

# **Direct Hit Series**

**ProHealth Nutrition**



***Is Beauty Only Skin Deep?***

-----  
*DISCLAIMER: This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.*

*Since natural and/or dietary supplements are not FDA approved they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease."*

-----

## **151 BEAUTY SECRETS**

### Table of Contents

BEAUTY THROUGHOUT THE AGES

IS BEAUTY REALLY ONLY SKIN DEEP?

THE EYES HAVE IT!

HAND IT OFF

THESE FEET WERE MADE FOR WALKIN'

HOW TO AVOID BAD HAIR DAYS

HOW IS YOUR SMILE?

IT'S THE LITTLE THINGS

## INTRODUCTION

Ever since Eve took that first bite of the apple, the human race has been obsessed with beauty. Granted, each civilization has had its own own definition of what attributes are used to define beauty.

Ancient Egyptian women AND men used various natural pigments to color their bodies in an attempt to appear more favorably to the “gods.” Headdresses and jewelry have adorned peoples throughout history with the expectation that these items might improve their appearance.

Roman, Grecian, Arabic and Hindi women used henna to color their hair and tattoo their bodies. The historical artwork of Botticelli depicts women as rounded as cherubs.

Interestingly, current trends toward body piercing and tattooing are nothing new but merely a resurgence of historical practices.

We will take a look at specific tips, old and new, to help you meet the current perception of our societal definition of beauty. Let us begin.

### **BEAUTY THROUGHOUT THE AGES**

If you think today's obsession with beauty is something new, think again! Men AND women have been in touch with their bodies and beauty dating back as far as the ancient Egyptians. The Egyptian's concern was based as much on pleasing the “gods” of their time as it was for personal adornment.

In fact, it could be said that they prepared their bodies more for the “afterlife” than the current time. All one need do is read about the tombs and

mummies that have been excavated and study what was found. Lavish pictorial examples reveal how extravagantly the aristocracy lived their lives.

Just take a look at the detail the next time you have an opportunity to view Egyptian archaeology reports. Gold and silver bracelets, lapis and jade pendants, rings of gold studded with semi-precious stones. All are evidence of just how deeply involved the human race is with beauty and adornments.

Many wore wigs and false braids with jewels threaded through them. Women wore elaborate combs and pins made of copper, bronze and silver. Oddly enough, silver was considered a more precious metal than gold and was widely used to decorate boxes and pots where they stored their implements of beauty.

For all of their elaborate trappings, much of it was not just an attempt at satisfying their vanity. They held the belief that certain metals and elements were specifically tied to powers that were bestowed upon them by the “gods,” so a great deal of the adornment was steeped in spiritual belief.

Women and men both used a paste made from copper material to paint their eyes a vivid green. Ochre, a red clay, was used to tint their lips.

Ancient Grecians displayed their vanity through elaborate hairdos. Each hairdo was a visual message letting you know their age, if they were married and how far up the socio-economic scale their class. The same practices were followed by the Romans.

The ancient Chinese women enjoyed wearing jewelry as well, choosing gold and jade. Here is another example of a gemstone that was revered more highly than gold. Jade was available only to the very rich.

The next time you hold a thought in your mind that we are peopled with a society more focused on beauty than any other in history, just remember, we come by it naturally. . .from our ancestors!

### **IS BEAUTY REALLY SKIN DEEP?**

The answer is yes and no. It's a paradox, isn't it? True beauty begins from the inside out. Don't you wish there were some way to "wriggle your nose" and regain that soft skin you had as a child? Well, until someone comes up with the true "Fountain of Youth," we are stuck with what we have.

The best route to healthy skin is to take care of what you have. Sounds simple, doesn't it? The truth is that your skin takes a beating from the environment every single day. Here are some of our favorite tips for keeping your skin fresh and healthy:

1. Stay hydrated, and drink plenty of water! That doesn't mean soda, caffeine or any other type of liquid even if it is low cal. Soda (even diet soda) has a high concentration of sodium. Sodium retains fluids. You need fluid that will hydrate and flush your body free of toxins. Make sure you are drinking at least 8 glasses a day!

2. Protect your skin from harmful ultra violet (UV) rays. We all love the sun. We love being in it and we love having a beautiful tan. The truth is you

can poison yourself with too much sunshine. UV rays cause skin cancer, and if that isn't bad enough, it causes your skin to age faster than it should, contributing to unsightly wrinkles. If you must play in the sun, make certain you are using an adequate sun screen. Don't leave home without it!

3. Apply your sun screen even if you only make a quick trip to the grocery store. Yes, you can get harmful UV rays even while driving your car!

4. When you purchase sun screen, make certain you are buying the right tool for the job. There are different types of UV rays and they don't all affect our skin in the same ways. The time of year also has a bearing on how much damage the sun can do to your skin. Altitude is another important factor. UV rays are more intense at high altitudes. Sunshine alone is not the culprit. You can do just as much damage to your skin (or in some cases even more) on a cloudy day!

5. Don't forget sun screen for your lips. They want to be healthy too!

6. Apply your sunscreen BEFORE going outdoors and allow plenty of time for it to adequately absorb into your skin cells rather than just sitting on top of the skin.

7. Read the labels on skin care products. The truth is that some ingredients may do more harm than good. The more ingredients are listed, the more potential harm they can do to your skin. Here is a list of some of the common ingredients found in skin care products that have the potential to irritate your skin:

Ammonia

Balsam  
Bergamot  
Citrus juices and oils  
Coriander  
Eugenol  
Fir needle  
Horsetail  
Lemongrass  
Marjoram  
Mint  
Papaya  
Sandalwood oil  
TEA-lauryl sulfates  
Arnica  
Bentonite  
Camphor  
Clove  
Cornstarch  
Fennel  
Geranium  
Lavender  
Lime  
Melissa (lemon balm)

Oak bark  
Peppermint  
Sodium C14-16 olefin sulfate  
Thyme  
Balm mint  
Benzalkonium chloride  
Cinnamon  
Clover blossom  
Eucalyptus  
Fennel oil  
Grapefruit  
Lemon  
Linalool  
Menthol  
Orange  
Phenol  
Sodium lauryl sulfate  
Wintergreen  
Witch hazel  
Ylang-ylang

Essential oils listed above are very strong and need to be diluted with cutter oils such as olive oil or grape seed oil before applying directly on the skin.

8. There are a few ingredients that are totally banned by the Food and Drug Administration and should be avoided:

Bithionol

Mercury compounds

Vinyl chloride

Halogenated salicylanilides

Zirconium complexes in aerosol cosmetics

Chloroform

Methylene chloride

Chlorofluorocarbon propellants

Hexachlorophene

Methyl methacrylate monomer in nail products

9. Keep your skin clean. Use a soft warm cloth. Skin does not require scrubbing. You will do more harm than good if you do.

10. Exfoliate dead skin cells every night.

11. Create your own facial masks. Here are a couple of excellent masks that you can create with ingredients right from your kitchen: Oatmeal mask: Mix oatmeal with skim milk and apply. Eggs: A raw egg yolk makes an excellent face mask. Try adding a little honey to the egg yolk for a change of pace. Mayonnaise makes another terrific face mask and will leave your skin feeling very soft.

12. Try a milk of magnesia facial. Apply directly from the bottle and leave on for 5 to 10 minutes then rinse with warm water.

13. Moisturize dry skin with essential oils. A combination of juniper, cypress, mandarin and grapefruit will work as an astringent that will leave your

skin feeling tighter. If your skin is extra dry, premix the essential oils with a teaspoon of carrier oil (mineral oil) and add ¼ cup of milk or a tablespoon of honey to give you added moisturizing.

14. If you have particularly sensitive skin, try a Pepto Bismol facial. Apply with a soft cotton ball directly from the bottle; just as it soothes the stomach, it will soothe your skin. Cover your face and neck and allow it to dry before rinsing.

15. Use an antioxidant cream. You are bombarded every day with environmental toxins that attack the surface of your skin. In fact most damage to the skin can be attributed to free radicals. When you expose yourself to toxins like air pollution, free radical production increases. Apply an antioxidant cream to your skin before applying your sun screen.

16. If you have oily skin, only apply a toner in the T zone, your forehead and nose.

17. The best cure for wrinkles is to never have them in the first place! If you are like most of us, you didn't listen to your Mom when she tried to tell you to stay in the shade, stand up straight and stop squinting!

18. Unlike Cleopatra, we live in the nuclear age and wrinkles can become a thing of the past. Consider "laser skin resurfacing." It is supposed to work for those fine lines and wrinkles of any depth. This technique reminds you of the "light swords" in the Star Wars movies. It literally zaps and vaporizes away the lines and wrinkles. The procedure is conducted in the doctor's office and it's

said that you heal within a week or so. Expensive? Yes. Fast? Yes, much faster than deep chemical peels or dermabrasion.

19. If your budget won't handle laser skin resurfacing you might try a skin peel. There are several types. There's dermabrasion as we mentioned. This procedure literally sands the top few layers of your skin off, just like refinishing furniture! It's done with a wire brush that rotates and is said to remove even deep wrinkles.

20. Maybe you would prefer something a bit less abrasive, pardon the pun. If so, you might consider a deep peel. This process is accomplished using an acid and is for moderately deep wrinkles. There are some risks associated with the acid procedure. It isn't as stable as the laser resurfacing because there is less control of the acid solution.

21. Have a glycolic or beta peel. This process won't do much for your wrinkles, but if you are only looking to improve general skin tone, this is the one for you.

22. Try Retin A. If you want to see a smoothing of fine wrinkles and an overall healthy glow that will remove mottling and give your skin a youthful blush, then this is the route to go.

23. You can avoid all the nastiness of the previous treatments by choosing collagen injections. The biggest challenge with this choice is it is temporary, lasting just a few months, so you have to repeat the procedure frequently.

24. Stop shaving your legs and use hot wax. Much gentler on your skin.

25. Mix up a tablespoon of brandy along with a smashed up peach and apply to your face for twenty minutes then rinse. Makes for a great summer facial.

### **THE EYES HAVE IT!**

They don't call them the "windows to the soul" for nothing! The eyes never lie. If you're feeling and looking great, your eyes will shine and sparkle. If you're sad and lonely your eyes will give you away every time.

26. If you have red, watery eyes due to allergies, deal with them! There are plenty of medications available to eliminate allergy symptoms. Nothing will detract from your appearance faster than red eyes.

27. If you wear eyeglasses, make certain that they do not detract from your appearance. Eyeglasses should complement your eyes, not cover them. If your frames are unattractive, it means you had the wrong sales person. Try again.

28. If you can wear them, consider switching to contact lenses. Make sure you remember to remove them when swimming. You can easily lose them in the pool or worse, if you wear soft lenses you could contract a cornea infection that comes from a parasite found in water. The chlorine won't kill it and the result of this nasty little dude is not pleasant. You are inviting painful corneal infection that could cause partial or total blindness.

29. Try buying different colored lenses. You might discover a whole new you behind blue eyes!

30. Better yet, check out lasik. If you are a candidate it might give you a whole new lease on life. Of course, it's a treatment for nearsightedness only, but if that's your reason for wearing eyeglasses or contact lenses, you might want to look into it. Just remember, even though the procedure is done with a laser, it is still a surgical procedure. Take your time and investigate to make certain that you visit a skilled surgeon who has completed many lasik procedures.

31. Take vitamin C, vitamin E and beta-carotene to improve your sight and overall health of your eyes.

32. Avoid caffeine. It negatively impacts the system that the eyes use for focusing. That includes coffee, tea, sodas and chocolate. Well, okay, if you can't quit, at least cut back!

33. Do not over use eye drops. You may just make your eyes redder. Artificial tears are okay, but you should limit or avoid using vasoconstrictors. They will shrink the blood vessels on the surface of your eye. Check with your doctor if you need further explanation on the differences.

**Did you know . . .** eye makeup worn by the ancient Egyptians served more than just a cosmetic purpose? It was worn by men and women alike. It was decorative for certain but they also wore it for medicinal purposes as well as magical reasons. The Egyptian word for eye-palette is a derivative from their word for "protect." An eye that wore no makeup was considered to be

“unprotected.” An unprotected eye was therefore at risk from the Evil Eye. The next time you are standing in front of the mirror applying your eye makeup just remember that it is a rite of protection passed along from Cleopatra to Betty Boop!

34. Replace eye makeup frequently. An enlightened woman of the 21<sup>st</sup> century would not be complete without her drawer full of makeup magic. Unfortunately, you are just as apt to have the same tube of mascara that you used the night of your high school prom! If this describes you, throw it away. Using the same mascara over and over again leaves you wide open for possible infection. Bacteria are alive and well and flourishing on your trusty little mascara wand. Pitch it out before it gives you trouble. Mascara should be replaced at least every 6 weeks.

35. Use special eye moisturizer to keep tissue around the eyes soft and pliable. The skin around the eyes is very thin and easily damaged.

36. If you prefer not to use an eyelash curler, shop for mascara that is specially formulated to self curl.

37. To obtain a smoky, sultry look, use an eyeliner pencil and liquid. Apply the pencil first and gently smudge. Then apply the liner. Be careful, a little goes a long way. You’ll love the look!

38. Powder your lashes before applying mascara. It will create a better bond for the mascara to cling to.

39. For “puffy” eyes, soak two teabags in cold water then apply to each eyelid.

40. User a hemorrhoid cream to shrink puffy eye tissue. It will reduce the swelling almost immediately.

41. Slices of raw potato placed under each eye will reduce the dark circles.

42. Define and tame contrary eyebrows by using a toothbrush lightly sprayed with hair spray. Gently brush into the eyebrow and 'voila they'll stay right where you brush them.

### **HAND IT OFF!**

**Did you know . . .** many ancient beauty treatments are still in use today? An example is the East Indian art of painting the hands and feet with Henna. It is known in India as Mendhi and is an ancient Indian art form which has been performed for generations not only in India, but the Middle East, Pakistan and in Africa as well. Women in India traditionally painted henna on their hands and feet, insides of their arms and up their shins most often for a wedding, or other special occasion. The intricate patterns on the hands are particularly beautiful. Nothing will give away your age quicker than the condition of your hands. Let's take a look at some tips to try and hold off the ravages of time.

43. While we don't particularly recommend the practice of mendhi for everyday USA, it would be helpful in covering up some of those age spots, wouldn't it? Try this tip. Apply vitamin E oil directly to the spots to fade the discoloration.

44. There is also a product that's been around since Grandma was a youngster. It's called porcelana and women have credited it for removing age spots for decades.

45. If you spend hours at a time on the computer, be sure you use a rest for your wrists. It will help ward off carpal tunnel syndrome.

46. Your nails. Press on? Glue on? Paint on? Take your pick; there are nothing but choices out there. If you have your acrylic nails done in a nail salon, understand that you do so at your own risk! It seems as though there is a nail salon on every corner in every city in the USA. If the salon you are using does not replace or sanitize their instruments (files, nippers, brushes, etc.) between customers, run, don't walk for the door. When trying out a new salon, arrive early for your appointment. If you are using a "walk in" shop, make certain you let someone go before you. Sit or stand where you can "catch the action." Pay close attention to how the nail tech prepares for the new client. Watch carefully to make certain that he/she is skilled in the trade and does not accidentally break the skin especially if they haven't sanitized their instruments. You've got a lot at stake here. With the prevalence of AIDS, hepatitis and other diseases, you can't be too careful. If you see something that just doesn't seem right, get up and leave. Try a more "upscale" shop next time.

47. Do not file the corner of your fingernails. It weakens, causing them to break and crack.

48. If your fingernails are brittle, it may be the soap you are using or a hand cream that is perfumed. Most perfumed hand creams contain alcohol which will dry the nails, causing them to become brittle.

49. Are your nails cracked, brittle and breaking? Try drinking more water . . . yep. . . back to the water. At least 8 glasses a day . . .and that's 8 ounce glasses.

50. Combat dry and brittle nails by increasing your vitamin A and calcium.

51. Have a problem hang nails? Try adding more protein to your diet. Throw in some folic acid and vitamin C as well.

52. If you have white bands across your fingernails, you need more protein.

53. Splitting nails can be reversed. Add some hydrochloric acid to your diet.

54. Add more vitamin B12 to your daily vitamin regimen to help fight dryness.

55. Got white spots on your nails? Try taking zinc.

56. You need more liquids if you have cracks or cuts in the fingernails.

57. Do your hands feel like sandpaper? Soften them up with a coating of Vaseline then slip them into inexpensive cotton gloves. Do this just before bed and by the time you wake up in the morning, your hands will be silky smooth.

58. Yes, they are awkward, but wear rubber gloves while cleaning. Chemicals in the cleaning products are doing a number on your hands.

## THESE FEET WERE MADE FOR WALKIN'

**Did you know . . .** an average human being loses almost a cup of liquid a day through their feet? Or that a baby's foot is made up almost entirely of cartilage? They will harden as the feet grow.

59. Keep a pumice stone handy so you can put it to work on those heels as you step out of the shower.

60. Use a few drops of essential oil in your next footbath!

61. Pamper your feet. Treat yourself to a pedicure!

62. Try a foot massage. It's relaxing and rejuvenating. Try it on yourself or ask your partner and trade off. Everyone wins!

63. If your ankles and feet are swelling, it's a sure sign you are holding fluids. Try to avoid sitting for long periods at a time and cut down on your salt intake.

64. Stilettos are beautiful and yes, they do make you look sexy, HOWEVER, you should avoid long walks while wearing them.

65. In fact, you should always wear sensible shoes. Ha! Fat chance, right? Seriously, what about a compromise? Wear sensible shoes when you are coming and/or going from work and keep the heels in a tote bag.

66. For extremely dry feet, lather on a layer of cocoa butter to each foot, slip your feet into plastic bags and pull on a pair of oversize socks. Leave

on overnight while sleeping and when you awaken the next morning your feet will feel smooth, silky and soft.

67. Add milk to a footbath for softening the feet.

### **HOW TO AVOID BAD HAIR DAYS**

They say that a woman's hair is her crowning glory. Even so, all women have those days when we wish we could cover every unwieldy strand!

68. Get a good hair cut! It all begins right here. Without a good hair cut, nothing else you do will give you the results you want.

69. In order to have a good hair cut, you need a great hair stylist and when you find one, keep him/her! Jumping around from stylist to stylist can be hazardous to your hair. The old adage about "getting what you pay for" is very true when it comes to something as important as your stylist. Yes, it's possible to find a good stylist at the "fast hair" shops, but the cost to your hair while searching may be more than you care to spend. Fast hair shops usually employ new, young stylists with little experience. They earn a minimal wage and do not have to invest in hair care products to use on their clients. Stylists that you find in upscale shops and salons are usually independent contractors leasing space in the salon. The salon provides the work station, utilities and in some cases a receptionist to service the stylists. These stylists are generally more experienced and have built a solid clientele. They purchase their own products used in servicing their clients either from the salon or other suppliers and set their own prices.

70. If you absolutely must trim your hair at home, do it right! Purchase a pair of professional hair cutting scissors and use them for nothing else. Not to cut out pumpkins for the kids at Halloween, not to trim a frayed edge off of a piece of clothing. Use them for cutting hair . . . period! Take care of them properly and they will last your for years to come.

71. Trimming your own hair isn't as easy as it sounds. Try just evening up the hair that frames your face. Grasp a small section of dry hair (just a few strands at a time) and hold it gently. If you tug at it the hair stretches and you will end up cutting off more than you'd like. Try cutting beneath your fingers instead of on top of them. This will also help to prevent cutting off too much.

72. Keep your hair clean! There's nothing worse than dirty, oily hair that hangs in clumps.

73. Use the correct shampoo for your hair type. Not all hair is created equal.

74. If you have oily hair, do not shampoo every day. As paradoxical as it seems, clean hair makes the problem worse because it allows the oil to seep into the glands making it much more difficult to deal with. Stay away from those "all in one" shampoos. Use a ph-balanced shampoo when you do wash your hair and scrub it well. You may need to change shampoos, so ask your stylist what he or she recommends. Another tip is to avoid oily foods as much as you can. It just contributes to the problem. Eat more fruits and vegetables. Whatever you do, stay away from products that are supposed to make your hair shine! Also do

not use conditioner unless you apply it to the ends of the hair strands. Keep it away from the scalp!

75. Hair looking drab? Need a change? Try a few highlights. It can do wonders for brightening up your hair and face.

76. Wanna' try some curls but don't want the damage of a perm? Try a curling iron and/or hot rollers. Hot rollers will give you more control, but you won't get those wispy, trailing curls that you will get with the curling iron.

77. Do not try and curl freshly cleaned hair. Try and remember to shampoo the night before. Squeaky clean hair can sometimes give you difficulty with holding a curl.

78. Never use a "sticky" hair spray before curling your hair with a curling iron or hot rollers. You can cause damage.

79. If you are fortunate to have naturally curly hair, have your stylist cut it in layers to take advantage of the new cascading curly look.

80. If you are athletic, keep your lifestyle in mind when selecting a "do."

81. If you are blonde or have gray hair do not use any coal tar shampoo product for dandruff as it may permanently stain your hair.

82. Have a problem with the dreaded "dandruff?" Here's the "sure cure" and you'll find it in your kitchen. Vinegar! Yep, pour vinegar into your hair, let it dry for a little while, then shampoo. Just keep repeating it daily until the dandruff disappears . . . and it will!

83. Have you ever almost fallen asleep in a stylist's chair because you felt sooo relaxed? Another good reason for visiting the salon!

84. Have dry hair? Use a hot oil treatment. Alberto V05 is a great over the counter solution for dry hair.

### HOW IS YOUR SMILE?

**Did you know . . .** a knocked out tooth may be replanted if you act quickly?

Don't clean the tooth, just wrap it in a damp cloth and hustle off to the dentist. If you can get there within 30 minutes you've got a 90% chance of saving it.

85. If you wear braces, get extra calcium. Adjusting the position of teeth can leave small gaps in the jawbone. These need to be replaced with new bone. Take it as a supplement or eat plenty of green leafy vegetables.

86. Your smile is one of your best assets. Don't ruin it with bad breath. Mouthwash does not kill the bacteria that create bad breath. Brush your tongue and gums and use floss often. If it still persists, consult your physician.

87. Do you wear full or partial dentures? First, ask your doctor if your denture contains any metal. If not, place your denture in a safe container, cover with water and microwave for about two minutes. This kills more bacteria than soaking in denture cleaner.

88. Are your teeth discolored? This condition will really detract from your overall appearance. Visit your dentist for a cleaning and ask for the whitening procedure. Or, try some of the new teeth whitening products you can use at home.

## IT'S THE LITTLE THINGS

**Did you know . . .** even in the enlightened period of time we live in, most women do not conduct regular breast exams on themselves? So what is a segment on breast exam doing in a beauty book? Well, in order to use the tips in this guide, you have to be around to do it!

89.        Make a self-exam of your breasts part of your daily beauty routine. It doesn't take long and you can do it in the shower or in the bath. Just do it. More than 90 percent of all breast lumps are discovered by women themselves. The majority of all breast lumps are benign. One in ten women will develop breast cancer at some time in her life. Thus far, breast cancer cannot be prevented. But, with regular breast self-examination (BSE) and periodic screening, breast cancer can be detected early and treated properly! If you don't know how to conduct the exam, ask your doctor for a chart that will teach you how. Then just do it!

90.        Stop stressing! Easier said than done? All that stress that you keep bottled up inside creates those worry lines and wrinkles.

91.        Have a sea salt massage to rid your body of toxins.

92.        Take a walk on the beach, in a forest or around the block.

93.        Eat cheese to block bacterial growth in your mouth and to prevent cavities.

94.        Join a fitness group.

95.        Be kind to yourself. Instead of telling yourself you "can't" do something, remind yourself that you CAN!

96. Get a collagen boost. Eat more fruit!
97. Help others. Outer beauty will only appear when you've practiced beauty within.
98. Don't be afraid to say no. A polite, but firm, refusal allows you to stay in control of your own life.
99. Talk about your concerns with a friend, relative or counselor. It's the best way to release your anxieties.
100. They don't call them love apples for nothing. Eat more tomatoes for potassium, and vitamins A and C.
101. Learn to pace your activities and stop before you get worn out or tired.
102. Get enough exercise.
103. Take time for hobbies or other activities. All work and no play will make Jane a dull girl or John very boring!
104. Do one thing at a time. If you feel overwhelmed, break up your list of tasks into bite size pieces.
105. Limit your red meat intake and eat more fish and fowl.
106. Set priorities, not everyone can be Superman or Superwoman.
107. Learn how to solve problems easily. Begin with identifying the problem and write it down so you are clear in your mind about the scope of the problem. Then list your options showing the pluses and minuses of each. Next, choose a plan. Now list the actions you need to carry

out the plan. And last, give yourself a deadline for completion. Often, just having a plan will cut the stress related to the problem.

108. Focus on the positive and if you falter think about all the good things you've done.

109. Avoid standing for long periods of time to avoid varicose veins in your legs.

110. Eat properly.

111. Get enough sleep. When is enough really enough? When you no longer feel tired. Not everyone requires the same amount of sleep.

112. Laugh a lot. Remember what they say . . .it takes more muscles to frown than to laugh.

113. Take a bubble bath. If you have to lock the bathroom door and play a radio loudly to block out the kids, go for it!

114. Go shopping! Treat yourself to a special shopping day; better yet, do it with a pal.

115. Buy clothes that fit! If you have no fashion sense, make doubly sure you shop with a friend who will be honest with her opinion. There's nothing worse than to be caught wearing a wrap around stripe when the derriere should not be the focal point!

116. Are you buying unscented cosmetics and still experiencing a bad reaction? Read the labels and buy "fragrance free" instead.

117. Wear red lipstick for a change.

118. Take a vacation! Getting away, even if it's a "mini vacation" can give you a whole new perspective on life. And a good excuse to pamper yourself as well!

119. Surround yourself with scents. Put an aromatherapy candle in the kitchen and another in the living room.

120. Listen to music! It soothes the savage beast!

121. Have a full body wrap. Try it, you might just like it!

122. Meditate.

123. Use a few drops of your favorite essential oil in your next bath.

124. Buy some new sexy undergarments.

125. Is a tattoo right for you? Your choice, but discreetly placed it might be alluring.

126. Be kind.

127. Learn something new.

128. Try a bronzer instead of your normal makeup.

129. Massage vitamin E oil on stretch marks to help fade them away.

130. Who can feel beautiful when they are suffering from menstrual cramps? You can take the standard Midol, or try something a bit more natural. Raspberry relaxes the uterus. Try some raspberry leaf tea. It can't hurt and it's sure more pleasant than the alternative.

131. Do something just for yourself every day!

132. Use a white eyeliner pencil directly under the eyes to make your eyes appear larger.

133. Eat for beauty! Carrots will give you the same compounds as Retin A as well as reducing fine lines around the eyes.

134. Remember your face is your mirror to the world. Use a light foundation to prepare the canvass.

135. Use baby oil for removing makeup.

136. Bug bites aren't beautiful! But who wants to smell like chemicals on a great summer outing? Nobody does! Try preparing your own bug repellent using any of the citrus based essential oils. For some reason, the bugs don't like it. You solve your problem and don't have to smell like a refinery.

137. Next time you are at the beach, give yourself a body rub with sand. It will help exfoliate dead skin cells. Be sure to reapply your sunscreen afterward!

138. Mix your own perfumes and scents using essential oils. Using mineral oil as a carrier, mix a few drops of your favorite essential oils.

139. Have someone give you a scalp massage. A great rejuvenator.

140. Be daring, get a bikini wax!

141. Use Shea Butter for the ultimate softening of the skin.

142. Stop smoking. Do we need to say more?

143. Deal with PMS! There's nothing beautiful about a "cranky lady."

There's just no getting around it; PMS is here to stay. We still don't know for an absolute certainty what causes it, but unless you've had surgery, you still have to deal with it every day. For some women it's very mild. For others it's the equivalent of a Mt. St. Helens' eruption! Here are some tips to help you cope.

Believe it or not, PMS is improved with a low fat diet. You might also try an herbal approach. Taking 500 milligrams a day of fish oil, evening primrose oil, or flaxseed oil might help. PMS and sore breasts improve with this regimen because they are high in gamma-linolenic acid. You can find the oils in most health stores. Magnesium and beta-carotene are also known to improve the symptoms of PMS.

144. Here we go with another one of those “impossible to feel beautiful” topics. Yeast infections. Yuck! You know, this nasty little fungus lives in the vagina 365 days a year generally giving us no trouble at all. The medical community is somewhat at odds about what triggers a “wake up call” for this little devil, but the majority do agree that it could be caused when you have to take an antibiotic medication for some other malady. They are also pretty much in agreement that it can be triggered by something as simple as hormonal changes prompted by your menstrual cycle. No matter the cause, when this nasty critter wakes up it’s enough to drive a woman crazy! You can call your doctor and get a prescription for that ugly cream and get rid of it fairly quickly. But, if you’d like to try a more natural approach, here are a few tips. Fermented foods and sugar cause an increase in the growth of yeast in your intestinal tract which, no surprises here, will result in yeast infections. Eliminate refined sugar, baked goods, alcohol, caffeine and vinegar. Bummer, maybe that cream is the best answer after all! You can also try eating yogurt, if it contains acidophilus. Acidophilus are friendly bacteria which fight off the nasty yeast guys. Another tip

is to be absolutely careful about cleanliness after urinating or having a bowel movement. Gosh, it's tough being beautiful isn't it?

145. If beauty can sometimes be a bummer, sometimes love can really, really hurt. There's nothing beautiful about genital herpes. There's no mystery about how it is spread. Have sexual intercourse with someone who is infected and you'll end up with the disease and a lifetime of heartache.

146. Have you ever been stung by a bee and gotten a huge red bump because of it? Hopefully, you aren't allergic to bee stings. If you are, you know what to do: follow your doctor's instructions. The rest of us can deal with the red bump by dabbing a little bit of meat tenderizer on it to reduce the swelling and minimize the pain. Or, you can try dabbing it with the Calendula flower or garlic. Yep, you can eat it or create a poultice that will break it down quickly. Onions work as well.

147. Insomnia is not part of a beneficial beauty routine. If you have trouble sleeping, try lemon balm tea. There are other herbal teas that also work well, but none have the same reputation as lemon balm for a bedtime herb.

148. How beautiful do you feel when you're pregnant? All that stuff about how beautiful a pregnant woman is was obviously written by men! Take all the beauty treatments and tips in this guide, multiply them by three and maybe, just maybe we might feel a little bit better about how we look and feel. All kidding aside, probably one of the worse side effects of pregnancy is "morning sickness," no matter what time of day it hits you personally. You have to be careful about what you ingest. Try Peppermint or any of the other "mints." Brew a mild tea

and sip it slowly. Believe it or not, one of the old home remedies for nausea is raw or cooked cabbage. Sauerkraut is reported to be of particular benefit, soothing the intestines.

149. If you have avoided our recommendations and have gotten sunburn, you certainly aren't feeling very beautiful! Try breaking a stem off an aloe plant and rubbing on the affected areas. Another tip is to apply cooled black tea to the burn areas. And, while we don't recommend this often because it is a very strong astringent, witch hazel will work wonders on sunburn.

150. Maintain a \*balance\* in everything you do, from eating to exercise to daily activities. Balance is an important key to beauty.

151. Remember to keep a smile on your face!

-----

In the beginning man worked hard to survive. He had many things to do. Hunting, keeping warm, finding berries, and taking care of his family. He did not have time to worry about being fat, as there wasn't an issue of fat. It was survival of the fittest, those that were not fit, perished, or had someone to watch over them. Man's goal was survival.

Women labored hard, and many died in childbirth. There were many deaths of their infants, so women kept reproducing to keep the family surviving. They scrubbed, cooked, gathered food and wood and tended after the children. They did not have time to worry about things that made them happy or not happy. Their goal was survival.

Well, times have changed, people don't work physically as hard as their ancestors did, they lose fewer children and the dying in labor has been brought down to a small percentage. Emergency hospitals with ambulances and new technology and medicines have saved the lives of countless people.

Most families plan on 1 to 3 children, and now to keep up with the economy (or the Jones') there are usually two working parents for those children. Men are learning skills that were unheard of for men 50 years ago. They are doing household chores, changing diapers, picking kids up at daycare, and doing a whole lot more bonding with their children in the child's infant stages.

In the bustle of an age of living and learning at a light speed compared to their ancestors, people start worrying about their health. With the information highway thick with one company after another along with the vast info commercials, it is hard to decide what vitamins you need, what foods should you eat, and how much exercise you need. And, even what ratio of fats, carbohydrates, and proteins should you feed your body and your family's bodies. It takes a lot of reading and trying to figure it all out.

Living a Healthier life is rather simple. It is the matter of knowing some essential ingredients to happiness.

Statistics tell you the following:

Those who are married are far happier than those who are not.

Those who have some kind of faith or religion are happier

Those who go to bed at night and sleep an average of 8 hours

Those who have friends and family

Those who are mentally and physically healthy

Those who have a regular schedule to live by

Sure, having extra money makes people happier too. However, the above ingredients are the true essence of happiness. Money just adds extra. Having money and not the above can end up feeling pretty empty.

Knowing how and what to eat can make a huge difference in how you feel. Improper eating habits can cause depression, overweight, illness and an overall lethargy.

Sure, when you are young you can throw junk into your body. It is growing and it is generally a busy body, provided it has some nutrition along with the junk. But after awhile your body just can't handle it anymore. Those years of bad eating add up. Soon, the arteries get clogged, the cholesterol goes up, nights without sleep and partying add up ... and soon you wake up and you wonder what the heck happened to your energy and your youth.

Being young is great, but youth is only for a 4th of your life. The rest of it is plain aging, and fighting that downhill battle. Older people who have taken care of themselves over the years, wake up just as bouncy as young people. They are excited to see the new day, and are alert to the world and full of pep.

Being old does not mean you have to be sick. It also doesn't mean you can't be beautiful. Don't forget to wake up in the morning and think positive thoughts. People who live in families who compliment each other live happier lives. Find something positive and reinforcing to say to your loved ones every single day.

Let's talk about changing your eating and exercising habits. You can do this. Do not try to change everything at once, unless you are just one of those rare individuals that can do that.

We start with our diet. Diet does not mean just losing weight. Diet means the food you put in your daily eating habits.

A rule of thumb for good eating habits is ... don't eat more calories than you burn off. Don't go one single day without doing something extra and physical for at least 30 minutes per day. This can be three ten minute walks. Or 30 minutes of vigorous aerobics, or 12 minutes of weight lifting and 18 minutes of walking.

#### ADD IT TO YOUR LIFE....

Water, you need water. Try to add at least 4 more glasses of water to your daily diet. The rule of thumb for water is 8 glasses per day; and one extra for every ten pounds overweight you are.

Fats, you need to know about fats. There are different kinds of fats. Some fats are better for you than others. A rule of thumb on fats is, stay away from hydrogenated fats. These are fats that solidify. They are in store bought cakes, cookies, crackers, chips and even in bran muffins. Read the labels.

Choose fats that are polyunsaturated or fats such as olive oil. And, eat some fish to get some omega-3 fats.

Carbohydrates are your immediate fuel source. An average is about 55 percent of your diet in carbohydrates. So, a rule of thumb is, figure your protein grams, get around 25% fat per day, and the rest would be in carbohydrates.

The heavier you are, the more protein you need and the fewer carbohydrates you will need.

Fiber - work up to getting 25 grams of Fiber per day

Protein - averages about 20 percent.

Women divide weight by 2.2 and multiply that by .8 to get the kilograms.

For men it averages one gram per each kilogram of weight. So, a man would divide his weight in pounds by 2.2 then multiply that by .10

Fats - try not to exceed more than 25 percent fat in your daily diet. 30 percent is acceptable, too. That does not mean you can't have a junk food fast food hamburger ... it just means that if you do eat that 55 percent fat burger that you are going to have to cut down on other fat filled foods for the rest of the day to balance it out.

Make exchanges gradually. Suppose you drink whole milk ... work down to 2 percent, replacing two of your cups per day until you can completely change over. If you are on two percent milk, work down to 1 percent.

Add bran to your cereals for extra fiber. Also, add it in your baking.

You need to balance your diet with vegetables and fruits, too. Try adding different colors to your plate. Maybe an orange yam, and some green beans, to add color. More variety of food colors brings more variety of vitamins.

Eat more raw foods.

Remember, exchange things, add things, and do it gradually. Remember, live all things in life in moderation and soon you will be bouncy and vibrant and well on your way to living BEAUTIFULLY!

**National Centers for Disease Control and Prevention's (CDC's)** – Online at

<http://www.cdc.gov/>

Offline at:

CDC/DCPC  
4770 Buford Hwy, NE  
MS K64, Atlanta, GA 30341  
Toll-free information line: 1-888-842-6355  
FAX: 1-770-488-4760  
E-mail [cancerinfo@cdc.gov](mailto:cancerinfo@cdc.gov)

**U. S. Department of Health and Human Services** – Their department of U. S.

Food and Drug Administration, Center for Food Safety and Applied Nutrition has

a boatload of information at <http://vm.cfsan.fda.gov>

Find out the latest warning and tips for skin care products.

Contact them offline at:

Food and Drug Administration  
5600 Fishers Lane  
Rockville, Maryland 20857  
1-888-INFO-FDA (1-888-463-6332)

\*\*\*\*\*