

CHAPTER 11: NATURAL Rx REMEDIES FOR THE BEAUTY WITHIN THE BEAST

“Chemical Warfare”...

Which Beauty Tips and Home Remedies Are Best?

Weight-loss Aids and Energy Boosters

HGH; “Fountain of Youth”

Everything from Amino Acids to Vitamins

Like Nobel Prize winning scientists, we'd create the perfect diet aid to prevent us from eating. Like dream team lawyers, we'd negotiate delicious meal-like diet aids. Oops. We forgot to make these diet aids calorie free.

This chapter goes through the popular diet aids, energy boosters, healers, enhancers, etc. Beauty tips were included, which is pretty funny to my sister and me. We think we brought the “cheap” look in, because we don't have a clue about make-up and fashion...obviously! However, there are some natural beauty tips included that we found helpful. For the addictive personality, there are remedies to help quit stimulants, such as smoking and coffee. This chapter also has the breakdown of vitamins, minerals, amino acids, antioxidants and herbs.

Many people benefit from supplements and enhancers, but these products can't take the place of a healthy lifestyle and diet, and you must remember that not all products are made the same. So do your own research on any product before you start using it.

Most people look to supplements and aids for a quick fix. A healthy lifestyle does not include any shortcuts, because they always backfire. You need to learn what is best to take for your body's needs and in what amount. Your body is better at figuring out what it needs. Rather than being your own pharmacist, learn to listen to your body so you can learn what it really needs. Many times, people will take things for what they believe is a deficiency when in truth they already have too much of that substance in their systems and end up poisoning themselves. We have to be careful about what we put into our bodies. Certain supplements are extremely helpful, but nothing is a magical potion.

The four basic nutrients are water, carbohydrates, proteins, and fats, which are also the basic building blocks of a good diet. Along with the basic four nutrients, there are micro nutrients that are also needed in smaller amounts. These are vitamins and minerals. The amount needed varies according to your health, lifestyle, and circumstances. Supplements are something added to help complete or enhance proper nutrition. Nothing can take the place of a proper diet or food plan.

Your skin is the largest organ of your body. It can be used by the body as an emergency exit for toxins in the body, so certain health problems will manifest outwardly as skin problems. Covering your skin with creams, oils, lotions, or anything else can restrict the proper function of this exit. Your skin absorbs toxins, too; it doesn't just excrete them. When you put products with chemicals and fragrances on your body, you are absorbing those chemicals into your bloodstream.

A swallowed substance is recognized through digestion as a food or poison. If the body can't digest a substance (drug), then your body "clones" it in order to recognize it. Vitamins, minerals, and certain herbs should only be used as supplements in addition to proper nutrition and under supervision. These non-food substances try to replace your own natural chemicals while building a tolerance to them. Eventually you become immune to them. Nothing is a cure-all. With proper rest, exercise, sunshine, and clean air, our bodies manufacture almost everything we need. At times what appears as a deficiency in our bodies may well be a vitamin overload. *Always check food labels and confer with a nutritionist.*

Supplements can't cure diseases without proper nutrition. They can help you work through your health dilemmas, but at other times they may be harmful. Iron is recommended for anemia. Usually sick people have some level of anemia. Too much iron can actually be harmful and toxic or sometimes won't give you any energy at all because it is symptom-chasing the root problem. All vitamins and minerals work synergistically, needing each other (or their absence) to complete their job. Supplements can actually cancel each other in certain combinations. The lack of vitamin B-12 prevents the absorption of iron (and also vitamin D). Vitamin E is good for the heart and blood (blood thinner) but is not recommended before surgery. Too much vitamin C can mimic estrogen and destroy your B vitamins. Calcium needs iron, magnesium, and vitamin D to work properly. Excess vitamin C cancels the B vitamin's effects. Echinacea hinders zinc, and so on. Vitamin A, D, E and K are fat-soluble, so they need to be taken with a fatty meal. Vitamins B and C, on the other hand, are water-soluble. They should be taken one hour after the meal, with a glass of water. Chelated vitamins include an amino acid molecule to make the vitamin more absorbable. Bioflavonoids are a vitamin C complex that makes vitamin C more absorbable. Coenzymes are vitamins that work with enzymes (catalysts, or activators). Sometimes the additives or fillers

combined with the supplement are very unhealthy. Certain herbs act as or include harmful substances, such as ma huang, which contains ephedra. I don't think people are comparable to scientific labs. People are not Petri dishes. Just because a certain substance reacts a certain way in a laboratory Petri dish doesn't mean it will be the same for me. A man reacts differently to substances than a woman (because of the different hormones) and my twin reacts differently than I do. Most credible animal organizations claim experimenting on animals is scientific and medical fraud and used only for the benefits of medical insurance. Laboratories can't take into consideration all of our hormones and brain chemicals (all working synergistically), which respond to any substance ingested. All supplements are fragmented or oxidized, therefore, they are an imperfect nutrient source, unlike nature's food. Nature supplies the pulp and fiber in fruit and vegetables to slow down the insulin spills when the fruit is breaking down. Pectin, present in fruits and vegetables, aids our digestion. Our bodies can take a perfect acidic fruit and break it down to an alkaline residue. Our bodies are more sophisticated and complicated than a laboratory or a lab rat. So it's best to keep it simple and let the body rest so it can do its thing.

Unfortunately, health food stores are not regulated by the Food and Drug Administration (FDA), so there is almost no proof of the safety, efficiency, or content of the products they sell. I researched the reputation of specific brands before purchasing supplements. Some supplements and herbs act like drugs and can cause liver damage. For example, tobacco is a plant and marijuana is an herb. Just because a product is natural does not mean that it's good for you. The labeling is usually for promotion only, with very little truth. *Organic* literally means the substance contains carbon compounds. Today, *organic* has come to mean pesticide free, and it has to be labeled *certified organic*. Eating too much of anything, even if it's a good thing, can cause harm as well. Beta carotene is supposed to be a good cancer fighter, but too much of it can actually cause cancer.

Supplements should only be a temporary aid that compliments a healthy lifestyle; they should not take the place of it. Remember, though, that whatever aid you used for certain results, will eventually be the very thing that will reverse the results. For example, if you use a diet aid to lose weight, that diet aid will stop working or need to be increased to a new, higher level to keep working. Because of this, all of the pounds lost will return and they will bring new friends, too. You will just end up being fatter. Lots of people take mega-doses of vitamins, thinking they are harmless. This causes their bodies to limit or stop their own manufacturing of these supplements. When that person forgets to take the daily mega-dose, he or she gets sick. As with anything, moderation and balance with a lot of research is the way to take supplements, aids, and enhancers.

You can't *buy* your health; you have to *build* it!

☞ ***Popular Weight Loss, Energy, and Rejuvenation Boosters***

Ergogenic aids are a source of energy or performance enhancers. That means that these enhancers imply they help metabolism, weight loss, muscle building, etc. Please note that they are all controversial and are still being tested.

DHEA: A.k.a. dehydroepiandrosterone, a steroidal hormone (androgen) produced in the adrenal glands and ovaries that is a precursor to testosterone. Testosterone, in male or females, is responsible for libido, energy, and muscle structure. DHEA helps our immune system, increases bone density, helps lower “bad” cholesterol (LDL), and helps with energy and sleep. It helps rejuvenate. Age, illness, and an overdose of stress depletes our own DHEA. It’s important to test regularly for this if you take the synthetic form. Natural forms have very little potency. It is best taken if you are over forty.

Chromium Picolinate: The combination of chromium and picolinate acid, a natural substance secreted by the liver and kidneys. Chromium helps level the body’s insulin. Some claim that this helps build lean muscle and decrease body fat percentage.

L-Carnitine: An amino acid that aids fat metabolism. Carnitine in actuality is more like a substance related to the B vitamins, which are responsible for your energy and muscle-building process. Helps lower LDL and raises the HDL (“good” cholesterol). Sometimes our body has a hard time manufacturing this supplement, thus creating difficulty burning body fat.

Creatine: An amino acid that is a constituent of the muscles of vertebrates. It occurs naturally in meat. As a supplement, it increases muscular cell water-retention, allowing increased energy for muscular contraction, thus facilitating muscle gain. One Tbsp. of Creatine is said to have the same benefits as 2½ pounds of beef.

Co-enzymeQ10: Vitamin-like antioxidant compound that helps the immune system and the cardiovascular system. It boosts energy, circulation, and athletic performance. It helps slow the aging process.

Melatonin: Hormone secreted from pineal gland. There are claims that this supplement helps rejuvenate and reset your body clock so you are able to sleep. (It is useful for jet lag.) It helps rest the body and, therefore, rejuvenates.

Lecithin: Fatty acid found in egg yolks and soybean products that helps lower “bad” cholesterol and boosts energy and memory. It is also known to help fight disease and aging. Lecithin is loaded with the B vitamins, and is thus an energy booster.

Ginseng: A tonic herb that provides energy, helps stress and fatigue, and builds endurance. It stimulates brain activity, aids memory, and enhances male reproductive and circulatory systems. Ginseng is used for athletic performance and decreases the level of cortisol and also insulin.

Green drinks or sea greens: Includes all sea vegetables like chlorella, seaweed, spirulina, kelp, etc. Most contain large amounts of chlorophyll, carbohydrates and all of the B vitamins, vitamin C and E, amino acids, and rare trace minerals. This is why they are considered a complete food, better known as the “super-food.” They are a good source of iodine which helps the thyroid and, therefore, the metabolism. They also help balance the blood sugar. Cancer patients use sea greens as protein because meat is toxic.

Desiccated Liver: Concentrated, dried liver that is put into powdered or tablet form. It contains vitamins A, D, and C; the B-complex vitamins and the minerals calcium; copper; phosphorus; and iron. This is used for anemia to increase energy or relieve stress.

Wheatgrass juice: A concentrated form of chlorophyll, loaded with vitamins, minerals, enzymes, and all important nutrients. This is a good blood cleanser and energy booster. It helps energy return to anemics.

EFA oils: Especially Omega 3, found in fish oils and flaxseed. These oils repair tissue and thus helps slowing the aging process. These essential fats replace the “bad” cholesterol and help balance hormones (insulin and blood sugar), creating better weight loss. They are the building blocks of eicosanoids.

Stevia: An herb “sweetener” to substitute sugar. Synthetic sweeteners have been linked to health problems and disrupting the hormone balance, thus making weight loss difficult. Stevia has no side effects like diarrhea, headaches, or hormone imbalance.

Gotu kola: Widely known as a memory herb that increases circulation to the brain and body (energy). It is a stimulant and should not be taken at bedtime.

Bioidentical hormones: “Natural” hormones made in a lab from hormone precursors found in soybeans and yams. Female problems and synthetic hormones cause weight loss difficulties, unlike these natural hormones which actually fight edema, depression, and PMS.

Acidophilus: A type of “friendly” bacteria that assists in digestion. Acidophilus also helps reduce blood cholesterol levels and helps absorb

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nutrients. Poor health and problems with weight are connected with digestion problems. Weight loss occurs after digestion and elimination.

Aloe vera: This plant is best known for healing, internally and externally. It has a gentle laxative effect

Citrimax- Extraction from citrus fruit in South America. There are claims this fruit extraction breaks down and dissolves body fat more easily.

Bee pollen: Nutritious tonic and full-spectrum building and rejuvenating substance good for energy.

Royal jelly: Supplies key nutrients for energy, mental alertness, and general well-being. It enhances immunity wellness and is a rich source of pantothenic acid, which fights stress, fatigue, and insomnia.

Noni: Natural fruit extract. It helps eliminate chronic fatigue, detoxifies, cleanses, and helps headaches.

Licorice Root: Herb that fights viruses. It helps with energy and helps balance blood sugar.

Kava: Herb that helps calm the nervous system. It enhances serotonin release and sleep (rest is needed for slowing the aging process).

Green tea: Contains an abundance of antioxidants and anti-allergens. Use it when fasting. It is a good replacement for coffee.

Alpha-lipoic acid: An antioxidant that enhances vitamin C and E and glutathione, neutralizing the effects of free radicals. It promotes two key enzymes that convert food into energy.

Glucosamine: An “amino-sugar” responsible for body tissue structure and digestive system. It is helpful for asthma, candidiasis, allergies, osteoporosis, skin problems. For athletes it’s good for joints and cramps.

Garlic: Lowers blood pressure, thins blood, and fights infections. Garlic is good for the heart, circulation, and energy.

Lemon: Liver cleanser that helps with edema or dehydration. The natural sodium in lemon helps the electrolyte balance in your body.

Black strap molasses: good natural source of calcium, magnesium and iron. It is good for energy, bones, cramping, and insomnia.

✦ **QUITTING KIT FOR SMOKING, SODAS, CAFFEINE,
AND OTHER STIMULANTS**

All stimulants are addictive. When you use your stimulant, you will experience a temporary high, releasing such brain chemicals as serotonin (helping you feel calm) and hormones like endorphins (which binds to opiate receptors). Over time, the mere thought of your stimulant can release dopamine (neurotransmitter), giving you a false high. This makes it impossible to attain your goal while using any type of stimulant, regardless of the stimulant. This is especially true if you are using stimulants for weight loss. All stimulants and non-foods react like a drug, eventually creating a hypoglycemic reaction. Your stimulant may enhance the metabolism, but when it detoxifies from your system, it usually turns the hyperglycemic reaction (high blood sugar) to a hypoglycemic reaction (low blood sugar). This triggers excess insulin and cortisol secretion, making weight loss difficult. Dieters use cigarettes, diet sodas, coffee, and other diet aids without realizing they are creating a hormone and brain-chemical imbalance. Cigarettes contain nicotine, which is a stimulant and a muscle relaxant. This dual effect creates an addictive behavior both physically and mentally. At first the nicotine helps block the insulin flow and slows down the blood sugar drop. Coffee and diet drinks work in the same way. However, this reaction is counterbalanced by a lower drop in blood sugar and an insulin difficulty, creating a hypoglycemic reaction. This reaction is the cause of feeling tired, bloated, and hungry. Some athletes use caffeine before their workouts. It may initially cause a false energy, which is enervating (nerve energy). However, caffeine eventually impedes the fat-burning/muscle-building process. The tissues are not as “clean” as those of an athlete who does not use any stimulants. The synthetic sugar substitutes used in sodas have the same negative effect on the insulin as well. All stimulants, especially ones that contain ephedra, eventually cause adrenal exhaustion (cortisol depletion). This is why I stress don’t count calories or fat grams. What counts is the way the ingested substance reacts with your own hormones and chemicals. All drugs cause digestive and elimination difficulties in some way as well.

Quit smoking: Use Eco Anti-Diet #2 because the mini-meals help balance the blood sugar and the high carb content helps calm the sugar cravings. Licorice root sticks, eucalyptus, and mint (which comes in gum and lozenges) all help the nicotine craving. Tea tree toothpicks also help. Kava, as well as DLPA (an amino acid), helps with depression, (the feeling of “crashing”). Chromium picolinate helps with the insulin levels.

Sea greens help level your hormones and brain chemicals and give you energy. Alpha-lipoic acid is an antioxidant that helps reduce the effect of free radicals caused by smoking. Aloe vera and acidophilus are good for the

constipation side effect of stopping smoking. This can help clean the body of smoke residue: Mix 1/3 cup of apple cider vinegar and 2/3 cup of water with 10 drops of Chinese woodcock. Cook on stove. Drink.

Quit sodas: The caffeine, synthetic sugar substitutes, and carbonation all interfere with your insulin level and blood sugar. Replace the soda with green tea, lemon (or diluted fruit juice), and sparkling water. If you need more sweeteners, add Stevia or fruit juice concentrate.

Quit coffee or caffeine enhancers: Try green tea, gota kola, licorice root extract, ginseng, sea greens, and kava. Try wheatgrass juice instead of caffeine enhancers.

✦ **MIRACLES OR MARKETING?**

It shouldn't be a surprise that the constant demand for a miracle drug always gives birth to some new discovery or invention. Sophisticated steroids and undetected enhancers have slithered their way through various drug tests. I know many celebrities who use various hormone and steroid combinations just to appear extra fit and rejuvenated. Unfortunately, they will find out that there is no such thing as a shortcut. Somewhere they will pay. Everyone who has used the popular weight loss drugs, has gained back their weight plus more. Women who take HGH or other drugs and steroids usually find themselves with gynecological concerns. Many use the natural herb containing ephedra, which is also very dangerous. Natural or not, we are meant to get our nutrients from food, not pills. I have found that it's what you *don't* eat, rather than what you eat (or supplement), that makes you healthy. Your body is sophisticated enough to figure out how to stay fit and healthy with *simple* fuel and rest.

The new and promising "miracle aid" seems to be the hoodia gordonii, a cactus plant found in the semi-deserts of South Africa, Botswana, Namibia, and Angola. It's said to contain a natural appetite suppressant. It also has the added advantage of being able to stimulate the libido. The hoodia cacti seem to contain a molecule that is about 10,000 times as active as glucose. It stimulates the hypothalamus and actually signals your brain that you are full, without eating. This might be a dangerous discovery with the rise of eating disorders. It still does not teach a compulsive overeater how to choose healthy foods. However, this may be a new way to help study the different responses to satiation.

✧ **ANTIOXIDANTS:** Vitamins, minerals, and enzymes that help protect the body from destructive oxidation reactions at the cellular level (free radicals). Free radicals are atoms (or groups of atoms) that damage cells. Examples are pollution, smoking, and sun damage. This can cause infections that lead to extreme diseases such as cancer and heart disease. Antioxidants are found in sprouted grains, fruits, and vegetables. Common supplements: CoQ10, green tea, grapeseed extract, vitamin A and beta-carotene, vitamin C, vitamin E, zinc, and selenium.

✧ **ENZYMES:** Protein catalysts that interact or speed chemical reactions in the body. They are important chemicals involved in every bodily function. These activators are the chemical reactions responsible for the breakdown of your food and other bodily activities. As we age, we lose our own function of enzymes, especially digestive enzymes. When you eat heavy meals of animal meat, your digestive tract has a difficult time eliminating the partially digested protein. Digestive enzymes can be used to help digest meals. Common enzymes: bromelain (from pineapple) for fat, papain (from papaya) for protein, protease (from aspergillus) for protein, lactase for milk sugar, amylase for starches, and cellulase for vegetable fiber.

✧ **AMINO ACIDS:** These are the building blocks of proteins. There are 29 amino acids from which over 1,600 basic proteins are formed, comprising over 75 percent of the body's solid weight. There are 22 nitrogen-containing organic acids essential for synthesizing proteins in your body. There are 8 essential amino acids. *Essential* means the body does not supply them so you have to. *Non-essential* are those formed by metabolic activity. Vitamins and minerals cannot be effective without amino acids. The body's liver makes about 80 percent of the amino acids, leaving 20 percent that are essential and need to be obtained from your diet. Some of the common or essential amino acids are alanine (helps metabolize glucose), arginine (retards tumors), carnitine (energy for muscles), cysteine (collagen: skin), glutamine (burns fuel), histidine (essential for growth and repair), phenylalanine (essential antioxidant that helps neurotransmitters), methionine (essential antioxidant that breaks down fats) and tryptophan (essential antioxidant that helps boost serotonin).

✧ VITAMINS, MINERALS, AND HERBS

VITAMINS

Vitamins are essential but cannot replace a proper diet. They help you maintain your health by contributing to the biochemical processes that are responsible for metabolism, energy, elimination and major body

production. A slight vitamin deficiency can make the body very sick because the body's cells will function less efficiently. Therefore, if we can't supply vitamins with the foods we eat, we take supplements. Vitamins are used immediately, excreted in the urine, or stored until needed. There are so many vitamin theories that continually change or contradict one another. This complicates choosing the right supplements. It's best to be advised by a nutritionist or limit supplementation that should be thoroughly researched.

Vitamin A aids in resisting infections and healthy skin, hair, eyes, bones, and teeth. Found in milk, cheese, leafy greens, yams, sweet potatoes, liver, dairy, fish oils, and fruits as melons. Deficiency: dry eyes; night blindness; dry, itchy skin; weak tooth enamel; chronic diarrhea; and bladder infections.

Beta carotene is an antioxidant that is a precursor to vitamin A. It is best for the immune system, allergies, etc. Found in leafy greens, green peppers, carrots, cantaloupes, kale, peaches, mangos, nectarines, papaya, prunes, squash, sweet potatoes, spinach, and sea vegetables. Deficiency: blurred vision, kidney stones, and impaired growth.

Vitamin B1 (thiamine) aids in nervous system and immune function and increases mental capacity. It also aids growth and motion sickness. Individuals taking diuretics and oral contraceptives or those who are pregnant require an increased intake. Smoking, pollutants, stress and alcohol deplete B1. Found in whole grains, asparagus, brewer's yeast, nuts and seeds, wheat germ, oatmeal, red meat, and dairy products. Deficiency: loss of appetite, edema, depression, fatigue, loss of energy, poor mental abilities, insomnia, weight loss, and constipation.

Vitamin B2 (riboflavin) aids in metabolism and energy and promotes healthy skin and eyes. It also reduces the impact of drug toxicity and environmental chemicals. It controls cataract buildup. Extra B2 is needed during pregnancy, oral contraceptive consumption, lactation, depression, when using diuretics, and in times of stress overload. Found in milk, nuts, brewer's yeast, eggs, mushrooms, yogurt, liver, kidney, cheese, and whole grains. Deficiency: hypersensitivity to light, skin irritation, reddening of the cornea.

Vitamin B3 (niacin) aids in proper circulation and healthy skin. It helps the metabolism (of cholesterol and sugars) and enhances digestion and the production of sex hormones. It is good for nerves, acne, diarrhea, and migraine headaches. Found in milk, poultry, almonds, avocados, brewer's yeast, fish, liver, beans, legumes, bananas, whole grains, and

green vegetables. Deficiency: cause pellagra, canker sores, dementia, depression, diarrhea, fatigue, headaches, limb pains, low blood sugar and skin eruptions. Too much may cause liver damage.

Vitamin B5 (pantothenic acid) is an antioxidant that aids in immune system function and adrenal activity. It may help prevent arthritis and lower cholesterol. It helps fight infection, strengthen antibodies and decreases stress, adrenal exhaustion, fatigue, and nerve disorders. It enhances healing after surgery. Found in brewer's yeast, brown rice, poultry, yams, whole grains, liver, kidney, broccoli, legumes, peas, bran, and molasses. Deficiency: insomnia, vomiting, and lack of energy and coordination, skin problems, dizzy spells, adrenal exhaustion, digestive malfunctions, and foot pain.

Vitamin B6 (pyridoxine) aids in metabolizing fat and protein and helps make red blood cells. It also eases nausea and skin disorders. Found in meat, fish, fruit, wheat germ, egg yolks, cantaloupes, cabbage, milk, and brewer's yeast. Deficiency: anemia, nervous system disorder, insomnia, edema, skin abnormalities, and loss of muscle function.

Vitamin B12 aids in the production of healthy red blood cells, hinders anemia, and enhances children's growth. Found in meat, shellfish, eggs, and dairy products. Deficiency: anemia, poor appetite, growth retardation, loss of energy, and pale skin.

Biotin (member of B complex) aids in energy metabolism and growth and boosts metabolic function. Found in brewer's yeast and most fruits and vegetables. Deficiency: appetite fluctuations, energy loss, and decreased muscle function.

Choline (B complex) aids in liver function and metabolism and the breakdown of fat. Found in egg yolks, leafy greens, legumes, yeast, liver, and wheat germ. Deficiency: dysfunction of the liver, problems with fat breakdown, and hardening of the arteries.

Inositol (B complex) aids in hair growth, has a calming effect, and helps to reduce cholesterol levels. It also helps prevent hardening of arteries and helps with the metabolism of fat. Found in lecithin, fruits, brewer's yeast, legumes, meats, milk, unrefined molasses, raisins, vegetables, and whole grains. Deficiency: hair loss, high blood cholesterol, constipation, irritability, mood swings, and skin problems.

Folic acid (member of B complex) aids in building new cells and helps protein metabolism and growth. It also helps build red blood cells

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in bone marrow. Found in dark, leafy vegetables; liver; legumes; kidney; and yeast. Deficiency: anemia, heartburn, constipation, depression, and frequent infection.

PABA is an antioxidant that fights skin cancer and acts a coenzyme in the breakdown of protein. It also helps with red blood cell formation, healthy intestines, and stress. Found in kidney, liver, molasses, mushrooms, spinach, and whole grains. Deficiency: fatigue, depression, intestinal disorders, graying of the hair, irritability, nervousness, and skin problems.

Vitamin C aids in healthy teeth, gums, and bones. It helps fight infections and speeds up wound healing. It also builds connective tissue. Found in citrus fruit, broccoli, Brussels spouts, kale, papaya, mango, cabbage, and red and green peppers. Cooking destroys the efficacy of vitamin C. Deficiency: hair loss, anemia, soft gums, tooth decay, loss of appetite, bruising, muscle degeneration, and bone fragility.

Vitamin D aids in kidney function and boosts healthy teeth and bones. It is vital to children's growth. Found in natural sunshine, fish and liver oils, fat, eggs, milk, and butter. Deficiency: rickets, tooth decay, growth retardation, and loss of muscle tone and energy.

Vitamin E is an antioxidant that builds the immune system and acts as an anticoagulant (eliminates blood clots). It helps fight heart disease and stimulates kidney function. Found in wheat germ, whole wheat, leafy greens, vegetable oils, meat, eggs, nuts, seeds, and whole grain cereals. Deficiency: anemia, leg cramps, weakness, decreased reproductive function, and muscular disorders.

Vitamin F aids in the growth process and healthy skin, hair, and glands. It also lowers blood cholesterol and helps fight heart disease. Found in oils such as soybean, peanut safflower, cottonseed, and corn. Deficiency: skin disorders such as eczema.

Vitamin K aids in blood clotting and liver function. It helps regulate calcium. Found in milk, cabbage, liver, alfalfa sprouts, green vegetables, soybean oil, and egg yolks. Deficiency: hemorrhaging.

Vitamin P aids in protecting vitamin C. It is beneficial for hypertension and can help build up a resistance to colds. Found in the peels and pulp of all citrus fruits. Deficiency: skin spots and weak capillary walls.

Rutin aids in the same way as vitamin P. Found in buckwheat. Deficiency: same as P.

MINERALS

Minerals, like vitamins, are vital to the body's functions, energy, growth, and healing, but they must be obtained through diet. Constituting the very few inorganic compounds in the body, minerals also serve as electrolytes. Electrolytes are vital mineral compounds that maintain the body's fluid balance and are capable of conducting electrical impulses. Electrolytes enable the neural transmission and complement the ionic exchange. The best mineral supplements are ionic; they are absorbed naturally into your body. With age, mineral assimilation reduces. The body's ability to assimilate minerals and sodium affects the body's ability to hold water. Our cells do not appreciate distilled water, only water with a certain electrolyte balance. Babies contain 75 percent water. A grown man contains about 50-70 percent. This affects the way our skin appears as well as our overall internal health. Minerals also help maintain the blood pH at 7.35-7.45. A poor diet causes the body to be too acidic. Raw-food diets make the body more alkaline.

Boron aids in healthy bones and muscle. Found in leafy greens, apples, carrots, nuts, and grains. Deficiency: bone and muscle deterioration.

Calcium is the most abundant mineral in our bodies but our bodies are also the most deficient in calcium. Women with female problems lack in calcium. It aids in creating healthy bones and teeth. It lowers cholesterol and helps with insomnia, muscle cramps, and numbness. Found in kale, greens, broccoli, brewer's yeast, oats, dairy, salmon, clams, soy, bancha tea, and molasses. Deficiency: eczema, heart palpitations, high blood pressure, insomnia, dental problems, and brittle bones. I have heard about some research which indicates the calcium molecules in dairy and meat are too large to absorb and thus leech more calcium, creating calcium deposits.

Chromium aids in energy and metabolizing glucose. It helps cholesterol, blood sugar, and breaking down fat and protein. Found in brewer's yeast, brown rice, cheese, meat, and whole grains. Deficiency: anxiety, fatigue, glucose intolerance, and arterial disease.

Copper aids zinc and vitamin C. It also helps with energy, healing, hair and skin coloring, plus the formation of bones and red blood cells. Found in almonds, avocados, garlic, liver, mushrooms, seafood, and leafy greens. Deficiency: osteoporosis, skin problems, anemia, baldness, lack of energy, and respiratory dysfunction.

Germanium aids in detoxification and blocking free radicals. It also increases cell strength and helps fight pain. Found in garlic, shiitake mushrooms, onions, aloe vera, comfrey, and ginseng. Deficiency: escalating

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food allergies, elevated cholesterol, arthritis, candidiasis and chronic viral infections, and is especially needed for individuals with cancer, and AIDS.

Iodine is only needed in trace amounts. Iodine helps metabolize fat and maintain thyroid health. Found in fish, sea vegetables, garlic, mushrooms, sea salt, sesame seeds, soybeans, Swiss chard, and spinach. Deficiency: can lead to mental retardation, breast cancer, fatigue or weight gain.

Iron is most needed for the production of hemoglobin. It is important for a healthy immune system and energy. Excess iron, however, can be harmful as well. Found in eggs, fish, liver, meat, poultry, leafy greens, whole grains, almonds, black strap molasses, and dried fruit. Deficiency: may include anemia, bone and hair problems, fatigue, nervousness, obesity, and slow mental reactions.

Magnesium aids in calcium and potassium functions. It is important for enzyme activity and the body's pH balance and helps with depression and PMS. Found in dairy, fish, meat, seafood, apples, avocados, bananas, garlic, kelp, nuts, and whole grains. Deficiency: insomnia, confusion, poor digestion, and even diabetes; can lead to cardiac arrest, asthma, and depression.

Manganese aids anemics. It helps control fat metabolism and blood sugar levels. It also contributes to a healthy immune system. Found in avocados, nuts, seaweed, whole grains, egg yolks, and parsley. Deficiency: confusion, eye and hearing problems, memory loss, tremors; can lead to high cholesterol, convulsions, and breast ailments.

Molybdenum, only in small amounts, is need for cell function. It helps gum disorders. Found in beans, grains, and leafy greens. Deficiency: impotency in older men; may cause cancer.

Phosphorus aids in bone and tooth formation as well as cell growth, heart, and kidney function. Phosphorus should be balanced with magnesium and calcium. Found in whole grains, asparagus, bran, corn, brewer's yeast, dairy, eggs, fish, dried fruit, nuts, and seeds. Deficiency: may lead to anxiety, bone pain, weakness, numbness, and problems with weight.

Potassium aids in nervous system and heart rhythm. Also can prevent strokes, muscle problems, and water retention. It helps with acne, constipation, bloating, weakness, and the body's fluid balance. The elderly need potassium most. Found in dairy, fish, legumes, whole grains, chicken, bananas, apricots, dried fruit, peanuts, potatoes, and leafy greens. Deficiency: may include skin problems, confusion, constipation, depression,

diarrhea, reflex problems, heart and growth impairment, high cholesterol, insomnia, muscle fatigue, nausea, respiratory distress, and salt retention.

Selenium—like as iron, zinc, iodine, and fluoride—is a trace mineral. Only small amounts are needed for important functions such as boosting the immune system and slowing down the aging process. Selenium is an antioxidant like vitamin A, C, and E. It prevents abnormal oxidation of body fat that can cause cancer. Found in Brazil nuts, brewer's yeast, seafood, whole grains, garlic, and egg yolks. Deficiency: may lead to cancer, heart disease, growth impairment, infections, and sterility.

Silicon aids in formation of bones, tissue, nails, skin, and hair. It also helps prevent Alzheimer's disease and osteoporosis. Found in alfalfa, beets, brown rice, soybeans, whole grains, and leafy greens. Deficiency: may lead to osteoporosis and skin problems.

Sodium aids in the body's pH and water balance. A sodium deficiency is rare but can cause problems with weight and depression. Found in almost all foods, especially in pickled foods, canned foods, seafood, and dairy products. Deficiency: may lead to anorexia, cramping, fatigue, depression, heart palpitation, vomiting, confusion, and muscle impairment.

Sulfur is an acid-forming mineral that helps resist bacteria, stimulate bile secretion, protect against toxins, and slow down the aging process. Found in Brussel sprouts, eggs, garlic, dried beans, wheat germ, kale, soybeans, meat, and onions. Deficiency: skin problems.

Vanadium aids in growth and reproduction. It also helps reduce cholesterol levels and aids bone and teeth formation. Found in dill, fish, olives, meat, radishes, and whole grains. Deficiency: has been linked to cardiovascular and kidney diseases, reproductive problems, and infant mortality. Vanadium is not easily absorbed.

Zinc aids in cell reproduction. Zinc is present in all human tissue and is essential for enzymatic activity in the body. Zinc is also vital for reproductive functions, skin care and a healthy immune system, particularly in healing wounds. Zinc also helps fight free radicals. Found in brewer's yeast, dulse, egg yolks, fish, kelp, legumes, liver, mushrooms, pecans, poultry, pumpkin seeds, sardines, soy lecithin, soybeans, sunflower seeds, and whole grains. Deficiency: may result in loss of taste and smell. White spots or peeling nails can indicate a zinc deficiency. It can also cause fatigue, growth impairment, hair loss, high cholesterol, impotence, infections, colds, memory loss, slow wound healing, and a low resistance to the flu.

HERBS

Herbs can be remedies, performance boosters, and energy enhancers. They can even be deadly, if taken in excess. Herbs are plants with leaves, seeds, or flowers that are used for flavoring, food, medicine, or perfume. They lack a permanent, woody stem. Some herbs have medicinal properties, while some are pests or are used in cooking for savory qualities. For hundreds of years, as prescribed by learned alternative healers, herbs have been used to treat a large variety of conditions, such as mild burns and indigestion. They have also been used to supplement cosmetics. Others have been used to help cure serious medical problems. Most bitter-tasting herbs are medicinal herbs. The pleasant-tasting herbs are potentially less toxic and can be used more often. Most plant roots and bark are naturally fungicidal and bactericidal. They can retain their medicinal value for years if thoroughly dried and kept dry. You can find them in natural form (leaves, bark, and roots) or in tablets, capsules, liquid beverages, bark pieces, powders, extracts, tinctures, creams, lotions, salves, and oils. You can use them as compresses, teas, or as an oil or powder.

Alfalfa aids in the function of calcium, magnesium, phosphorus, chlorophyll, vitamin C, and other vitamin and minerals.

Aloe vera in a gel or cream aids in soothing burns or small wounds. It lubricates the skin and improves healing. Aloe vera juice has been known to treat acne, balance the endocrine system, and prevent constipation.

Black cohosh aids in reducing edema. It also eases PMS, menstrual symptoms, and fights nerve dysfunction. It can reduce blood pressure and prevent headache and arthritis pain.

Capsicum aids in thermogenesis for weight loss, especially when combined with caffeine, herbs, or ephedra. It increases circulation.

Cayenne cream aids in eliminating cramping and helps with other injuries.

Dandelion root aids in the purification of the skin, liver, blood, and endocrine system.

Echinacea strengthens the immune system, especially against infection.

Garlic has an antibiotic effect and fights infection. It is a blood thinner as well.

Ginger decreases cramping, indigestion, nausea, coughs, sinusitis, and a sore throat. It's a good warming circulatory stimulant or body-cleansing herb, especially for candidiasis.

Ginkgo biloba aids in memory and concentration.

Ginseng aids in energy and rejuvenation.

Goldenseal aids in fighting colds. It's a natural antibiotic.

Green tea contains large amounts of antioxidants and anti-allergens. It is used as a fasting tea.

Guarana/Kola nut is a natural stimulant like ma huang (not recommended) but contains caffeine, not ephedrine.

Kava aids in calming nervous system without side effects. It enhances sleep and naturally enhances serotonin release.

Licorice root aids in fighting viruses and symptoms of herpes, and it helps boost energy.

Ma huang is NOT recommended. It stimulates the adrenals and expands bronchial tubes but causes the constriction of blood vessels. It contains ephedrine.

Red clover aids in the alkaline balance. It contains large amounts of minerals.

Rosemary is an antioxidant herb that aids brain and memory stimulation.

Saw palmetto helps with prostate problems.

St. John's Wort helps combat herpes. It is much like anti-depressant that has calming and relaxing effect.

Tea tree oil is an antiseptic and antifungal agent. It helps cure athletes' foot and helps candidiasis.

Valerian root aids with insomnia without the side effects of addiction.

White willow has an aspirin-like effect on arthritis and headaches. It's an analgesic, anti-inflammatory, and astringent.

Yellow doc root high content of iron to prevent energy loss. This herb aids in circulation. It also reduces skin eruptions and pale coloration.

✦ ANTI-AGING SECRETS

The term *fountain of youth* is used often. Cynical shoppers are prone to go to radical extremes to reach this so-called fountain of youth. Expensive creams, injections, and surgeries seem to be the norm to combat anti-aging effects. Young adults are also turning to these extreme measures to “prevent” aging and to receive the other bonus benefits of HGH.

The latest rage with celebrities is the off-label use of HGH (human growth hormone). Human growth hormone naturally occurs in the pituitary gland (the master gland of the endocrine system located in the base of the brain) and is at its optimal level between birth and adolescence. Our natural growth hormone (a polypeptide hormone) is produced by the anterior part of the pituitary gland, which promotes normal growth. It also promotes protein building in all cells, increases use of fatty acids for energy, and reduces the use of carbohydrates. The release of our growth hormone (controlled by nervous system) occurs in bursts. More than half is released during sleep. HGH also helps trigger the muscle-building/fat-burning process. HGH levels usually peak between twenty-one to thirty years old and quickly decline thereafter. Every year from that point on, the HGH levels drop approximately 14 percent and can be nearly 50 percent less than normal by age forty. Growth hormone deficiency in adults is called *somatopause*.

There has been promising evidence that synthetic HGH may help reverse the effects of declining hormones in elderly adults. Young adults (some as early as their twenties) also obtain this hormone for the other promised effects. HGH is reported to reduce wrinkles, increase skin’s elasticity, reduce body fat, increase muscle and bone mass, increase libido, and so forth. There is an obvious difference in someone who is taking HGH. Celebrities who experience sudden weight loss and muscle tone are quite possibly using HGH. Normally extreme weight loss and increased muscle tone takes time and a lot of consistent, hard work. It takes approximately six weeks to see a radical change from HGH. I have never achieved such a bionic body, even though I followed a strict diet and exercised up to ten hours a day for months at a time.

There is the bad news, of course. Taking any hormone is dangerous because our bodies are dictated by hormones. HGH should only be given to individuals with pituitary problems by an endocrinologist, not a plastic surgeon or a sports trainer. Under certain circumstances, endocrinologists have been able to help elderly people who are deficient in HGH. They do this by carefully monitoring the declining hormones frequently. However, any type of off-label usage can cause negative side effects such as joint soreness, elevation in blood pressure and blood sugar, liver and kidney difficulties, and possibly diabetes.

Here's how it works. HGH (synthetic) only lasts a short time in the bloodstream. It's usually injected in various places in the body, particularly in the stomach. Sometimes the injections are evenly distributed throughout the body. The HGH stimulates the IGF-1 and 2 (insulin-like growth factors) in the liver. It's the IGF that creates the benefits and shoots the glucose levels up. This causes the body to rush into the muscle-building/fat-burning stage without having to diet or exercise. (Though muscle mass is increased, there isn't any noticeable difference in energy levels.) The skin thickens and wrinkles disappear. Sleep and hair growth is enhanced. As with any drug, no one should use these products without taking scheduled break intervals. Withdrawal symptoms may occur, such as edema, a lack of energy, and sometimes depression. This may cause the user to return to HGH or continually use it. All the benefits of HGH disappear when HGH usage is stopped. Many people also supplement HGH with insulin injections to increase the effects and to help balance the blood glucose levels. This may cause serious liver and endocrine problems. Reported side effects of HGH usage are increased blood pressure, increased blood sugar levels, and joint pain. Some experience kidney pain or difficulties. Your own natural HGH levels usually decrease when using the synthetic form. Taking HGH can also dangerously interfere with other medications. IGF-1 and 2 in excess can also lead to cancer. I know of some female celebrities who complain that HGH mimics testosterone, which causes them unwanted masculine symptoms. All shortcuts have a payback.

Many people have turned to "alternative" HGH supplements in order to bypass the alarming side effects of the synthetic form. HGH is a protein-based hormone. Over-the-counter HGH distributors sell their version, made from safe and simple amino acids, sometimes adding ginseng. I have found these to be worthless. HGH would be destroyed in the stomach if taken orally. The HGH sprays are ridiculous because the molecules of HGH are too large to be absorbed.

The good news is that there are four ways of secreting HGH naturally, without side effects. The first is during sleep. The second is during a fast. The third is during a protein diet or when heavily into ketosis. The fourth is during anaerobic exercise. You can trigger your own HGH secretion and help prevent the levels of it from dropping in your body by eating light, clean mini-meals, resting well, and incorporating a good exercise program. The pituitary gland is the master of your body's hormones and helps regulate sugar metabolism. That is why I stress that our bodies are dictated by hormones and our lifestyle choices dictate our hormones (health). With this in mind, health should be your goal, not weight or beauty; those will come.

Secret foods that rejuvenate you!

Anti-Inflammatory = Anti-Aging

- ☑ Foods high in antioxidants (antioxidants =anti-inflammatory, which fights free radicals, the cause of disease and aging)
Blueberries are the best (high in antioxidants).
Green tea (high in antioxidants)
Vitamin E
- ☑ Foods low on the glycemic index (low sugar and low insulin; prevents aging)
- ☑ EFA oils and fish oils (essential fatty acids that replace bad fats and plump the skin)
- ☑ Leafy greens and super sea greens (help hydration and are a good source of B vitamins for circulation)
- ☑ Foods high in beta-carotene (precursor to vitamin A, also an antioxidant which is good for the skin, hair and eyes and brings natural color to skin).
- ☑ Garlic (antibiotic effect that helps circulation and detoxifies the body, including the liver)

Things to avoid!

(Inflammatory = Aging)

- ☒ Sugar (causes skin to sag, insulin imbalance, edema, and enhances free radicals)
- ☒ Coffee (causes insulin imbalance, which escalates aging)
- ☒ Meat (in excess, dehydrates the skin and clogs up the colon, tiring the body)
- ☒ Unnatural sugar and fat substitutes (dehydrate the skin and cause digestion and insulin problems)
- ☒ High-glycemic foods (insulin surge causes bloating)
- ☒ Excess sodium/table salt (causes edema and aging)
- ☒ Excess makeup or heavy creams (unnatural substances that clog pores and the weight causes skin to sag)
- ☒ Excess sun or smoking (dehydrates skin and ruins elasticity. Five to ten minutes of sunshine before 10:00 AM or after 2:00 PM is sufficient and helps bring melanin to the surface, which helps protect skin.)
- ☒ Stress and negativity (causes excess cortisol secretion, which escalates aging and causes bloating)

✦ **NATURAL HOME REMEDIES AND BEAUTY TIPS**

Facial scrub: Mixture of cornmeal a few drops of olive oil and sea salt.

Wrinkles away: Mixture of mayonnaise, vitamin E with egg whites, honey, crushed cucumbers, almond oil, lemon, and sea salt. Also try ginger root, borage seed, flaxseed, lemongrass, or parsley.

Exfoliating skin: Mixture of milk, oatmeal, eggs, honey, and cornmeal.

Exfoliating face peel: Mixture of papaya, eggs, and oatmeal.

Skin firmer: Mixture of plain yogurt, wine vinegar, and brewer's yeast.

Acid peel: Mixture of apple cider vinegar, lemon, and tomatoes.

Smooth and brighten skin: Mixture of ester C powder with lemon and white willow.

Night moisturizer: Mixture of butter and buttermilk with avocado.

Acne cure: Mixture of lemon, vinegar, baking soda, honey, and almond meal (or try ingredients separately).

Face astringent: Mixture of lemon, vinegar, tea tree oil, and tomatoes.

Detox facial mask: Mixture of yogurt with bran (or baking soda), oat flakes, vinegar, and eggs. Or try green clay, honey, and lemon.

Eliminate age spots: Mixture vitamin E, castor oil, lemon, and wheat germ paste. Rub with vitamin K cream.

Reduce puffy eyes: Place cold figs and cold cucumbers or iced chamomile tea over eyes.

Reduce large pores: Mixture of almond meal, salt, oatmeal, and buttermilk.

Reduce red skin: Comfrey.

NATURAL RX REMEDIES FOR THE BEAUTY WITHIN THE BEAST

Smoother skin: Mixture of oatmeal, egg, mild rose water, and rosemary tea.

Oily skin: Use witch hazel first. Then make mixture of yogurt, tomato, lemon, wheat germ paste, brewer's yeast paste, and cucumber juice. Also try lavender with lemongrass and rosebuds put into a facial steam.

Dry skin: Mixture of dried apricots with honey, papaya, milk, butter, avocado, and mayonnaise.

Peppermint, calendula, and chamomile is good when you put it into a facial steam.

Hair loss: Apple cider vinegar and sage tea as a rinse. Try taking licorice extract and horsetail.

Cuts and stings: Vitamin E, Aloe vera, or cayenne pepper.

Poison ivy: Aloe vera gel, lime water, white oak bark, black walnut extract, bloodroot, and myrrh.

Itch or rash: Mixture of cornstarch, baking soda, oatmeal, and Epsom salts with aloe vera. Then follow with an iced watermelon to relieve itching.

Fight infection: Black walnut and myrrh.

Swelling: Bloodroot.

Nausea: Black tea when sick, but not on empty stomach. Regular tea and diluted apple juice with a few drops of lemon.

Pain relief: Sitz bath (which is also good for muscular disorder, constipation, blood poisoning, congestion, headaches, and swollen ankles). A sitz bath is a form of hydrotherapy. It is the use of hot and/or cold water, steam, and/or ice to restore and maintain health. The sitz bath helps the blood flow, thus helping edema or circulation. It's best to consult with your health care provider before choosing the type of procedure for your illness.

Sinus problems, congestion, and asthma: Steam inhalation with these herbs: comfrey, elecampane, eucalyptus, and licorice. To relieve irritation of the mucous membranes, use steam inhalation with slippery elm, peach bark, Irish moss, lungwort, chickweed, burdock, and marshmallow.

Surgery preparation: Acidophilus, CoQ10, echinacea, goldenseal, milk thistle, pau d'arco, and rose hips.

Healing from surgery: Echinacea, goldenseal, EFA oils, Aloe vera, vitamin E oil, garlic, and sea vegetables.

Toothaches: Epsom salt and warm water rinse with a few drops of tea tree oil. Topically, clove oil is good for pain Peppermint calendula, chamomile, and yarrow are all herbs that are naturally anti-inflammatory..

Headaches: White willow, St. John's Wort, and kava kava.

Candidiasis (yeast infections): Ingested: acidophilus, garlic, ginger, milk thistle, and sea greens. For topical use yogurt (lactose free), tea tree oil, vinegar, and Epsom sat.

Toothpaste: Baking soda, tea tree oil, peppermint, and cloves.

Bad breath: Chlorella, tea tree oil, and eucalypts.

Bath oil: Lavender, tea tree oil, and olive oil.

Natural laxative: Epsom salt, aloe vera, garlic, senna leaves, cascara sagrada, rhubarb root, and cayenne pepper or fennel seed tea.

☞ Drink about eight glasses of water (with lemon) one half hour before meals and two hours after meals. The natural sodium in lemon helps with the electrolyte balance (dehydration). A squeeze of orange changes the molecular structure of the water, making it a little more "clean." If your diet is raw, you don't have to overwork your kidneys. Distilled water is best.

☞ Ten to twenty minutes of sunshine a day will bring your melanin to the surface, which is a natural sunscreen. The vitamin D you accumulate naturally is a catalyst to other nutrients in the body. The sun penetrates the pineal gland through your eyes, which is good for depression and hormone balance. Use natural sunscreen like PABA, otherwise. All the chemicals in other sunscreens sometimes causes problems because your skin is an "emergency organ," or exit, that picks up chemicals and carries them through the blood. Poisons are sweated out naturally. It's best to use an umbrella or hat and scarf.

Hair and skin sauna: This is a good way of detoxifying your skin. If your hair and skin are prone to dryness, try a "hot-oil treatment" by applying a light oil like sunflower on your hair or skin.

NATURAL RX REMEDIES FOR THE BEAUTY WITHIN THE BEAST

Lips: Use vitamin E and Aloe vera. Take a soft toothbrush and lightly brush away the dead skin.

Hair lightener: Vinegar, lemon, and chamomile tea.

Hair darkener: Sage and/or rosemary.

Hair conditioner: Mayonnaise at night. Rinse hair with vinegar. Turn water from hot to cold.

Over processed, damage hair or spilt ends: Jojoba oil

Body lotion: Avocado, sesame oil, and mayonnaise with beeswax.

Brighten skin: Use a natural loofah dipped in hot water in an upward, circular motion. Then dip loofah in very cold water with lemon. This brings a bright color to the cheeks, closes skin pores, and helps clear away dead skin.

Full hair: Use natural gel on the roots of the hair only. If it makes it oily, put on a bit of body powder, as well. Then blow dry the hair upside down.

Eyelash thickener: Brown powder on top of petroleum jelly.

Nails: Use a natural lemon “polish” to whiten them.

Deodorant: Baking soda, vinegar, and tea tree oil.

Perfume: Use natural oils that you can mix. Clean citrus smells don't usually clash with other smells. Remember to keep it light. Men have a different sense of smell than women do. They like the smell of lavender, vanilla, and cinnamon. As long as your perfume smells like detergent, everyone will enjoy it. My favorite combination is almond oil and honeysuckle.

Meditate: This brings all your atoms and cells towards an upward energy (quantum physics). Positive affirmations and clearing the mind of worries is the best beauty secret. If it is a proven fact that certain chemicals are excreted during certain thoughts, then take control and excrete good chemicals only. You can manifest beauty by thinking beautiful thoughts. Your whole face changes when you are in love. People notice the “brightness” when you smile and think positively.