stress. These are some ways of preventing those stress binges.

Redefine comfort food. Find alternatives to foods, like ice cream, with new, healthier foods to help you relax, such as herbal tea or a bowl of hot oatmeal.

Stop and think. When you feel the need to indulge in a stress binge, pause and ask yourself if you're really hungry. Question your motives for eating. Usually, if you think about it long enough, the impulse to eat will go away.

Create a meal plan. Plan regular meals and planned snacks for each day. Eat something every 3 to 4 hours to keep the blood-sugar levels up and the urge to splurge down. This will give a sense of control that will help in times of stress.

Turn around. If you find yourself going to the fridge or a vending machine, turn around and do something else for 10 minutes. The urge to eat will dissipate. Make a list of alternative activities, and post them on your desk or on the refrigerator.

Nonfood stress busters. Instead of food, treat yourself to nonfood stress relief: Listen to soothing music, do yoga or stretching, take a brisk walk or bubble bath, get a manicure, etc. Just remember that relief from stress

doesn't have to be found in food.

During the holiday season, it is tempting to overindulge in fattening food at holiday parties or as a gift to yourself for enduring the busy shopping season and the stress of trying to please everyone with the perfect gift. Fetes with the family tend to be emotionally charged and can lead you to overeat, especially when you don't want to offend people by not eating what is offered.

There are several strategies you might employ to prevent this.

- ◆ Spend more time talking. You will spend less time eating and will eat at a slower pace.
- ◆ Only go back to the dishes that you like and gradually take smaller and smaller portions. Ask what will be served beforehand so you can save room in your stomach for your favorites.
- ◆ Use smaller plates.
- ◆ Practice politely saying "no" to seconds.
- ◆ Offer input on the menu, so that low-calorie and low-fat dishes are well-represented in your holiday feast.
- ◆ Give away leftovers to your guests.
- ◆ Try to fill up your plate with mostly salads and vegetables.
- ◆ Eat light during the day, and don't arrive tired to a dinner party, you will be tempted to indulge in sweets.
- ◆ Listen to your body. Are you truly hungry? Or are you eating just because the food is there?
- ◆ Wear something that is skin-tight or has a tight waistband. It will make you rethink before asking for just "a little more."
- ◆ Workout beforehand, so you are aware of how hard it will be to burn off

those calories you put on.

Fix a Pain in The Neck

Poor Telephone Posture

Holding a telephone improperly can cause serious problems if your posture or position is unsupported. A displaced vertebra in the neck can cause problems which include headaches, neck tension, pain and stiffness.

Research proves over four million Americans suffer from chronic headaches. Neck problems are the cause of the majority of these cases. Balancing the phone on your shoulder and positioning your head so that your ear can meet the receiver causes the upper region of the spine (neck) to be thrown off track. When vertebrae lock-up or become misaligned, abnormal muscle contractions and irritation of the nerve endings produce pain. Headaches are the most noticeable symptom. Two billion dollars are spent every year on over-the-counter pain-killers. These only provide temporarily relief, while the root of the headache still exists. The best way to reduce chronic pain is to seek professional help from a licensed chiropractor. Regular chiropractic care restores proper nerve system function.

What to Do:

- When using a telephone or laptop, be sure to sit up straight and keep your head level.
- Occasionally switch the telephone from hand to hand to balance out-the tension.
- Always hold the phone instead of cradling it between the shoulder and neck.

Parents...

Seventy-one percent of the American Academy of Orthopedic Surgeons feel backpacks are a serious problem for children. Fifty-eight percent of doctors have personal experience with cases of back and shoulder pain in children. These problems arise from carrying backpacks that are entirely too heavy.

What You Tell Yourself

I had many body symptoms and ailments that reoccurred throughout my childhood and teenage years. Most of them are now gone. You can recover from almost anything, if you are willing to imagine a healthy life and are determined to succeed. Miracles can happen.

The Mind-Body connection started for me when I had tendonitis thirty years ago, caused by tension in my wrist and arm, due to emotional stress that I was unaware of. As an electrologist at Bloomingdales Salon, I had started working on a few clients. After an advertisement came out, I was always under the gun and in demand. The tweezer I held wasn't difficult to grasp—it was the message I told myself about the long hours and the stress, or maybe the fear I played in my subconscious about whether or not I could see 50 to 60 clients per week. I went to the doctor, because I had severe pain running from my wrist to my elbow. The doctor gave me cortisone shots for weeks, for my repetitive stress injury. They would always work for a day or two, but the pain would always come back. I tried acupuncture as well, only to get the same results. All the medications and creams did nothing. This is when I realized the connection, and it became the foundation of the path that I would be on for the rest of my life. I was able to release the tension by changing my attitude.

I was the cause, the effect and the solution These injuries were happening due to my inability to cope with stress, or not being able to let go of the emotional component and physical body stress I was having, due to the tension. Many people now cause this and other ailments such as TMJ, clenching of the jaw, from stress. To prevent damage, this is why a dental night guard piece was invented.

Cyst Disappears by Using My Mind

This happened twice. After the first time, the second one was easy to get rid of. I decided that a cyst in my mouth, which the dentist showed me in an x-ray, was not going to get cut open. I was worried about the expense my parents would incur, the pain, and that I was having too much dental work. I somehow must have known, because it disappeared. I strongly believed I could make it disappear; since it had appeared from nowhere, it would go back to nowhere. I was in my twenties, before the Bloomingdales story. I recently had a boil or cyst on top of my nose disappear. I never get pimples or these problems. I thought it was fear-based and having to do with information I didn't know the answers to yet.

If you decide to let go of your attachment to stress or an ailment, you will realize it was only there because you allowed it to be. Dwelling on negative thoughts can have a physical effect on you. I wrote the following information in my beauty books:

“The Stress Effect” can be the underlying cause of many health and beauty concerns, including facial appearance. My research is cited in both industrial and personal image magazines for bringing medical focus to these problems. By redirecting, controlling, and minimizing thoughts and emotions that are stress-producing, you will gain the ability to inhibit internal and external premature aging. Learning to identify the signs, can also help you avoid and minimize “The Stress Effect,” whereby hormonal reactions and other bodily responses are influenced. Control your mind and subconscious, and you will change your appearance and the way you feel.

You find you have the power to change if you challenge your perception. If you don't, you will continue to be the owner of your symptom or problem.

You must decide not to allow negative perceptions to win. Believe you can overcome a problem and you probably will. I used to have a lot of negative self-talk, but I have learned how to change that. You don't have to feel trapped in an unhappy situation. You can take greater control of your life.

An excerpt from one of my beauty books:

The Physical Effects of Emotions: Personality factors have a direct impact on our facial appearance. Those who are frequently angry may experience subconscious muscle clenching, resulting in extreme tension wrinkles (lip line, forehead creases, etc.). Likewise, the same emotional factors tax the adrenal glands, breaking down elasticity and collagen, thus advancing sagging skin. Anger and sleeplessness strain your body and keep your body "on constant alert," not allowing it to repair itself. Another damaging effects of these toxic emotions and being "on constant alert" is the breaking down the elastin and collagen in the body and the underlying facial muscles that support the skin, allowing the skin to be loose, sag and wrinkled.

One tip to help prevent the effects of stress, whether physical or emotional, is to use anger or other strong emotions to motivate you to get things done. Divert harmful consequences to your appearance, aging and emotional well-being. Those who get better results from skin products, procedures and hair removal treatments, do so, because of their emotional management skills. For example, with waxing, hair stays away longer and the skin is more likely to regenerate.

A happier person can cope better, and, as a result, have less stress in their life. What works for some may not work for others, so keep trying until you find what works for you.

Cut stress down drastically, by using substitute Thoughts.

People can alter their lives by altering their attitudes. --William James
Hope thinks nothing difficult; despair tells us that difficulty is insurmountable. --Isaac Watts

The Benefits in Letting Go:

You'll gain more energy, feel your shoulders relax, be more productive and watch your stress level drop.

Telling yourself "I can," focusing on feeling confident, even when it doesn't seem possible, won't waste valuable energy. Begin to take actions that support this way of thinking. For example: When you are sleep-deprived and tell yourself that you don't know how you can get through, you have already set yourself up not to.

In terms of energy and enthusiasm, tell yourself, "I realize I didn't get enough sleep, but I'm going to get the most out of my day." You will have more energy and get beyond the fatigued state you were in.

How Do You Perceive Stress?

Take time to sit down with a pen and paper and record patterns you observe about how you experience stress, by answering the following questions:

- What triggers your stress?
- Is there tension in some areas of your body?
- Is your sleep affected?
- How can I change what's affecting me?
- If I can't find a real solution now, can I perceive my situation differently?

Initial Stressors Reframed to Diminish Their Impact:

- Financial concerns:** This is only temporary. I'm not as bad off as other people.
- Anxiety:** This is unnecessary; I don't need this experience. I can focus on taking action, so this is not a concern anymore and think positive thoughts instead.
- Loud noise:** I'm lucky; I'm not deaf and can also hear pleasant sounds.
- Poor health:** I plan to research how to improve and exercise what I have learned.
- Arguments:** Although we have a disagreement now, we are more aware of what the problems are and will have a better understanding of one another.
- Lack of time:** I am thankful for what "I can" accomplish.

How Can You Alleviate Symptoms of Stress Physically?

- Focus on deep breathing for relaxation
- Take a brisk walk
- Do yoga
- Laugh
- Maintain a well-balanced diet
- Establish healthy sleep patterns

Changing Your Perception:

When elevated stress levels are present, reactions and thought patterns will add or decrease their physical and emotional impact. Finding out what triggers your stress, is the first step to control or manage it. Identify what it is, to make sure it doesn't escalate, and learn to redirect or change your thoughts and reactions, in the best way possible.

The following exercises will help you find ways to get rid of unnecessary stress:

- List 5 alternative responses you could have chosen in a stressful situation.

1.

2.

3.

4.

5.

•List what positive changes could occur, from performing these alternatives.

1.

2.

3.

4.

5.

•To reinforce a positive future result, compare the benefits of your current responses with your alternative responses.

1.

2.

3.

4.

5.

Ask yourself the following questions. From these answers you will be able to choose a better reaction, for a positive outcome for you and others.

- Is there a benefit to staying with my current response?

Answer:

- What are the benefits of choosing my alternative response?

Answer:

- Who is in control of how I respond to an event?

Answer:

- Who has control over making the change?

Answer:

Transforming Stress:

Often what we believe causes us stress, can be our greatest teacher.

In other words, what you perceive as difficult, can bring forth new opportunities.

You can learn a lot when you are overwhelmed, if you find value in what stresses you, and then turn a negative situation into positive and strong motivation.

The level of intensity, fear, pain, hurt, etc. will be diminished. This could include backaches, headaches and mood changes. Picture this – if you didn't think something was a problem, various physical and emotional symptoms would disappear.

Self-evaluation will help you to come up with solutions later in your journal. Answer the questions, and write your response in the given space. Be specific.

Try Thinking Differently

- a. What could I have thought, instead, to change the way I cope with stress?
- b. Example: I don't have to allow something to bother me.
- c. Note an alternative response to the stressor _____
 1. What benefits can I gain by using a different response?

 2. Do you still have physical and emotional symptoms?

3. Is there an improvement? _____

4. By using alternative thoughts, I feel _____

The next time you feel the presence of stress, choose an alternative way to perceive it. Then proceed by answering the following questions.

What benefits have I gained by making the changes?

Now that I've chosen to manage my stress **differently**, I've found I _____

Who is ultimately in control of their behavior and response?

With which response, my current or my alternative, do I feel most in control in the presence of stress?

Am I ultimately in control of how I feel and respond in the event of getting stressed?

More Questions to Help You Understand "The Stress Effect"

1. Can you be thankful for your stress? If so, in what ways are you thankful?

For example: If he hadn't cheated on me at 16, I would not have known what to look for in my next relationship.

2. What have you learned about yourself and others when you feel stressed?
3. What does stress make you aware of?
4. Is there a change needed for you to excel in your priorities?

Stress-Relieving Actions you can take on a daily basis, or when needed

Identify your stressors and journal them.

What is your response and substitute to each situation?

Now identify 5 different responses you could choose for each item. Note what change could occur by changing your response (make note if the response was emotional, physical and/or mental). What would the benefit be in choosing a different response?

- 1.
- 2.
- 3.
- 4.
- 5.

▪What lessons have you learned from each stressor? This might include increased awareness of how you hold stress in your body, or it might include new strategies in dealing with situations, places, things or people.

▪You must understand that you are not sacrificing anything, just changing your approach. So, with that in mind, if your behavior changes, won't the response change?

- Who is ultimately in control of how you feel or respond to every event?
- **What Would You Rather Hear, Something Negative or Positive?**

Avoid Stress by Practicing Positive Self-Talk.

Negative Mind Chatter or Complaint:

“I shouldn’t go to this interview. They’re going to think I’m an idiot. I don’t think I have the skills. I am not going.”

Positive Self-Talk:

“If I’m not the right one for the job, I will learn from this. I may be the solution to their problem. I’m looking forward to this interview. They will like my attitude.”

Negative Mind Chatter or Complaint:

“I’m so stressed. I accidentally shredded my boss’s report. I’m going to avoid her tomorrow. Maybe I shouldn’t go in at all.”

Positive Self-Talk:

“I’m stressed because I made a mistake. I’m going to inform my boss as soon as possible to avoid any further complications. Not making excuses now means less emotional stress for me later. I will be okay. I will do my best to make it up to her.”

Negative Mind Chatter or Complaint:

“I’m not leaving the house. I am so fat and ugly. I’ll never look good.”

Positive Self-Talk:

“Right now, I have a weight problem, but I’m on my way to a healthier me. I will not try to be a size four in three days. It’s really important that I am on a healthy weight loss program and that I lose weight properly.

Negative Mind Chatter or Complaint:

I don’t feel good about myself. I feel like I have to be someone else.

Positive Self-Talk:

“Look at all the people who love me the way I am. If they don’t like me, I know others who do, including me.”

Final Thoughts

It all depends on how we look at things, not how they are in themselves. --
Carl Jung

It’s not what happens to me that matters most; it’s how I react to what’s happening. --Robert Schuller

We all have the ability to control our innermost thoughts and actions, and we all have the ability to change.

It's important to let go of our attachment to physical and emotional ailments.

A sneeze doesn't have to turn into the flu, but for some it just seems to go that way.

Collagen in the body, and underlying facial muscles, either supports the skin or lets it become loose, sagged and wrinkled. One tip to prevent the effects of stress, whether physical or emotional, is to use anger or other strong emotions to motivate you to get things done. Divert harmful consequences to your appearance, aging and emotional well-being. What works for some may not work for others. Those who get better results from skin products, procedures and hair removal treatments usually have good emotional management skills. A happier person can cope better and, as a result, has less stress in their life and better skin. For example, with waxing, hair stays away longer, and the hairs can decrease in density over time.

Key Words and Topics



Acupressure
Aromatherapy
Avoiding Scams
Coenzymes
Depression
Detoxifying
Elasticity
Emotional Well-being
Escaping Negativity
Failed Rituals
Following Through
Food Cravings
Glycolic Acid
Herbal Solutions
Holistic Techniques
Hydrosols
Identifying Problems
Insomnia
Lavender Oil
Metabolism Effects
Minerals
Natural Vitality

Pain Management
Personalities and Beauty
Products to Avoid
Reaction Control
Redefining Self-image
Rejuvenation Techniques
Skin Damage
Tension Management
Tricks of the Trade
Vitamins
Warning for Ingredients
Weight Supplements