

Age Defiance Beauty Guidebook



<https://lookandfeelgreatmethod.com/beautyclub/>

Yes! You can have glowing, skin by learning how to stimulate the body's natural healing mechanisms in order to support more optimal functioning and unravel some of the damage from past metabolic insults to the body. Skin changes are related to environmental factors, genetic makeup, nutrition, and other factors. Skin is the body's largest organ, and along with hair, nails, glands and nerves, is part of the integumentary system, according to Oregon State University. This system acts as a protective barrier between the outside and the inside of the body.

In adults, skin accounts for about 16 percent of total body weight and covers a surface area of approximately 22 square feet (2 square meters). There are different thicknesses and textures of skin on different parts of the body. For example, skin is paper-thin underneath the eyes, but is thick on the soles of the feet and palms of the hand, according to the Johns Hopkins Medicine Health Library.

Skin disorders can be caused by many conditions, including:

- Blood vessel diseases, such as arteriosclerosis
- Diabetes
- Heart disease
- Liver disease
- Nutritional deficiencies
- Obesity
- Reactions to medicines
- Stress

Other causes of skin changes:

- Allergies to plants and other substances
- Climate
- Clothing
- Exposures to industrial and household chemicals
- Indoor heating

Sunlight can cause:

- Loss of elasticity
- Noncancerous skin growths
- Pigment changes such as liver spots
- Thickening of the skin

Sun exposure has also been directly linked to skin cancers, including basal cell cancer, squamous cell carcinoma, and melanoma. Because most skin changes are related to sun exposure, prevention is a lifelong process.

- Prevent sunburn if at all possible.
- Use a good quality sunscreen when outdoors, even in the winter.
- Wear protective clothing and a hat when needed.

Good nutrition and adequate fluids are also helpful. Dehydration increases the risk of skin injury. Sometimes minor nutritional deficiencies can cause rashes, skin lesions, and other skin changes, even if you have no other symptoms. Keep skin moist with lotions and other moisturizers. Do not use soaps that are heavily perfumed. Bath oils are not recommended because they can cause you to slip and fall. Moist skin is more comfortable and will heal more quickly.

Causes of wrinkles

Changes in the connective tissue reduce the skin's strength and elasticity. Aging skin repairs itself more slowly than younger skin. Wound healing may be up to 4 times slower.

Age: With growing age, wrinkles become prominent on the skin and also becomes dry making it look more wrinkled.

Exposure to sun: Excess exposure to the sun is considered to be the biggest cause of wrinkles.

Smoking: Smoking also contributes to wrinkles accelerating the normal skin aging process.

Facial expressions: Facial movements, such as squinting and smiling can also lead to wrinkles.

Other causes of wrinkles may include:

Lack of sleep, Lack of a balanced diet, Stress, Pollution, Excessive use of cosmetics

Natural Remedies to Nourish Your Skin

Aloe Vera

Known for its healing properties and enriched Vitamin E content, applying aloe vera on the skin for 90 days continuously can help us get rid of the wrinkles. Aloe Vera helps us in getting rid of the dull skin too.



Cucumber

High in water content, and packed with nutrients such as magnesium, potassium, vitamins A and E, cucumbers promote blood circulation and healing, which help reduce wrinkles around the eyes and makes for a glowing complexion.

How to use: Place cucumber slices over your eyes to de-puff. You can also juice a cucumber and add a few drops of honey to make a soothing, hydrating face mask.



Lemon Juice

Lemon juice contains alpha hydroxy acid, a common ingredient in anti-aging treatments which helps peel away the layer of dead skin cells. Lemon is a good source of vitamin C, which is known for its great anti-aging effect.

How to use: Mix lemon juice with sugar crystals to create an exfoliating scrub for your hands. Remember, your hands age faster than your face.

What To Do

- 1 Take a few drops of pure lemon juice and apply it to the areas with dark patches, blemishes, and age spots.
- 2 Rinse it off after 10-15 minutes.

How Often Once a day.



Olive Oil

The anti-aging properties of olive oil can be traced to the polyphenols and oleic acid in it. Powered with monounsaturated fats and Vitamins B and D, it not only prevents the appearance of new wrinkles, but also tackles existing ones.

How to use: Mix 1 spoon of olive oil with one spoon of lemon juice and apply onto your face. Leave for 10 minutes and wash off. This will help you prevent the appearance of wrinkles.



Ginger

Ginger is rich in an antioxidant known as gingerol, which has been proven to protect against collagen breakdown.

How to use: Start the day with a cup of hot tea with shredded ginger for maximum anti-aging benefits to the skin.



Green Tea

Green tea is rich in antioxidants known as EGCG, which helps battle wrinkles, increases cell turnover and effective weight loss solution (as a beverage).

How to use: Brew a cup of green tea on medium heat then wait for it to warm. Soak a face cloth and place over your eyes. The heat will open up pores and the tea will infuse itself into your skin. Its anti-aging properties will help deflate bags under the eyes while also treating the rest of your face.



Almond & Rosewood Oils

Almond oil emollient properties that keep your skin supple and improve your complexion. Evidence suggests that using rosewood oil on your face may help in preventing wrinkles, fine lines, and crow's feet.

What You Need

- 1 tablespoon almond oil
- 2-3 drops rosewood oil

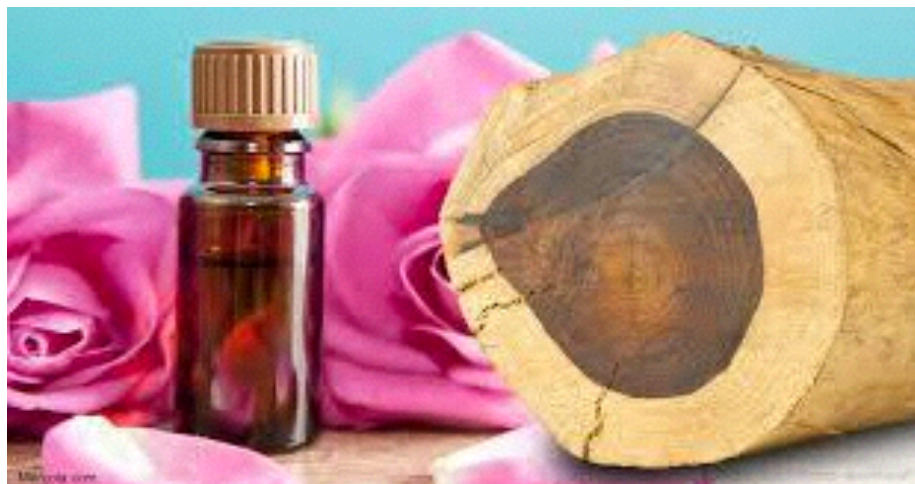
What To Do

- 1 Make a blend by mixing the oils together.
- 2 Massage your skin with the oil blend in circular and upward motions for 2-3 minutes.
- 3 Leave the oil blend on your skin overnight or wash it off after an hour.

How Often: Every night.

Rose water to tighten skin

Rose water is a cleanser removing dirt clogging the pores of the skin. It's an astringent meaning it tightens the skin, helps give firmness and reduce puffiness under the eyes. Mix 2 teaspoons of rose water with 3-4 drops of glycerine and half a teaspoon of lemon juice. Apply this mixture to your face every night before bed.



Age Defiance Homeopathic Remedy

This unique formulation helps to address the signs and symptoms of aging in a natural and balanced way. Age Defiance employs the power of homeopathy to help stimulate the body's natural healing mechanisms in order to support more optimal functioning and unravel some of the damage from past metabolic insults to the body.

This innovative blend employs powerful homeopathic remedies to aid vitality and energy by supporting multiple body systems. In addition, it further invigorates key hormone-producing organs with homeopathic sarcode remedies from adrenal and pituitary glands.

Age Defiance Pro is designed to support healthy aging through multiple homeopathic mechanisms beyond HGH (human growth hormone):

- Hydrofluoricum Acidum is traditionally used for complaints of old age and premature old age and weakly constitutions, especially for loss of strength, varicose veins, and forgetfulness.
- Glandula Suprarenalis Suis provides homeopathic organotherapeutic support for a healthy adrenal gland. It is used for decreased energy, difficulty falling asleep, sleepiness in the afternoon, and absent-mindedness.
- Hypophysis Suis provides homeopathic organotherapeutic support for the pituitary, which regulates many key hormones. It is used for hair loss, difficult concentration, dry and scaly skin, and to stimulate muscular activity.

- Hepar Suis is a homeopathic sarcode that supports healthy liver function and helps with low energy, mental mistakes, and difficulty falling asleep.
- Calcarea Carbonica is a homeopathic remedy traditionally used for people with a tendency to be fat or to experience exhaustion from exertion or excitement. It is also used for forgetfulness with difficulty in thinking, exhaustion in the morning, and absence of sexual desire.
- Conium Maculatum is traditionally used for symptoms experienced by older or feeble people, who may have challenges such as sudden loss of strength, inability to sustain mental effort, weakness of intellectual faculties and memory, impotence, and disturbed and un-refreshing sleep.
- Lycopodium Clavatum is a broad-acting homeopathic remedy for slowness of comprehension, fatigue from intellectual exertion, weakness and lassitude in limbs, dry skin, and wrinkles.
- Selenium Metallicum is for weakness involving all parts of the body, fatigue from any labor or mental exertion, forgetfulness, difficult comprehension, and frequent waking during night.
- Sepia is commonly employed for age-related symptoms, particularly in women. It is also used for varicose veins, lax connective tissue, incontinence, tendency to be easily fatigued, tendency to make mistakes, un-refreshing sleep, and tendency to awaken stiff and tired.
- Silicea is a popular remedy for supporting connective tissues, including symptoms of unhealthy skin, dry skin, and weakness of joints. It is also used for general weakness, brain fog, and absence of sexual desire.

Adults only, 5 to 10 drops orally, 3 times daily or as otherwise directed by a health care professional.

Claims based on traditional homeopathic practice, not accepted medical evidence. Always check with your medical practitioner before starting any new regime.



Imagine being part of the Beauty Club and receiving two age defiance remedies monthly and learning all the natural remedies that are available to maximize your beauty treatments.

Join today:

<https://lookandfeelgreatmethod.com/beautyclub/>

Tips To Prevent Aging



There are some simple lifestyle changes that you can make to slow down the signs of aging. These include:

- Stop smoking.
- Limit alcohol consumption.
- Avoid overexposure to the sun.
- Follow a healthy diet.
- Have at least 8-10 glasses of water and fresh fruit juices every day.
- Include more pulses and leafy vegetables in your diet.
- Do brisk walking in the morning and some freehand exercises or yoga daily.





9 ways to reduce premature skin aging

The sun plays a major role in prematurely aging our skin. Other things that we do also can age our skin more quickly than it naturally would. To help their patients prevent premature skin aging, dermatologists offer their patients the following tips.

- 1 Protect your skin from the sun every day.** Whether spending a day at the beach or running errands, sun protection is essential. You can protect your skin by seeking shade, covering up with sun-protective clothing — such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection — and using sunscreen that is broad-spectrum, SPF 30 (or higher), and water-resistant. You should apply sunscreen every day to all skin that is not covered by clothing. For more effective protection, look for clothing with an ultraviolet protection factor (UPF) label.

- 2 **Apply self-tanner rather than get a tan.** Every time you get a tan, you prematurely age your skin. This holds true if you get a tan from the sun, a tanning bed, or other indoor tanning equipment. All emit harmful UV rays that accelerate how quickly your skin ages.
- 3 **If you smoke, stop.** Smoking greatly speeds up how quickly skin ages. It causes wrinkles and a dull, sallow complexion.
- 4 **Avoid repetitive facial expressions.** When you make a facial expression, you contract the underlying muscles. If you repeatedly contract the same muscles for many years, these lines become permanent. Wearing sunglasses can help reduce lines caused by squinting.
- 5 **Eat a healthy, well-balanced diet.** Findings from a few studies suggest that eating plenty of fresh fruits and vegetables may help prevent damage that leads to premature skin aging. Findings from research studies also suggest that a diet containing lots of sugar or other refined carbohydrates can accelerate aging.
- 6 **Drink less alcohol.** Alcohol is rough on the skin. It dehydrates the skin, and in time, damages the skin. This can make us look older.
- 7 **Exercise most days of the week.** Findings from a few studies suggest that moderate exercise can improve circulation and boost the immune system. This, in turn, may give the skin a more-youthful appearance.
- 8 **Cleanse your skin gently.** Gentle washing helps to remove pollution, makeup, and other substances without irritating your skin. **Wash your face twice a day and after sweating heavily.** Perspiration, especially when wearing a hat or

helmet, irritates the skin, so you want to wash your skin as soon as possible after sweating.

- 9 Use healthy skin nourishing products. Apply a facial moisturizer every day.** Moisturizer traps water in our skin, giving it a more youthful appearance. **Stop using harsh skin care products that** burns or stings, it means your skin is irritated. Irritating your skin can make it look older.

Disclaimer: You should always speak with your physician before taking any medication or nutritional, herbal or homeopathic supplement, or adopting any treatment for a health problem. If you have or suspect that you have a medical problem, promptly contact your physician. Never disregard professional medical advice or delay in seeking professional advice. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Read one page a day for total wellness of mind and body, learn and be empowered with the book: Healthy Living Everyday, Your Wellness Blueprint available on Amazon: <http://bit.ly/HealthyLivingEveryday>

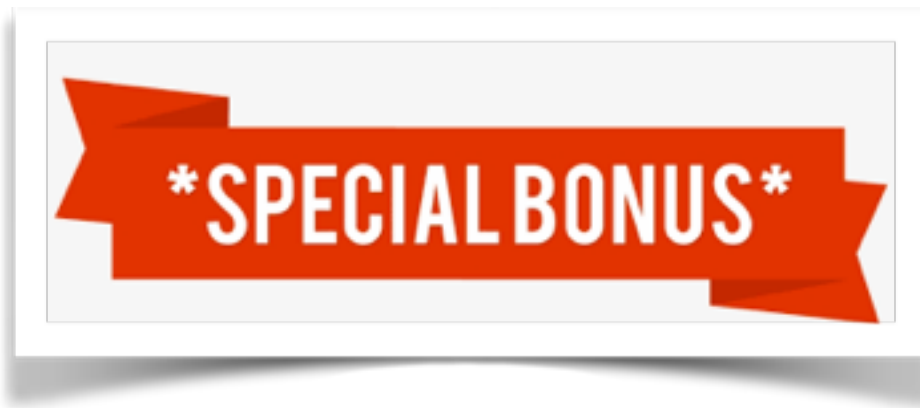
Track progress in the Monthly Membership Programs (to schedule your monthly progress sessions) to stay committed and motivated to your health goals. <http://totalwellnessempowerment.com/membership/>

Your health is worth it because YOU are worth it!

Nancy Guberti, M.S., C.N. 203-542-7390

nancy@nancyguberti.com Functional Medicine Metabolic Specialist

Follow Nancy on Facebook, Pinterest, Instagram, & LinkedIn, YouTube



**Become a Beauty Club, Age Defiance Member today and
receive a complimentary online (\$497 value)
Look & Feel Great: Nine Steps to Healthy Living program.**

**New to the Beauty Club and
want to know what you get each month?
Every month you will receive two remedy bottles
for achieving total wellness.**



Become a Member & Receive your Gift:
<https://lookandfeelgreatmethod.com/beautyclub/>

(For new members only, cannot combine w/any other special.)

(Within the United States only)

*Your Beauty Club monthly remedies may relieve symptoms associated with
premature aging, fatigue, loss of strength, aging skin, varicose veins, mood
management, weak bladder,, sleeplessness,
loss of libido, and forgetfulness.*