

CAROLINA ARAMBURO

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 245th Newsletter, I want to talk to you about **beauty** and it's impact on lives and well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

The state of Utmost BEAUTY is ACHIEVABLE from the INSIDE OUT NATURALLY, without painful surgeries and without absorbing NASTY and expensive CHEMICALS!!

Although the word 'beauty' may bring up images of lipstick tubes, eyeliners and mascara, the fact is **both men and women** use personal care/beauty products such as soap, deodorant, toothpaste, and shampoo. The Environmental Working Group (EWG) and the Campaign for Safe Cosmetics Coalition looked a little closer and they found that DAILY women use an average of **12 products** with over 168 unique ingredients/chemicals and men use an average of **6 products** (including aftershave & shaving cream) containing over 85 ingredients/chemicals in the United States alone. Please take the time to read this newsletter ... the information in it **applies** to YOU and those you love ... men, women, and children! **True beauty** goes way beyond skin

deep. There ways to accentuate our **naturally** beautiful physical characteristics including our skin, hair, and nails but **first** we should look at their functions and structure.

Our skin is the **largest** organ on the body made up of multiple layers of **ectodermal** tissue that cover our body and protect our tendons, ligaments, muscles, skeleton, and **organs**. The skin interfaces with the environment and acts as our first line of defense against **intruders** or anything that may harm your body. It plays a key role in **fighting** of pathogens and toxins, as well as regulating the body from **experiencing** extreme water loss.

Skin also helps our body to regulate temperature, **insulates** our body, and allows us to feel sensation. Skin absorbs ultraviolet rays and produces Vitamin D foliates so our body can get this **essential nutrient** that is necessary for optimal health and **wellness**.

As you can see, it is imperative that you take care and **nourish** the largest organ of your body. The thickness of the skin varies depending on **location**. The skin on your hands and feet for example, is the thickest, measuring about 4 mm thick. The skin around your eyes is the **thinnest**, measuring around .05 mm thick; this is why this skin is the first to show signs of **wrinkles and aging**.

Skin conditions can occur such as psoriasis, eczema, acne, and rashes or **irritation**. These can oftentimes be avoided by controlling stress and **inflammation** of the body. Wrinkles and other cosmetic conditions of the skin such as **cellulite** can be greatly reduced as well when the proper self-care, stress management, nutrition,



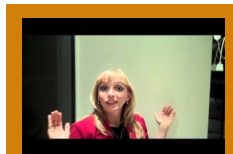
CAROLINA ARAMBURO

and exercise are in place. (see our individual Newsletters on Skin, Wrinkles, and Cellulite for more information.)

Just below the surface of your skin, also known as your **epidermis**, action is constantly taking place such as hair growth. As cells inside of our hair **follicles** divide and multiply, and space fills up inside the follicle, it pushes old cells out to the **surface**. The old cells harden and exit to follicle to form the hair **shaft**. Our hair shaft is mostly comprised of dead tissue and a protein called **keratin**.

Hair grows to different lengths and serves different **purposes** on our body. The hair on our heads serves as a **protective** shield against the sun and insulates your body in colder **temperatures**. Hair on the body serves as insulation and **protection**. Eyelashes protect the eye, and eyebrows offer protection and shield our eyes from sweat that could impair our **vision**.

Just like hair serves a **gigan** (Cont. on next page)



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The state of Utmost BEAUTY is ACHIEVABLE from the INSIDE OUT NATURALLY, without painful surgeries and without absorbing NASTY and expensive CHEMICALS!! (Cont.)

tic purpose on our body, so do our nails. They serve to help us grab things easier and as protection. As we age, the strength and protein density of our hair decreases. Hair begins to thin, shed, and the growth slows down. The same goes for nails. By increasing the circulation and oxygen in our blood, a lot of this can be prevented. (see our Newsletter on Hair for more information.)

There are certain cosmetic products that can enhance the strength, regeneration, and glow of your skin, hair, and nails. It is important to find REAL 100% natural, organic products that are not tested on animals, do not use animal by-products and contain plant-based ingredients that will penetrate below the surface to boost collagen and protein your body produces.

Many chemical laden products may tighten the skin, or make your hair shine for the moment, but are actually doing more harm than good. The chemicals can damage and strip the skin, hair, and nails of natural moisture and protein. Worse yet these chemicals are a danger to your health, as they seep into our bodies through our porous skin, causing everything from early menopause and low sperm count to cancer. Do you assume that your beauty/personal care products are regulated and therefore safe? Think again. To date the FDA, since 1938, it has banned only 11 potential cosmetic ingredients. By contrast, the European Union (EU) has reviewed and banned over 1,000 chemicals.

According to The Campaign for Safe Cosmetics coalition, who works to protect the health of consumers, workers and the environment from dangerous chemicals linked to adverse health impacts from cosmetics and personal care products, here are the facts about the FDA's involvement in cosmetics: The Federal Food, Drug and Cosmetics Act (FFDCA) includes 112 pages of standards for food and drugs, but

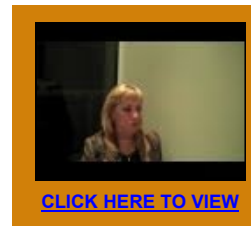
just a single page for cosmetics. The cosmetics title of the FFDCA, which has not been amended significantly since it was enacted more than 75 years ago, provides virtually no power to perform even the most rudimentary functions to ensure the safety of an estimated \$71+ billion cosmetic industry in the US.

What the FDA Cannot Do

- Require companies to conduct pre-market safety testing of cosmetics products and ingredients.
- Review or approve cosmetic products or ingredients before they are sold to the public.
- Effectively and efficiently regulate cosmetics products without facing cumbersome legal proceedings with manufacturers.
- Require product recall. The agency must go to court to remove misbranded and adulterated products from the market.
- Require manufacturers to register their cosmetic establishments, file data on ingredients or report cosmetic-related injuries. Instead, the FDA relies on voluntary reporting of ingredients, injuries and establishments.

What the FDA Does Not Know

- The overall number of ingredients in personal cares products.
- The ingredients in a particular product that lists "fragrance" as a mask for dozens of component chemicals.
- The number and location of companies that manufacture and distribute personal care products. The FDA's primary enforcement tool is facility inspections, but they can't inspect facilities they don't know exist.
- The extent of health impacts from harmful ingredients. Companies are not required to report adverse health effects to the FDA or share studies they may have conducted on chronic health effects.
- The presence or potential health (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here : www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

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impact of nanomaterials in cosmetics.

In the **absence** of government authority, the safety of personal care product ingredients is evaluated through a voluntary industry program known as the Cosmetic Ingredient Review process. Not only is this program run by the very industry it is intended to **oversee**, but also compliance with CIR recommendations is totally voluntary. The CIR has reviewed **less than 20%** of the FDA estimated 12,500 chemicals used in cosmetics, and of those the CIR has reviewed, they have found only 11 chemicals unsafe for use in cosmetics.

What safety data does exist focuses on **acute** reactions to products, such as skin rashes or allergic reactions, as opposed to **studies** that look at chronic health effects from chemicals in personal care products, like cancer, reproductive or nervous system effect that are driven by genetic susceptibility, the timing of exposure, and **aggregate** exposures over a lifetime.

When we put chemicals on our bodies from the **outside** we might as well be pouring them down our throats as it enters our bodies **immediately** through our skin and delivers them to our blood, nerves, organs, bones, brain, etc. One **rule of thumb** is to not use anything on your bodies that you would not actually eat. Here is a beginning very short list of chemicals found in our everyday beauty and personal care products to avoid:

Benzophenone& Related Compounds: A chemical linked to cancer, benzophenone is used in cosmetics such as lip balm and nail polish to protect the products from UV light.

BHA and BHT: Used mainly in moisturizers and makeup as preservatives. Suspected endocrine disruptors and may cause cancer (BHA). It can cause skin depigmentation. In animal studies, BHA produces liver damage and causes stomach cancers such as

papillomas and carcinomas and interferes with normal reproductive system development and thyroid hormone levels. Harmful to fish and other wildlife.

Boric acid and Sodium borate:

These chemicals disrupt hormones and harm the male reproductive system. Men working in boric acid-producing factories have a greater risk of decreased sperm count and libido. In animals, high doses cause testicular damage to mice, rats, and dogs. Both the European Union and Canada restrict these ingredients in body care products made for children under three years of age and require that products containing these ingredients be labeled as not appropriate for broken or damaged skin. No similar safety standards are in place in the United States.

Butylated Compounds: Concerns about organ-system toxicity and endocrine disruption led the European Union to prohibit the preservative butylatedhydroxyanisole (BHA) from cosmetics.

Carbon Black: Carbon black is a dark black powder used as a pigment in cosmetics such as eyeliner, mascara and lipstick that has been linked to increased incidence of cancer.

Coal tar dyes and p-phenylenediamine and colours listed as "CI" followed by a five digit number. In addition to coal tar dyes, natural and inorganic pigments used in cosmetics are also assigned Colour Index numbers (in the 75000 and 77000 series, respectively).

Look for p-phenylenediamine hair dyes and in other products colours listed as "CI" followed by five digits.¹ The U.S. colour name may also be listed (e.g. "FD&C Blue No. 1" or "Blue 1"). Potential to cause cancer and may be contaminated with heavy metals toxic to the brain. Coal tar, a byproduct of coal processing,

is a known human carcinogen, according to the National Toxicology Program and the International Agency for Research on Cancer. Hair stylists and other professionals are exposed to these chemicals in hair dye almost daily. Europe has banned many of these ingredients in hair dyes.

DEA-related ingredients: Used in creamy and foaming products, such as moisturizers and shampoos. Can react to form nitrosamines, which may cause cancer. Harmful to fish and other wildlife. Look also for related chemicals MEA and TEA.

1,4-dioxane: Not listed on ingredient labels, 1,4-dioxane is a contaminant linked to cancer found in products that create suds, such as shampoo and liquid soap.

Dibutyl phthalate: Used as a plasticizer in some nail care products. Suspected endocrine disrupter and reproductive toxicant. Harmful to fish and other wildlife.

Formaldehyde: A potent preservative considered a known human carcinogen by the International Agency on Research on Cancer. Formaldehyde, also an asthmagen, neurotoxicant and developmental toxicant, was once mixed into to many personal care products as antiseptic. This use has declined. But some hair straighteners are based on formaldehyde's hair-stiffening action and release substantial amounts of the chemical. (Cont. on next page)

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Formaldehyde-releasing preservatives: Look for DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine and quaternium-15. Used in a variety of cosmetics including liquid baby soaps. Cosmetics preservatives that slow form formaldehyde to kill bacteria growing in products. Formaldehyde is a known human carcinogen. The preservatives and the formaldehyde they generate can trigger allergic skin reactions. Formaldehyde releasers are widely used in US products. Not surprisingly, more Americans develop contact allergies to these ingredients than Europeans.

Fragrance: It may help sell products from face cream to laundry detergent, but do you know what's in it? Fragrances are in everything from shampoo to deodorant to lotion. Federal law doesn't require companies to list on product labels any of the chemicals in their fragrance mixture. Recent research from EWG and the Campaign for Safe Cosmetics found an average of 14 chemicals in 17 name brand fragrance products, none of them listed on the label. Fragrances can contain hormone disruptors and are among the top 5 allergens in the world. Our advice? Buy fragrance free wherever possible.

Hydroquinone: One of the most toxic ingredients used in personal care products, hydroquinone is primarily associated with use in skin lighteners marketed to people of color and to reduce dark age spots. This skin bleaching chemical that can cause a skin disease called ochronosis, with blue-black lesions that in the worst cases become permanent black caviar-size bumps. In animal studies, hydroquinone has caused tumor development.

Lead And Other Heavy Metals: Heavy metals like lead, arsenic, mercury, are contaminants found in a wide variety of personal care products including lipstick, whitening toothpaste, eyeliner and

nail color. This neurotoxin can be found in popular hair dye Grecian Formula 16 and other black hair dyes for men. Lead from hair dyes travels from hair to doorknobs, cabinets and other household items, where children can ingest it.

Methylisothiazolinone, methylchloroisothiazolinone and benzisothiazolinone: Preservatives, commonly used together in personal care products, among the most common irritants, sensitizers and causes of contact allergy. Lab studies on mammalian brain cells suggest that methylisothiazolinone may be neurotoxic.

Nanoparticles: Zinc oxide and titanium dioxide nanoparticles appear to be among the safer and more effective active ingredients in U.S.-marketed sunscreen creams because they do not penetrate the skin. But avoid sprays and powders containing these nanoparticles, which could penetrate your lungs and enter your bloodstream. Many other nanoparticles have received very little testing, yet they readily penetrate the skin and contaminate the body. Cosmetics manufacturers are not required to disclose the presence of nanoparticles in products.

Nitrosamines: Nitrosamines are impurities linked to cancer that can show up in a wide array of cosmetics ingredients—including diethanolamine (DEA) and triethanolamine (TEA)—and products.

Octinoxate: An endocrine disruptor that mimics estrogen, octinoxate is found in hair color products and shampoos, sunscreen, lipstick, nail polish, skin creams.

Oxybenzone: Sunscreen agent and ultraviolet light absorber, found in the bodies of nearly all Americans, according to the U.S. Centers for Disease Control and Prevention. In hu-

man epidemiological studies, oxybenzone has been linked to irritation, sensitization and allergies. A study of 404 New York City women in the third trimester of pregnancy associated higher maternal concentration of oxybenzone with a decreased birth weight among newborn baby girls but with greater birth weight in newborn boys. Studies on cells and laboratory animals indicate that oxybenzone and its metabolites may disrupt the hormone system.

Parabens (specifically Propyl-, Isopropyl-, Butyl-, and Isobutyl-parabens): Parabens are estrogen-mimicking preservatives used widely in cosmetics as preservatives. The CDC has detected parabens in virtually all Americans bodies. According to the European Commission's Scientific Committee on Consumer Products, longer chain parabens like propyl and butyl paraben and their branched counterparts, isopropyl and isobutylparabens, may disrupt the endocrine system and cause reproductive and developmental disorders. These endocrine-disrupting chemicals can be absorbed through skin, blood and the digestive system.

Parfum (a.k.a. fragrance): Any mixture of fragrance ingredients used in a variety of cosmetics — even in some products marketed as "unscented." Some fragrance ingredients can trigger allergies and asthma. Some linked to cancer and neurotoxicity. Some harmful to fish and other wildlife.

PEGs/Cetareth/Polyethylene compounds: A family of conditioning and cleaning agents that goes by many names and is used in many cosmetic cream bases. These synthetic chemicals are frequently contaminated with 1,4-dioxane, which the U.S. government considers a probably human carcinogen and which readily penetrates the skin. (Cont. on next page)

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Cosmetics makers could easily remove 1,4-dioxane from ingredients, but tests documenting its common presence in products show that they often don't. Also look for related chemical propylene glycol and other ingredients with the letters "eth" (e.g., polyethylene glycol).

Petroleum: Used in some hair products for shine and as a moisture barrier in some lip balms, lip sticks and moisturizers. Petroleum products can be contaminated with polycyclic aromatic hydrocarbons, which may cause cancer. Petroleum-extracted cosmetics ingredients are commonly found in mascara. They may cause contact dermatitis and are often contaminated with cancer-causing impurities. They are produced in oil refineries at the same time as automobile fuel, heating oil and chemical feedstocks.

Mineral Oil is a Petroleum product produced as a byproduct of the distillation of gasoline from crude oil. Mineral oil is leftover liquid and it is very inexpensive which is why it is used so often in cosmetics and skin care. It is actually cheaper to buy it than dispose of it. Products containing mineral oil only sit on the top of your skin like plastic, creating a barrier from good stuff getting into your skin and keeping the pores clogged and interfering with skin's ability to eliminate toxins resulting in acne and other skin issues. When the "good stuff" in your skin care products can't get deep into your skin, the product can't work to heal, hydrate and aid in cell renewal. If you have a baby and you are using baby oil, it is most likely 100% mineral oil.

Phthalates: A growing number of studies indicate that chemical family damages the male reproductive system. Pregnant women should avoid nail polish containing dibutylphthalate. Everyone should avoid products with "fragrance" indicating a chemical mixture that may contain phthalates. These are banned from cosmetics in the European Union. Phthalates are widely used in

color cosmetics, fragranced lotions, body washes and other products sold in the United States.

Polyacrylamide: Found in facial moisturizers, anti-aging products and more, polyacrylamide can break down into known carcinogen acrylamide.

Polytetrafluoroethylene (PTFE, Aka Teflon®): Is this the same Teflon® that you find in cookware? YES!!

P-Phenylenediamine: Consumers and salon workers may be exposed to p-phenylenediamine through many forms of permanent hair dyes called oxidative dyes.

Resorcinol: Common ingredient in hair color and bleaching products; skin irritant, toxic to the immune system and frequent cause of hair dye allergy. In animal studies, resorcinol can disrupt normal thyroid function. The federal government regulates exposures to resorcinol in the workplace, but its use is not restricted in personal care products.

Siloxanes: Look for ingredients ending in "-siloxane" or "-methicone." Used in a variety of cosmetics to soften, smooth and moisten. Suspected endocrine disrupter and reproductive toxicant (cyclotetrasiloxane). Harmful to fish and other wildlife.

Sodium laureth sulfate: Used in foaming cosmetics, such as shampoos, cleansers and bubble bath. Can be contaminated with 1,4-dioxane, which may cause cancer. Look also for related chemical sodium lauryl sulfate and other ingredients with the letters "eth" (e.g., sodium laureth sulfate).

Synthetic Musk: Synthetic musks are chemicals added as

scents to personal care products, including perfumes, lotions, and many cosmetics.

Titanium Dioxide: In its inhalable form, as it is in loose powders, titanium dioxide is considered a possible carcinogen.

Toluene: Found in nail polish and hair dyes, toluene is restricted for use in the European Union, but not in the United States. This is a volatile petrochemical solvent and paint thinner and potent neurotoxicant that acts as an irritant, impairs breathing and causes nausea. A pregnant woman's exposure to toluene vapors during pregnancy may impair fetal development. In human epidemiological and animal studies, toluene has been associated with toxicity to the immune system. Some evidence suggests a link to malignant lymphoma.

Triclosan&Triclocarban: Antimicrobial pesticides in liquid soap (triclosan) or soap bars (triclocarban), very toxic to the aquatic environment and wildlife. Often found as contaminants in people due to widespread use of antimicrobial cleaning products. Triclosan disrupts thyroid function and reproductive hormones. American Medical Association and the American Academy of Microbiology say that soap and water serves just as well to prevent spread of infections and reduce bacteria on the skin. Overuse may promote the (Cont. on next page)

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development of bacterial resistance. Triclosan is also used in antibacterial cosmetics, such as toothpastes, cleansers and antiperspirants.

Vitamin A compounds (retinylpalmitate, retinyl acetate, retinol): Vitamin A is an essential nutrient but not necessarily safe for use on skin. Studies show that when applied to sun-exposed skin these compounds can increase skin sensitivity. Furthermore sunlight breaks down vitamin A to produce toxic free radicals that can damage DNA and hasten skin lesions and tumors in lab animals. These ingredients are widely used in sunscreens, skin lotions, lip products and makeup. EWG urges consumers to avoid leave on skin and lip products with vitamin A.

Animal-based ingredients: Many consumers are asking manufacturers tough questions about ethical sourcing of their ingredients. Vegetarians, vegans, and people concerned about animal welfare frequently seek to avoid ingredients derived from animals. However a number of animal-based substances are found in cosmetics, and might not be clearly labeled as such. If you are concerned about avoiding animal products the best bet is to look at the list on the EWG.org website or to see if it is labeled with the PETA and Leaping Bunny logos.

To make matters worse: when reading a package label **disclosed** with, "made with 100% natural ingredients", one assumes the product is 100% natural. This is not the case as it is often a misrepresentation. As consumers we need to **educate** ourselves by learning to read between the lines and discover what we are truly reading.

As the demand for **environmental** friendly and healthier products grows, marketers are working overtime to attract consumers. We are now seeing personal care products making "free of" claims such as "free

of sulfates", "free of parabens" and "free of harsh ingredients" or marked as "sulfate-free", "paraben-free", "vegan" and "sustainable". These words and descriptions give the **impression** such a product is toxin-free, clean, safe and all natural. However if you look further you will see that they did not go far enough to **remove** all of the chemicals. Many of those products are using still using petro chemical compounds, resins, silicones, plastics and polyquaternium (PolyQuats), which are petrochemical ingredients. You will also see PEG's, MEA's, DEA's and TEA's. These ingredients function as **surfactants**, which are foam boosters (think toothpaste, forming shaving cream, forming soaps, etc.) and viscosity thickeners. All of these ingredients contain toxic impurities, such as ethylene oxide and 1,4-dioxane.

In their book, **Toxic Beauty**, Dr. Samuel S. Epstein and co-author Randall Fitzgerald tells all about the harmful ingredients in our cosmetic/personal care products. Among other **warnings** they say, "Don't be fooled when you see a product labeled "fragrance free." Manufacturers may add unidentified fragrance ingredients to mask foul odors generated by other chemicals and still call it a "fragrance free" product. And you probably were not aware that the FDA does **not require** manufacturers to skin test those products marked "hypoallergenic, allergy tested or safe for sensitive skin."

Without stricter **regulation** of the beauty and cosmetic industry, consumers today need to be their own advocates. We encourage you to use online and cell phone app resources such as the Environmental Working Group (EWG.org) and their Skin Deep database, and the Think Dirty App. There is TRUTHFUL information **available** to us if we take the time to find it.

Are there products that are truly toxin/chemical free, cruelty free, ve-

gan and 100% natural? YES!! You can go to the EWG.org website and find those products. They are one group that has individually **scientifically** tested products for all chemicals and done the research on animal testing (cruelty) and animal by-products. You'll also be surprised at how many large companies still test on animals. However, it's very easy to find animal friendly **alternatives** to any products you're currently using! When you go to the EWG.org website they will even tell you which companies who have Vegan lines but have parent companies who do not just so you can know that your money is not ultimately going to animal cruelty and non-vegan sources. It's also **important** to remember that just because a product is natural or organic doesn't mean its 100% vegan, and many vegan beauty products can also be far from natural.

Beauty is a much sought after quality on **many levels**. Even though the definition of beauty differs from person to person there is one way to **assure** beauty for any and everyone and that is to approach it from the inside outward. My personal **beauty secret**, that has me experience a beauty at 45 years old that I never experienced in my 20s, is a Whole food Organic **Plant Based** RAW living Vegan nutrition plan plus appropriate exercise, plus 3 or more Liters of Living Water a day, Plenty of Sleep, Stress Management in a Healthy Mindful Way, Yoga, Meditation and making sure that I keep myself balanced emotionally, intellectually and spiritually. This allows me to feel and be as **beautiful** as I can be in the WAY that matters to me!

I totally believe that beauty **absolutely** goes from the inside out way more often than the other way around. Not to deny that people, many times, are born with the **"genetic characteristics"** that we (Cont. on next page)

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call beautiful, in this society. But, if we consider, for example, beauty as in a woman's **beauty**, then any woman can be beautiful when she is at her utmost "glow".

Thus following that **thinking**, I believe beauty does really comes from the inside out (not commercial beauty that happens thru tons of make up and re-touched **photos** - no offense, just straight up, since I did modeling in my youth).

If you see a **beautiful** woman that just has that something that has you **ob-serve** her again with a certain fascination, like a piece of art, there is mostly

the obvious **source** of it all. She takes care of herself - she eats the **kinds** of nutrients that make her skin **beautiful**, that keep her skin healthy and youthful, the nutrients that **keep** her hair full and shiny and her nails strong, her eyes white and **glowing**, her lips red and plump, her hands soft, her figure **healthy** and vital (she does exercise therefore her figure is firm but not masculine, **curvy** but not in excess, just fabulous!!!!).

Do I need to say **more**???

AND the same is true of the characteristics of the outer "glow" of a handsome, **healthy man** who takes

care of himself!

A Raw VEGAN Living Foods DIET, with plenty of **Leafy** GREENs tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and feel better that you EVER did your ENTIRE LIFE!!!

THE SECRET TO BEAUTY is: Raw PLANT based NUTRITION (in the HIGHEST possible proportion with your REGULAR Diet), Sleep, Water, MINDFUL STRESS Management and EXERCISE!!!

If you studied the life of people above 70 years old that look the **youngest**, healthiest and "glow" the most, it is UNQUESTIONABLE that the TRUE deep **secret** to BEAUTY is making sure you DAILY: ingest as much Raw PLANT Based Nutrition in as HIGH of proportions as possible (with your regular diet, which obviously should be as **Organic** and natural as possible), have Healthy and RIGHT sleep (as explained in my Sleep Newsletter), drink at least 2 – 3 liters of Living Filtered WATER, practice Mindful Stress Management and an engage in an appropriate and gracefully designed Exercise PLAN.

Proper **nutrition and exercise** are some of the best ways to take care of your skin, hair, nails and accentuate your natural **beauty**. The regenerative processes, in the body, takes place **beneath** the surface so enhancing these through nutritive support is **essential**.

The simplest thing you can do to enhance you beauty is to **maintain** a whole-foods, organic, plant-based RAW living foods Vegan diet. This is the most anti-inflammatory, **alkalizing**, and nutrient packed nutrition

available. Literally every bite you **consume** when eating this way is going towards restoration, healing, and **regeneration**.

Even if you do not want to go completely raw, increasing the amount of raw foods in your diet is also extremely **helpful**. Your body needs live enzymes to function. As we age, **enzymes** die and your body does not produce them. By fueling yourself with raw, living foods, such as **sprouts**, fruits, vegetables, nuts, and seeds it replaces those enzymes and nourishes your body at a cellular **level**.

Cells need oxygen to survive and thrive. Eating a diet rich in **anti-oxidants** from the foods listed above is said to protect the body from **oxidation** and free radicals that can damage and age the skin, hair, and nails **quicker**. Focus on **super foods** that are packed with antioxidants and **nutrients** such as: raw goji berries, maca powder, cacao powder, acai berries, blue berries, legumes, onions, garlic, and other kale and other leafy **greens**, cinnamon, turmeric, cumin, and cayenne.

Another key factor in **supporting** your hair, skin, and nails is eating a diet rich in omega 3, 6, and 9 fatty acids. Omega 6 and 9 are very easy to get without **putting** in much effort so eating foods rich in omega 3's is key in order to ensure optimal **balance**. There are a few super foods that are packed with **anti-oxidants** and essential fatty acids, these include: chia seeds, **hemp seeds**, flax seeds, walnuts, acai berry, and coconut oil. Coconut oil can also be used on the skin for **moisturizer**. The fatty acids in the oil actually mimic the oil produced by your **skin**.

Meat can be loaded with tons of chemicals and **saturated** fat, which increases the risk for many dis (Cont. on next page)

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THE SECRET TO BEAUTY is: Raw PLANT based NUTRITION (in the HIGHEST possible proportion with your REGULAR Diet), Sleep, Water, MINDFUL STRESS Management and EXERCISE!!! (Cont.)

eases including cardiovascular disease. Unhealthy arteries means your skin isn't getting the glow-inducing **nutrients** it needs to stay healthy. One study found red meat consumption in particular is positively associated with increased **inflammation** in the body, which moves its way into your skin to break down collagen and elastin (the building blocks of a youthful complexion).

It may even contribute to **breakouts**, according to one study that concluded acne is linked, in part, to our western diet of excessive animal proteins. Researchers recommended we limit the total **leucine**, an amino acid found in meat, intake predominantly provided by animal protein to decrease acne on our skin.

As for dairy, one study examined the diets of 47,355 women and found a **positive link** between milk and acne. That's because pregnant cows produce the majority of milk we consume, meaning there are high levels of **hormones** present. That can be an open invitation to oil secretion, breakouts and acne.

There is also the very harmful effect of the hormones and **chemicals** ingested by animals and created by their **horrific** lifestyle that goes directly to our bodies and creates damage inside and out.

Removing meat and dairy from your diet is a **beginning**. You also want to remove processed foods, junk foods, caffeine and sugars from your diet if you want a real beauty "glow" inside and out. When you remove these foods from your diet it is important to **replace** them with a balanced organic, vegan diet. When switching to a whole food, organic, plant-based diet, you have to do it **responsibly**. "You can't just eat white pasta and fake cheese, you have to do it right. You have to eat whole foods like greens, fruits, nuts, seeds, grains, legumes and plant-

based saturated fat like coconut oil ...," says vegan dermatologist Heidi Gilchrist, MD, from Encinitas, CA. If you are eating all these things, you are getting **loaded** with vitamins and nutrients as well as reaching the proper protein intake you need for beautiful skin, she says.

As we said earlier ... the more RAW living food you eat the better. Excellent methods of getting the most nutrition out of your raw foods are **juicing** and blending. Juicing extracts just the liquids so the nutrients from the foods enter your blood stream within minutes. Blending helps make **digestion** easier because your food is already ready to be absorbed! The best suggestion is to not only do your own DEEP research, but also to hire a highly trained **nutritionist** or health coach to help you assure you are getting all of the balanced nutrition you need for your unique body.

Fruits and veggies have a higher **water content** and eating foods with high water content (like cucumbers, watermelon, cantaloupe) help hydrate our skin, plump out fine lines and bring on a radiant glow.

The same goes for essential nutrients. A **well-balanced** vegan diet is typically higher in Vitamin C. According to Kristin Kirkpatrick, R.D "Vitamin C is needed for collagen metabolism, which increases the elasticity of the skin, providing a smoother and less-wrinkled complexion." You can get your highest dose in foods like papaya, strawberries, oranges, kale, lemon, cauliflower and garlic. **Vitamins C and E**, commonly found in healthy vegan meals, are powerful antioxidants that neutralize skin-damaging free radicals and help fight wrinkles and brown spots, promoting an overall **youthful** appearance. Nuts and seeds are prime sources for vitamin E, and one can reap the rewards by munching on walnuts, almonds, sunflower seeds, and ground flax seeds.

Beta-carotene, found in dark green leafy veggies and yellow-orange produce, can also be higher in vegan diets, and it protects skin against inflammation and helps with cell growth.

Plant-based diets are typically low in unhealthy fat and avoid the pore-clogging saturated fats found in animal products. Fruits and vegetables are high in essential vitamins and antioxidants, which are the building blocks for **radiant** skin. Plus, the fiber from produce and whole grains crank up that healthy glow by flushing out **toxins**.

The **zinc** found in beans combats zits and decreases inflammation, preventing redness and pimples. Vegan protein sources (like beans and nuts) are championed, since dairy products are often a contributing factor to acne. Healthy **unsaturated** fats (definitely not the saturated kind found in meat) found in avocados and olive oil provide fatty acids that keep skin hydrated and cell membranes strong and supple.

Eat a little fat. "Get at least **20% of your calories** from fat, mainly the unsaturated kind," says New York City dermatologist Cheryl Karcher, MD. The healthy oils in almonds, avocados, flaxseeds, hemp seeds and olive oil keep skin cell membranes strong and pliant and to build firm skin cells.

Another great benefit of a plant-based diet is all the **fiber** you intake and all the toxins you cut out. You see, when your body intakes **toxins** from processed foods, your skin has to work overtime. Tampa, FL pro athlete and celebrity wellness doctor, Tim Bain is the medical director of the Saddlebrook Athlete's Compound and has studied nutrition extensively. As a big proponent of the (Cont. on next page)

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vegan diet, he says that when the toxins in processed foods overrun the body, organs like the liver, bowel and kidneys are **overwhelmed** by the intake and therefore the skin has to work overtime in detoxifying the body. "When the skin tries to take on such a significant role in detoxifying, the process can manifest as skin conditions like hives, acne, rosacea, eczema and psoriasis. From a science/testing perspective, we can see this result in blood tests like IgG, ESR and RA factors. A person moving from a **processed** food diet to a vegan diet drastically reduces their toxin intake, facilitates the detoxifying process, and increases vitamin intake and absorption," he says, which is great news for the health and look of your skin.

Of course, not only is a plant-based diet good for the skin, it's good for you **body**. Dr. Bain says there is a definite correlation between the vegan diet and decreased **inflammation** and inflammatory disease. "Cross-sectional studies of vegans have shown that, on average, they have a relatively low BMI and a low plasma **cholesterol** concentration; recent studies have also shown higher plasma homocysteine concentrations than in non-vegetarians," he says.

Here are some suggestions for the most optimal health and beauty inside and out:

1. Drink plenty of filtered living water: Staying hydrated is essential for maintaining healthy balance in the body. Water plays an important role in detoxification, a natural occurrence in the body, and is very important for maintaining healthy skin and reducing inflammation.

2. Anti-inflammatory foods heal internal inflammation as well as that which is present on the skin, such as acne, rosacea, eczema, and psoriasis. Some examples of anti-inflammatory foods are those rich in omega-3 fatty acids (walnuts, hemp seeds, flax seed, chia seed, even green vegetables) and healing spices

like turmeric, ginger, cayenne, and cinnamon.

3. Beta-carotene is the phytonutrient that provides the beautiful orange color in carrots, sweet potatoes, and squash. In the body, beta-carotene works as an antioxidant and encourages healthy cell growth and turnover, glowing skin, and healthy collagen production (for firmness and strength). It also helps to reduce fine lines and wrinkles and protects skin from the sun.

4. Vitamin E is an antioxidant found in sunflower seeds, avocado, almonds, and even sweet potatoes. This antioxidant protects skin from sun damage, supports healthy cell communication, and is also essential for collagen formation.

5. Vitamin C is a very easy nutrient to get with a plant-based diet. This is good news because your body doesn't store vitamin C, it must be replenished daily. The antioxidant is key in the production of collagen and protects skin—vitamin C can also be used topically to treat skin conditions. Citrus fruits aren't the only foods high in vitamin C, fennel, bell peppers, kiwifruit, broccoli, and greens are also excellent sources.

6. Probiotics are incredibly important for healthy skin. Eating a diet with ample exposure to probiotics will ensure that the bacteria in your gut are the friendly kind. Healthy intestinal flora promotes proper digestion, elimination, and absorption of nutrients. It also supports a healthy immune system, which affects every part of your body, including the skin. Probiotic-rich foods include sugar-free kombucha, sauerkraut, kimchi and coconut kefir.

7. Zinc is an essential mineral that can be difficult to absorb in ample amounts from a plant-based diet. Zinc is a powerful anti-inflammatory that also keeps lymph circulating through the body. It is crucial for a healthy immune system, heals acne and wounds, prevents the signs of aging, and much more. It can be found in poppy seeds, pumpkin seeds, cashews, pecans, pine nuts,

sesame seeds, leafy green vegetables, lentils, tofu, almonds, and whole grains.

8. Healthy whole fats are very important for beautiful skin as skin cell membranes are made from fatty acids. You can get these omega-3 fatty acids in oils like hempseed oil and flaxseed oil and also eat the soaked seeds and nuts so you get all the nutrition in them including their protein, fiber, and other minerals and vitamins. Load up on avocados, olives, and nuts for a natural, beneficial glow.

9. Eat foods rich in silicon. Known as the "beauty mineral", silicon promotes youthful, elastic skin and connective tissue throughout the body. It also therefore reduces wrinkles, improves the strength and thickness of the skin and gives hair and nails a healthy appearance too. Silicon-rich foods are nettles, radishes, romaine lettuce, spinach, cucumbers with the peel, bell peppers with the peel, tomatoes with their skin, oats, and baby greens.

10. Eat foods that contain sulfur. Sulfur-containing foods make the skin radiant and give it a beautiful tone. Sulfur is also crucial for healthy joints, hair, and nails, and is said to heal scars and acne (and make your hair curlier!). You can bathe in sulfur-rich hot springs and use cosmetics containing organic, plant based sulfur, and you can eat it too: arugula, onions, garlic, radishes, pumpkin seeds, cabbage, broccoli, Brussels sprouts, hemp seeds, kale, mustard greens and watercress are all easy additions to (Cont. on next page)

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11. Make sure you are getting enough iron. In his book, *Eating for Beauty*, David Wolfe writes, "Iron-rich blood produces a soft glowing tint of beauty visible just underneath the skin. Leafy green veggies such as spinach, Swiss Chard, and parsley are rich in iron, as are Jerusalem artichokes, beans, lentils, pumpkin seeds, millet, figs, dried apricots and dates. To absorb the iron from these foods, you must eat them with vitamin C rich foods.

Increasing your body's circulation and **excreting** toxins can also be supported by an exercise routine. Sweating is your body's ways of getting rid of **excess toxins** and keeping your body healthy and clean. A healthy and clean body equates to **glowing** hair, skin, and nails. By increasing circulation through **exercise**, the body's cells and blood are oxygenated which will give you more **energy**, and also help to protect your body's hair, skin, and **nails**.

Exercise also will help tone and tighten the body. By increasing your muscle mass through **resistance training** your metabolism will increase, and your skin will have a **tighter** and smoother appearance.

We've all heard of beauty **sleep**. Beauty and sleep are tied together. Sleep lets your body **recover** from the stress and mayhem of the day. It is a time to renew and conserve energy. The body produces growth **hormones** during sleep to facilitate the use of amino acids as they repair bone, muscle, and tissues, including the skin. During sleep, the skin's metabolic activities actually rise as it fixes the damage that builds up during the day.

Mimi Kirk now 76, winner of PETA's "Sexiest Vegetarian Over 50" contest when she was actually over 70 and author of **Live Raw: Raw Food Recipes for Good Health and Timeless Beauty**, when asked about what she had noticed since going raw, said,

"More energy! I spring out of bed in the morning like a 20 year old. I feel like I took ages off of myself. All of my aches and pains are gone and my skin looks younger. I was looking at senior living homes for my sister, who is 88 and I saw people there that were much **younger** than me. I really don't buy into this "old age" stereotype. You can feel and be full of life at any age. A lot of it is your attitude and outlook on life. Raw food makes me feel fantastic. And what are her favorite beauty secrets? **"Sleep!** People say you when you eat raw food that you don't need as much sleep, but I like my 8-9 hours a night. This is when your body rejuvenates and rests. **Cocconut oil** would be my next favorite. It's the only thing I use on my face and body. I think eating well is also very important. Beauty starts on the inside. I truly think beauty comes from within. It's that inner glow that shows from within."

For external beauty try these planet-based ingredients:

Lemon - Lemon is one of the best ingredients that you can use to promote clear skin. The citric acid present in lemon helps keep the skin clear by removing dead cells, and its Vitamin C content helps reduce dark spots by increasing the cell renewal process. Lemon also has bleaching properties that will help improve your overall skin **complexion**. Apply fresh-squeezed lemon juice to your entire face and neck. Leave it on for 10 minutes and then wash it off with lukewarm water. After this, rub cucumber slices on your skin to soften and moisturize it. Do this daily or every other day.

Turmeric - Turmeric is an excellent antiseptic and skin-lightening agent that helps minimize scars and other marks. Plus, turmeric can alleviate allergic, inflammatory and **infectious** skin disorders that make your skin

look dull and lifeless. Mix one tablespoon of turmeric powder with enough pineapple juice to make a paste. Apply the paste to your face and neck. Leave it on until the paste dries completely. Then wash it off with lukewarm water. Follow this remedy two to three times a week to reduce the appearance of spots on skin.

Aloe Vera - Aloe vera has many benefits for the skin. It has antibacterial properties that help kill bacteria that cause acne, anti-inflammatory properties that help soothe irritated skin, and astringent properties that help heal scars. Plus, aloe vera **moisturizes** the skin and stimulates new skin cell growth. Extract the gel from an aloe vera leaf. Apply the gel on your face using an all natural cotton ball. Allow it to dry on its own for about half an hour, and then rinse it off with lukewarm water. Follow this remedy daily or several times per week.

Organic Baking Soda - Baking soda balances pH levels of the skin, which is very important to maintain clear skin. Plus, its mild antiseptic and anti-inflammatory properties help deal with problems like acne, pimples and spots. It also works as an excellent **exfoliating** agent to keep the skin free from dirt, impurities and dead skin cells. Mix one teaspoon of baking soda with one teaspoon of water or lemon juice to make a paste. Cleanse your face and use the paste to gently exfoliate the skin. Finally rinse your face with lukewarm water and pat it dry with a towel. Follow this remedy two to three times a week.

Cucumber - Cucumbers contain hydrating, nourishing and astringent properties that are very good for skin. They can improve the overall appearance of your (Cont. on next page)

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skin by **repairing** damaged skin cells, removing dead skin cells and adding a fresh glow. Cut a fresh cucumber into thick slices, and rub them thoroughly all over your face. Leave it on overnight and rinse with warm water in the morning. Do this daily before going to bed.

Tea Tree Oil - Tea Tree Oil is considered excellent for getting rid of acne. Despite it being oil, tea tree oil has shown evidence of containing properties that disinfect your pores, dry up white and black heads, and soothe irritation. Use **100% essential** tea tree oil. Beware of buying diluted tea tree oil, or tea tree oil that has other added ingredients and chemicals. Apply tea tree oil with an organic cotton swab directly onto any blemishes. If no irritation occurs after 24 hours, continue with this method. If your skin has a reaction, dilute the tea tree oil, using 1 part oil, one part water. If your skin is very sensitive, dilute even more. You can also try mixing a few drops of tea tree oil into two teaspoons of aloe vera gel if the oil irritates your skin.

Oats - Oats work as a great scrubber and give your skin the shine and smoothness. Take ½ cup of oats and pour a little warm water in it. Leave it for 5 minutes. Water will help in forming a thick paste. Apply it on your face and gently rub and massage in a circular motion with your fingers. Rub harder around and on the nose to remove blackheads, for 15 minutes. Then, wash off with cold water. This will make your skin smooth and fair.

Tomato - Take a tomato and rub the tomato pulp on the skin. Rub it all over your face and leave it for 15 minutes. Tomato contains natural bleaching properties, which helps in lighten the skin colour. Rinse thoroughly with cold water after 15 minutes.

Olive Oil - Take a few drops of olive oil and apply it on the cheekbones, where you usually put on the your

blush. This will give your face an instant glow. You can also use coconut oil or jojoba oil.

Coconut Oil - Coconut oil has a positive anti-oxidant action on the body as it contains Vitamin E, which helps to reduce the effects of oxidation on the body. Use it for everything including, your face, your body, your hair and your nails. Put it on your hair shafts and wrap in a hot towel to prevent protein loss and have shiny and moisturized. Apply some amount of coconut oil on your skin and face each day after your shower. This will remove old skin and moisten your skin.

Brighten Locks with a Tea Treatment - Soak your strands for high-wattage shine and rich color, whatever your hue. Use 2 tea bags (chamomile, a golden mix for blondes; rooibos, a rich orange for redheads; or black tea, dark for brunettes) plus 2 cups water. Once a week - or whenever you feel you could use a shine boost - steep tea bags in boiling water for 10 minutes. Let the liquid cool to room temperature. Pour the mixture over wet, just-washed hair, rubbing it through the way you would shampoo. Leave the rinse on for 10 minutes; wash and condition to seal in the silky, glossy results.

Tame Frizzy Hair - Take control of dry strands with this nourishing hair calmer. Mix 1 banana plus 1/2 avocado. Mash banana and avocado together, then comb the mixture through dry hair, which more nutrients than wet. Cover hair with a biodegradable cap (the heat it creates increases penetration) and leave on hair for 10 minutes; rinse clean with cool water. You can do this every other week.

Exfoliate - Exfoliating your skin regularly to remove dead skin cells, toxins, and other deposits on your skin which could dull your complexion and lead to blemishes is a man-

datory segment of a good skin care regiment. 100% Natural Organic Sea Salt: Pour ¼ cup of organic sea salt into a small bowl or container. Pour olive oil into the container over the salt until it covers the salt. Stir the mixture. Rub the scrub all over your body and into your skin. Rinse thoroughly.

For men:

After shave - Use witch hazel and rinse.

Moisturizer after shaving - Try smoothing a small amount of pure oils such as grapeseed or sunflower seed oil right after shaving for a simple light moisturizer. -

Exfoliation - Mix organic cane sugar with enough organic grapeseed oil to make a paste, and gently massage the mixture into your skin.

Acne Treatments - Citrus juices are excellent natural acne treatments. They contain natural Alpha Hydroxy Acids to minimize breakouts. Grapefruit juice exfoliates, clarifies skin, and discourages bacterial growth, and can even fade dark spots and scars resulting from past breakouts.

There are hundreds of combinations of 100% **natural, organic vegan** plant-based ingredients you can use on your skin, hair and nails to protect, cleanse, bring out natural moisturizers and shine. Start with some of these and then get creative and make your own. Enjoy how clean and soft your skin begins to feel on the outside while knowing you are **advancing** your health.

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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- To express **three passions** of mine that I have ironically been suppressing since 1999:
 - my passion for **spirituality**.
 - my passion for our **earth/environment/plants/animals** and the future of them/us all.
 - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other....
- To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in their/our spiritual growth.
- To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
- To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
- To make it all **simple and synergistic**.

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Deep and TRUE BEAUTY emerges naturally from EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!!

Physical beauty can be **enhanced** in many ways, but perhaps the most profound way to make your **beauty** shine is by letting your true self show its **light**. You are truly beautiful regardless of any physical **characteristic**. Emotional, intellectual, and spiritual balance is one of the key ingredients for this true **beauty**.

Confidence in yourself and who you are **creates** an outer glow that radiates. Aligning with your **higher** self on all levels, including your actions, **surroundings**, and relationships, is imperative for living a confident, radiant, and **beautiful life**.

Kindness is a **crucial** ingredient in the process. Eating a plant-based **diet** is a true demonstration of kindness and connection. Another important form of **kindness** is compassion with yourself and all other beings. Know that you are truly **beautiful**, not in spite of your flaws, but because your flaws. **Confidence** and self-acceptance in your uniqueness is what makes you **attractive** and who you are.

Stress is the #1 enemy to beauty. According to Dr. Amy Wechsler, author of "The Mind-Beauty Connection", "Stress is "the root of all evils today, at least when it comes to health and beauty." Stress, works its

way from the inside, by first **damaging** our internal health physically, mentally and mentally, and then it is reflected in our hair, nails and skin. Stress causes dry brittle hair, stunted hair growth, shedding and that all leads to hair loss.

The skin is full of **nerves** and blood vessels and it's directly connected to the brain. The stress hormone cortisol breaks down **collagen**, a protein in the skin that helps keep it strong and elastic. Less collagen means more wrinkles. Wechsler points out that stress can age you and make you look *three to six years older*.

Cortisol also "plays a role in tooth and gum health", says Don Clem, President of the American Academy of Periodontology, because the hormone's elevated levels during stress may **exacerbate** the inflammatory response to bacteria in the mouth. This inflammation, he says, leads to the worst symptoms of **periodontal** disease: red, swollen and bleeding gums. Gum disease can also lead to tooth decay or even tooth loss.

Finally, stress also directly affects the **quantity and quality of sleep**, which then in turn can increase stress levels during the day, says Eric Powell Ph.D., the Director of Insomnia Center and Research at

Clayton Sleep Institute in St. Louis. Loss of even a few hours a night can increase the body's **inflammatory** response, which raises your risk for a litany of diseases. It can also increase levels of the hunger-stimulating hormone ghrelin, which could lead to overeating and obesity. In order to have optimal health for optimal beauty

Intellectual and **emotional** balance can be achieved in many ways. **Self-expression** is an important part of the process. Find ways to express your **true self**, whether it be through writing, movement, dance, work in the community, poetry, **performance**, art, and relationships with others.

Maintaining a spiritual practice and keeping an open connection **between** you and Source/God/the Universe/Higher Self or whatever **resonates** with you will allow you to truly glow. This can be **achieved** through daily meditation, yoga, walks in nature, prayer, or whatever spiritual practice feels **right to you**.