

## How to Prevent Wrinkles and Reverse Signs of Aging

Wrinkles form when the skin loses its elasticity. As long as the skin is supple, any creasing of the skin disappears as soon as you stop making the expression that caused it. Over time these lines deepen into wrinkles. Some wrinkling is inevitable, as a result of aging. The first line of wrinkles usually appear in the delicate tissue around the eyes-smile lines or "crow's feet." The cheeks and lips are next. As we age, our skin becomes both thinner and dryer, both of which contribute to the formation of wrinkles. Other factors include diet and nutrition, muscle tone, stress, proper skin care, exposure to environmental pollutants, and lifestyle habits such as smoking. Heredity also plays a role.

The most important factor of all is sun exposure, which not only dries out the skin but also leads to the generation of free radicals that can damage skin cells. It is estimated that as much as 90% of what we think of as signs of age are actually signs of overexposure. Overexposure is more than sunbathing or sunburn, approximately 70% of sun damage is incurred with everyday activities as driving and walking to and from your car. The sun effects are cumulative.

### RECOMMENDATIONS

Eat a well-balanced diet that includes many and varied fruits and vegetables, preferably raw to provide the nutrients your skin needs. Also eat whole grains, seeds, nuts, and legumes.

Drink at least 2 quarts of water each day.

Obtain fatty acids from cold-pressed vegetable oils. Avoid saturated and animal fats.

Do not smoke and avoid alcohol and caffeine. These substances dry out the skin, making it more vulnerable to wrinkling.

Regardless of age or skin type, protect yourself from the sun.. Always apply a sunscreen with a SPF of at least 15. Sun exposure is the single greatest source of skin damage.

Get regular exercise. This increases the circulation of blood to the skin.

Exercise your face. Sit in a chair and extend your jaw in an exaggerated chewing motion. Laying on a slant board for fifteen minutes a day is also good.

Avoid alcohol-based toning products. Use witch hazel or an herbal/floral water instead.

Avoid using harsh soaps or solid cleansing creams such as cold cream on your face. Use natural oils such as avocado oil instead to remove dirt and old makeup. Apply it gently and rinse it off with warm water.

Do not share your cosmetics, and replace them every three months.

Be careful in selecting skin care products. Seek products containing natural ingredients, and avoid those that contain petrolatum, mineral oil, or any hydrogenated oils.

To add color to sallow skin-mash ½ cups of strawberries in a blender and apply for 10 minutes, then rinse with tepid water.

To alleviate puffiness in the eye area, place cool cucumber slices for 10 minutes or more

To cleanse the pores, rub mashed tomato over your face.

To help protect your skin from free radical damage-add a few drops of green tea extract to your lotions, astringents, and other beauty products.

To moisturize your skin, mash together grapes with enough honey to make a paste, and apply the mixture to your face as a mask. Leave for 20-30 minutes while you relax, then rinse it off.

To remove dead surface skin cells, gently rub a small handful of dry short-grained rice against your face for a few minutes.

To soften and nourish the skin, mash half of an avocado and apply to your face. Leave it on until it dries, and then rinse off with warm water.

To tighten and refine pores, whip up the white of an egg off with a pinch of alum and apply to your face as a mask for 15-20 minutes before rinsing with lukewarm water.

## NUTRIENTS

### Supplement Suggested Dosage

#### Very Important

Primrose oil 1,000 mg 3 times daily

Or

Black currant seed oil As directed on label

Vitamin A 25,000 IU daily for 3 months, then reduce to 15,000 daily

Plus

Natural carotenoid complex (Betatene) As directed on label

Vitamin B complex As directed on label

Plus extra vitamin B12 300-1,000 mg daily

#### Important

Kelp 1,000-1,500 mg daily

Selenium 200 mg daily

Silica As directed on label

Vitamin C with bioflavonoids 3,000-5,000 mg daily in divided doses

Vitamin E Start with 400IU daily, increase slowly to 800IU daily

Zinc 50 mg daily, do not exceed total of 100 mg daily from

Plus all supplements

Copper 3 mg daily

Helpful

Ageless Beauty from Biotec Foods As directed on label

Aloe Vera

Calcium and 1,500 mg daily

Magnesium 750 mg daily

Collagen cream Apply topically as directed on label

Elastin cream Apply topically as directed on label

Flaxseed oil capsules or 1,000 mg daily

Liquid or 1 tsp. Daily

Ultimate Oil from Nature's Secret As directed on label

GH3 cream from Gero Vita Apply topically as directed on label

Glucosamine sulfate or As directed on label

N-Acetylglucosamine (NAG from Source Nat.) As directed on label

Herpanacine from Diamond Herpanacine Assc. As directed on label

Pycogenol As directed on label

Super oxide dismutase (SOD) As directed on label

Tretinoin (Retin-A) As prescribed by physician

Vitamin D 400 IU daily

## HERBS

Alfalfa, burdock root, chamomile, horsetail, oat straw and thyme are all good for general nourishment of the hair, skin, and nails

Aloe Vera has soothing, healing, and moisturizing properties. Apply pure aloe Vera gel to dry skin as directed on the product label

Other beneficial herbs for skin tone include borage seed, flaxseed, ginger root lemongrass, parsley, and pumpkin seed

## About the Author

Creator of extraordinary lives, Lisa Christiansen has served as an advisor to leaders around the world for the last two decades. A recognized authority on the psychology of leadership, organizational turnaround and peak performance, Lisa has consulted olympic athletes, world renowned musicians, Fortune 500 CEOs, psychologists, and world-class entertainers. Lisa's strategies for achieving lasting results and fulfillment are regarded as the platinum standard in the coaching industry. Lisa captured the attention of heads of state and the U.S. Army, all of whom became clients. Christiansen has impacted the lives of millions of people from 80 countries. Lisa has been honored by Cambridge Society of Who's Who as one of the "Top Business Intellectuals in the World,"

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