

CAROLINA ARAMBURO

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 425th Newsletter, I want to talk to you about wrinkles and their 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.

WRINKLES CAN be SIGNIFICANTLY prevented and DIMINISHED and we will TELL YOU HOW!!!

Wrinkles are creases, folds, or ridges of the skin that appear as you age or when immersed in water for a long time. The ones we will discuss today are age related wrinkles. And even though you may not be concerned with them today, please READ so you can help a loved one that may be TORTURED by them and or to help yourself PREVENT them and DIMINISH them. It is way easier than it seems and accessible without ARTIFICIAL SOLUTIONS.

In an age of surgery and fillers it is important to know that there are other natural and healthy solutions. BUT first we need to DISCUSS where we GET those wrinkles FROM so we can PREVENT them and then work on RESTORING and REPAIRING them.

There isn't a way to stop wrinkles

completely and we can GREATLY SLOW THEM DOWN. We can prevent wrinkles, slow the progression of wrinkles and reverse wrinkles by nourishing our body on the inside, and our skin on the outside.

Wrinkles tend to increase or speed up as a result various factors including: □

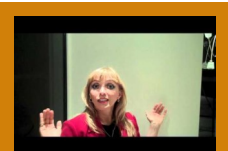
- **Smoking** – Smoking causes a reduced blood supply to the skin and hurts the body with dangerous chemicals and toxins thus resulting in accelerated aging by at least 9 biological years. The repeated pursing of the lips around the cigarette when smoking also creates fine lines and wrinkles in those areas.
- **Facial Expressions** – If you repeatedly smile, frown, or squint you may develop fine lines and wrinkles earlier than someone who does not. Each time you use a certain facial muscle a groove forms under the surface of the skin. As you get older, the skin loses its flexibility and springing back from the groove becomes more difficult and less frequent than when you were younger, resulting in more permanent grooves.
- **Genetic factors** – If your parents and grandparents have many wrinkles or develop wrinkles younger than most you will most likely be pre-disposed to similar aging of the skin.
- **Skin Pigmentation** – Those with more melanin have the ability to tan easier and their skin tends to be more protected from sun damage. Lighter skin tends to develop wrinkles easier.
- **Sun Exposure** – Exposure to the sun breaks down the collagen and elastin fibers, damages the



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cell DNA, depletes the skin of antioxidants necessary for collagen production and skin repair and lowers the immunity functions of the skin. That is why the anti-aging focus is always on sun protection, every day, all year, rain or shine. With sunshine, balance is the key. Too much sun can prematurely age the skin, while not enough sun (or a vitamin D substitute) can cause other health issues. Getting 15 to 20 minutes of sunshine every day is optimal for cellular health, skin, circulation, mental state and eyesight.

- **Refined Sugar** – Sugar in the bloodstream attaches to proteins, which form harmful molecules called Advanced Glycation End (A.G.E.) products due to a natural process in the body called glycation. The collagen and elastin, which make up the firmness and elasticity of the skin, are damaged by these A.G.E.'s and the result over time is more wrinkles, sagging skin, particularly after age 35. (Cont. on next page)



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Limit the amount of processed foods and sugars in your diet to slow this process down. Sugar also depletes the body of some important wrinkle fighting nutrients, including vitamin E and vitamin C.

- **Refined Carbohydrates (from sugar and wheat products)** –

When sugars from **carbohydrates** (white bread, pasta, rice and potatoes, etc.) combine with proteins, their end product, advanced glycation end product (A.G.E.), wreaks havoc on collagen and elastin, both of which are necessary to keep skin firm. Also, the carbohydrates from today's modified wheat products raise **blood sugar** levels more than a candy bar, and produce an incredible amount of A.G.E.s.

- **Lack of pure oxygen** – Without a supply of pure oxygen your skin will slow skin metabolism and reduce the skin's ability to **regenerate** and repair which will cause premature wrinkles.

- **Congested Digestive Tract / Liver conditions** – A digestive tract that is **congested** with toxins or a liver that is not healthy will not be able to cleanse the body and deliver the proper nutrition to the body, including the body's largest organ – the skin.

- **Stress or a Stress Producing Lifestyle** – Cortisol (the stress hormone) degrades collagen.

- **Chemical Exposure** – Toxic chemicals from the environment or taken internally through food can damage skin cells, **reducing** the ability for them to function normally. This leads to increased inflammation, infection and a loss in structure.

- **Alcohol** - Alcohol affects skin by **destroying** the body's supply of Vitamin A. This also reduces the skin's effectiveness as the first line of defense against bacteria and infections. Over time, the lack of oxygen and nutrients allow the formation of harmful free radicals, damaging the collagen and **elastic** fibers that keep the skin

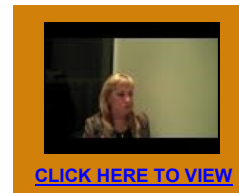
strong and flexible. This usually results in premature wrinkles.

The BEST WAYS to DECREASE wrinkles, SLOW THEM DOWN or reverse their DAMAGE (REBUILD and restore) include:

- **Nutrition** – A diet that contains a full balance of healthy nutrition, PREFERABLY a Plant Based Diet with dense foods that include **Antioxidants**, EFAs - Healthy Fats (Essential Fatty Acids), Plant Based protein, zinc, iron, calcium, phosphorus, magnesium and retinal are the best. We will discuss this more in the 2nd article of our Newsletter, but please, for now, keep in mind that WE really ARE what we EAT, especially when it comes to our SKIN.

- **A Raw Vegan Living Food DIET** – This DIET is literally THE MOST IDEAL to RESTORE SKIN and overall Health and it has PROVEN to create MIRACLES in SMOOTHING OUT VERY WRINKLED SKIN!!!! Why??...Cooked food **destroys** enzymes and creates glycation - we all lack **Enzymes** - aging is directly linked to enzyme depletion; they are required for every single chemical action that takes place in your body. Enzymes run all of your tissues, muscles, bones, organs, and cells. The more **whole, LIVING, RAW and FULL of ENZYMES Food you can EAT**, the more you can prevent A.G.E.s from creating new wrinkles in your skin and **RE-STORE** and almost **COMPLETELY DISAPPEAR WRINKLES!!!**

- **All natural plant based moisturizers** – DO yourself a huge favor and do not EAT super Organic and then use **CHEMICAL** creams and expect your skin not to absorb the chemicals from your CREAMS. Some times the creams to diminish wrinkles are the ones that end up PRODUCING MORE WRINKLES!! Use organic (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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creams, as natural as possible and **plant based**.

Just for you to test this FACT, so you don't need to just **believe** it, rub garlic for 3 minutes on your SOLE of your feet and you will TASTE the garlic ...thus proving you absorb it through your skin!

- **Pure Filtered LIVING Water** – Remember to drink at least two to 3 liters of water a day as water is the **main** way to keep skin well **hydrated** and moisturized. Water also flushes out any toxins the body collects, which can have a negative impact on your skin.

And to get the difference between drinking simple clean filtered water and **LIVING** Water please read our WATER Newsletter, the difference is HUGE!

- **Increasing skin circulation** - DRY-SKIN BRUSHING: The skin is semi—permeable. The pores of the skin should be kept open for **optimum** exchange of fluids, waste products and nutrients. Dry Skin Brushing removes dead skin cells from the surface and lifts off debris lodged in the pores.
- **Exercise** – Exercise increases overall **circulation**, including bringing much needed oxygen to your brain and body, including your skin. And by this I don't only mean going to the gym (and that helps tremendously) I mean give your face a **face-gym** also, by either using **face yoga** or any healthy complete exercise REGIMEN for your FACE!!!

Simply notice the bodies of 70 year old body builders and you will see how the skin of their bodies is waaaaay more **youthful** that the skin of someone that simply just walks 3 times a week at 70 years old. NOW imagine that for your FACE!!!

- **“The Right” Sleep is critical** - sleep **rejuvenates**, rests and heals the body and mind, ESPECIALLY the SKIN – it is a key

factor in healing all the internal causes for wrinkles.

This is CRUCIAL: no right and **sufficient** SLEEP = no healing wrinkles!!!

- **Manage and Process STRESS mindfully** - In the world that we live in, it is absolutely **challenging** to NEVER experience STRESS and as mentioned above stress is one of the BIGGEST causes for wrinkles (given the chemical reactions behind stress). The way to HELP ourselves the MOST in the arena of stress is to train ourselves to PROCESS the STRESS that we **experience** in the most HEALTHY ways and damage our bodies the LEAST.

There are many ways to do just that (Process STRESS in the most HEALTHY ways):

1. DAILY **Exercise** releases a lot of that stress and transforms those negative chemicals into positive ones (sort of speaking).
2. Daily **Meditation** has been proven to reduce STRESS significantly and long lastingly, when PRACTICED with discipline, EVERY single day.
3. Taking sessions of 3 to 5 deep **mindful** BREATHS several times a day, especially in situations of more stress.
4. **Spiritual YOGA** (not commercial Yoga) will balance off a significant amount of stress, when practiced daily or at least every other day.
5. **Taking walks** in nature alone, periodically, regularly and specially when going thru peak stress.
6. Training ourselves to FEEL our stress and TUNE IN with our bodies and see when we are **crossing** the "HEALTH Stress Limit" of the day, and to take care of ourselves accordingly. This POINT maybe one of the most **important** pointssince if we don't RECOGNIZE our limit of healthy stress is almost im-

possible to even think of doing something about it.

There are many, many more possible practices, but this is a powerful start.

Wrinkles are a **natural** part of aging because as we get older, our skin gets drier, thinner, and loses its elasticity. The ability of your skin to protect itself from damage is also greatly **inhibited** with age. As you can see from the causes above, protecting your skin from sun is one of the most important ways to prevent wrinkles.

Sun **exposure** causes most of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light ends up damaging the fibers in the skin called **elastin**. When these fibers break down, the skin starts to sag and stretch and then lose its ability to go back into place. The sun also causes the skin to **bruise** and tear more easily and makes it harder on the skin to heal. When you're young, it is hard to see the damage of the sun because it often-times doesn't show up for 20-30 years. Sun damage will show on your skin **later** in life.

Be careful when **protecting** yourself from the sun. Cover up and use the sun in moderation vs. using conventional sunscreen. You can also boost your internal sunscreen by eating antioxidant-rich foods and Superfoods. If you are going to use sun-screen be sure to use an **organic**, all **natural** sun screen. (Cont. on next page)

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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Be careful when shopping for so-called "natural" or "chemical free" sunscreen products. While there are some good ones out there, many are just examples of **greenwashing**, where they use terms like "natural" or "organic" but still contain loads of synthetic chemicals anyway. The chemicals in conventional sunscreen could potentially harm you and your skin more than the sun could.

There are two **main** types of wrinkles:

- Deep furrows
- Surface lines

Most treatments tend to work on some of the **fine lines** and surface wrinkles but typically only provide **temporary** relief. With a proper diet and lifestyle changes, wrinkles can be reduced and prevented without a ton of expensive treatments and creams (many of which have very harmful chemicals in them that are doing damage to your overall health).

Natural oils are **lipophilic**, which means they slip easily and quickly right into the lipid layer of the skin, trapping water and moisture inside. Many commercial wrinkle creams contain oils, but those oils are mixed with chemical **fragrances** and other **toxic** ingredients that then slip into that lipid layer. Rather than be boosted by the supplemental oils, your body now must spend energy combating those toxins!

Natural oils contain nothing to cause the **immune system** alarm, can be absorbed safely, effectively, and retain moisture. Plus, the nutrients and proteins in essential oils actually encourage **cell-regeneration** and won't clog pores!

Here are a few of the chemicals you should stay away from:

- 1,4-dioxane

- Alcohols
- Ammonia
- Acrylamide
- Alcohols
- DMDM Hydantoin
- Mineral oil
- Octyl-dimethyl
- Octyl-methoxycinnamate
- Oxybenzone
- Padimate-O: (also known as octyl dimethyl)
- Parabens
- Paraffin
- Petrolatum
- Phthalates
- Phenol carbohic acid
- Polyethylene glycols (PEGs)
- Quaternium-15
- Refined oils (any oils not cold pressed)
- Sodium laureth sulfate
- Synthetic fragrances
- Toluene
- Triclosan
- Triethanolamine (TEA)

According to Kimberly Snyder, teacher/nutritionist and the *New York Times* best-selling author of *The Beauty Detox Solution*, *The Beauty Detox Foods*: "Our face reflects the state of **vitality** and health - or deficiency of our various organs..." Ms. Snyder refers to ancient Chinese medicine studies, based on our bodies being **holistically** connected through energy lines called meridians that run up and down our entire bodies, to determine the **deeper** conditions that may be reflected by our wrinkles. Here are some of the other health conditions that your facial wrinkles could be an **indicator** of:

- **Lines Above the Upper Lip:** Indicates stagnation or blockages in the **digestive tract**, specifically relating to the organs of the stomach and small intestines. This is probably due to the accumulation of acidic waste and toxicity that is not adequately leaving the body.
- **Deep Laugh Lines:** This relates to our **lung line**. This could be related to smoking, not breathing

properly (i.e. shallow chest breathing) or getting enough oxygen/prana into the lungs, or that our colon is so backed up that our lung meridian is being impeded.

- **A Lined Forehead:** Congestion!! This relates to a blocked, toxin-filled **colon** and gallbladder.
- **Crow's feet lines around the Eyes:** This also indicates that our **adrenals** are being overtaxed and that our body is acidic and imbalanced.
- **Lines high up around the Cheekbone area:** **Heart** Issues. Eating too much clogging animal protein or products. Perhaps also heart ache or not being able to give or receive love completely.

As a **model**, in my teens and young adulthood, I became very, very, very extra self-conscious or self-aware subconsciously about wrinkles. Also my skin is **naturally** very fair because I am naturally a blond but as a Latina model I needed to be darker to look like the typical Latina. So, I have spent my whole life tanning and dying my hair **dark brown** so I would have the full look of a Latina model. I also learned that **fair skin** wrinkles way more than the people that have darker, oiler skin. Models that are blessed with darker, oily skin have much longer careers than those with fair skin. So, I had the fair skin that wrinkles easier and then I was **tanning** which even increased the potential for wrinkles.

So, I started, at a very at a **young** age, to worry about wrinkles and to prevent them with **creams** and to be very self-conscious about making sure that I don't get wrinkles. Of course, as we get older it is natural to get more and more wrinkles and, frankly, the only thing that I have done about my wrinkles, as the **years** have gone by, is always use creams. I absolutely always use creams and it's not (Cont. on next page)

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necessarily the most sophisticated or more complicated creams but the creams with the least **chemicals** that I use the most.

I did DAMAGE my SKIN A LOT through **obsessive** TANNING to have the Latina Model look and way worse using all the FACE CREAMS that were said to PREVENT wrinkles the most. FINALLY when I went thought my near death **experience** I got VERY VERY WRINKLED given I went through a long period of MASSIVE STRESS, very little and NO SLEEP and SERIOUS ILLNESS and taking excessive MEDICATION (to save my life)...all of those combined resulted in my WRINKLES multiplying EXTREMELY.

THANKS to my Radical WELLNESS Coach I have, for 3 years NOW, been following a very RIGOROUS, but **delicious** Raw VEGAN Living FOODS diet and this DIET has REPAIRED a tooooooon of my wrinkles. This was done together with my SLEEPING

tons, **managing** my Stress Mindfully, drinking more than 3 LITERS of Filtered LIVING Water, exercise for my Body and FACE, Meditating, Organic Natural Creams and all **practices** mention above. My WRINKLEPROBLEM has and is transforming for the better in front of my eyes, RADICALLY FAST more and more and better and better EVERY DAY!!!!

My fiancé, who is 18 years younger than me, is saying NOW that he is worried that he has more wrinkles than I do!!! LOL!!!

I invite you to **love** yourself enough that you actually consider this important versus what most people do. Some people consider it too important and they become **obsessed** and they frankly ruin their faces trying radical solutions like surgery and all kinds of things. Other people consider this unimportant and superficial and they **ignore** this part of their lives and then they start impacting their **self-confidence**, their love

for themselves and their caring for themselves. So, I recommend and invite you, **today**, to take on a healthy concern and healthy love for yourself that is enough that you give yourselves the best chance to at least have less **wrinkles** that you can have or will have.

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 and is **THE MOST EFFECTIVE WAY TO PREVENT and HEAL WRINKLES!!**

I invite you to TRY IT ON and InJOY it with me. You will forever **thank yourself** and feel and **LOOK** better that you EVER did your ENTIRE LIFE!!!

NUTRITION AND EXERCISE ARE WRINKLE ERASERS!!!

Every 30 Days human beings **regenerate** NEW Skin. So why do we still have aging skin challenges? It is worth it to take a long, hard, serious look at our diet, our physical activity and our lifestyle! Exercise and nutrition play the most **profound** role in preventing wrinkles. For example, exercise actually delivers to the skin what it needs to reverse the aging process. A combination of both aerobic and resistance **training** can greatly improve the quality of your skin in many ways by increasing collagen. **Collagen** is a fibrous connective tissue that bonds the skin and muscle together and gives your skin its **elasticity**. Collagen diminishes every year by 1% after the age of 21. Exercising not only improves **circulation** and blood

flow to the skin, but by building muscle mass beneath the skin, you'll create a support system that helps **alleviate** the wrinkling of skin by creating a stronger bond between skin and muscle.

Exercise also transports **healthy fats** to the cell walls and prevents destruction caused by free **radicals** by carrying away the damaging waste material and toxins through sweat. The free radical theory of aging holds that the damage that free radicals does to our cells, particularly **oxidative** stress caused by bodily processes, chemicals, and toxins, could contribute greatly to why our bodies age. When we're young our body has a **defense** system that reins in those free radicals but as we get

older this system weakens and free radicals can actually damage our **DNA** and result in aging and wrinkles associated with aging.

Exercise, as mentioned above, is a great way to **combat** free radical damage. And as I said on the first article I don't mean just exercise for your BODY but also (Cont. on next page)

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NUTRITION AND EXERCISE ARE WRINKLE ERASERS!!!

exercise for YOUR FACE. Research face EXERCISE REGIMENS. There are TONS of them and they totally WORK, I personally follow YOGA FACE and love it!.

Another way is to eat an **antioxidant** rich diet free of harmful chemicals, toxins, additives, and animal products that damage the body. Antioxidants are most abundant in plant-based foods. A raw plant-based **vegan** diet is the most antioxidant packed diet you can consume. Even if you can't go completely raw, eating as many fruits, vegetables, nuts, and seeds in their **raw** state, is very beneficial to protect your body against aging and wrinkles. When food isn't heated, the **nutrients** are kept alive and available for your body. Raw foods are also easier for the body to digest, and replenish the body with enzymes. **Enzymes** are needed for every function in the body and die off as you age. By replenishing these **enzymes** with raw and living foods, you can slow down some the effects of aging.

Some critical **antioxidants** that fight oxidative stress and wrinkles are Vitamin C, Vitamin E, Vitamin K, Vitamin D3, Vitamin B12, Vitamin, Zinc, Magnesium, Omega 3, and Coq10. In order to make sure you are **consuming** enough of all these nutrients, focus on including different foods each day. **Vitamins**, minerals, and antioxidants are what contribute to the look, taste, and color of foods so eating many **different** types of foods in a

wide variety of colors and tastes can ensure a broad spectrum of nutrients. The appropriate amount of **Vitamin D** is difficult to get through diet alone so be sure to spend at least 15 – 20 minutes in the sun at least 3 days per week. **Sunlight** promotes the manufacturing of vitamin D through your skin. As a **vegan** the only thing you may need to supplement is Vitamin B12 and Coq10. Both of these help with energy, metabolism, and have strong **anti-aging** properties.

In many studies, conducted by the Hippocrates Health Institute and many other leading Holistic Health Clinics **worldwide**, it has been proven that people with the least wrinkles had diets high in the following foods:

- **Vegetables in general** (Avocados, Brussel sprouts, cabbage, Asparagus, Celery Carrots, Broccoli, Bell peppers, Red Peppers, cucumber, egg-plant, onions, leeks, garlic, Sweet Potatoes, Hot peppers, horseradish, radish, spirulina, beets (beet root) and olives)
- **Leafy green vegetables** (Spinach, kale, mustard greens, turnip greens, collards, dandelion, watercress, romaine lettuce)
- Wheatgrass and sprouts (Alfafa Sprouts, Pea Sprouts, Sunflower sprouts)
- Extra virgin Olive oil and coconut oil
- **Legumes**, especially broad beans and lima beans
- Berries (Raspberries, blackberries, elderberry, strawberries, blueberries, goji and acai berries.)

- **Fruits** (Tomatoes, Apricots, papaya, guava, passion fruit, maca, pineapple. □Water melon, cantaloupe (never combine melons with other fruit), Banana, figs, dates, cherries, cranberry, pomegranate seeds and papaya)
- Citrus fruits (lemons, limes and grapefruit)
- **Raw Coconut water**
- Nuts & Seeds (Almonds, hazelnuts, walnuts, macadamia nuts, cashews, Brazil nuts (selenium), Pumpkin seeds, sunflower seeds, flax seeds, hemp seeds and chia seeds)
- **Grains** (Activated barley, sprouted buckwheat, oat grass, stabilized rice bran, quinoa, wheat germ)
- Green Tea
- Aloe Juice
- Green Tea
- Pure filtered **Water**

A HUUUUGE wrinkle tip, that I mentioned in the list above but I want to expand on, is to drink **coconut water** daily, since it does miracles for the skin. It is rich in minerals such as; sodium, calcium, magnesium, iron, copper phosphorus, potassium, proteins, vitamins C and B, glucose (a type of sugar found in the blood), tons of **antioxidants**. It contains no fat, and despite its sweet taste it has no sugar. Coconut water's electrolyte (which aids in a number of vital bodily processes) content is very similar to human plasma, therefore making it an amazing regenerating and repairing drink, while giving you optimal oral rehydration for you skin thus **preventing** and reversing wrinkles.

WRINKLES ARE CONNECTED TO YOUR EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE !!!

Wrinkles may seem inevitable, but there is a strong **emotional** component to aging. Stress for example has been linked to aging of the skin and greying of hair. Telo-

meres, which are structures at the end of **chromosomes** that shorten with aging, are also shown to shorten with long-term psychological stress and speed up the pro-

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WRINKLES ARE CONNECTED TO YOUR EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE !!! (Cont.)

cess and effects of aging on the skin. Deep **breathing, meditation** and mental clearing are great way to manage stress. The breathing will also bring oxygen and circulation to your body, which will help the condition of your skin. Some type of **emotionally** balancing exercise is also a great option. An intentional practice of yoga focuses on breathing, balancing, and increases muscle tone and circulation. Yoga also boosts **endorphins**, which are feel-good hormones that help to balance emotions and stress over time.

It is important to remember that proactive **stress** management techniques are most critical for really reducing chronic stress. Sometimes when entering a stressful period or stressful time in life, if you haven't been **proactive** about clearing stress daily, it can feel like too much to start or as if your attempts at reducing the stress do not make a difference. I'd compare it to **working out**. If you work out

just one time, you can't expect to see a huge difference, but if you work out every day for 2 weeks, you will see the results drastically. Try different stress **reduction** techniques and see what really works for you and your body. 4 weeks is usually a great trial period, it will give you time to really see the drastic healing effects of managing stress in a healthy way.

While it is **important** to eat, move, and manage emotions in ways that keep you healthy, vibrant, young, and alive I'd also **encourage** you to look at your thoughts around wrinkles and aging. In our society, age is looked at as a bad thing or a time in life where beauty fades. Imagine a different **perception** of aging and what that could do for you. In societies in Japan where centenarians are most prevalent, age is admired. The elders in the neighborhood stay active, healthy, and loved in the community. People respect and honor their **wisdom** and think that age is beautiful. If you look at the

elders in the cultures where age is loved and respected, their wrinkles and physical strength does not **deteriorate** like that of most western civilizations. This is strongly correlated with them taking care of themselves physically, mentally, and energetically.

There are more and more people who are **listening** to their body and bringing a more spiritually balanced approach to health and aging. It is an undeniable fact that our **appearance** on the outside, especially after our mid years, is a clear reflection of our internal well-being – physically, emotionally, mentally and spiritually. There are many people ages 40, 50, 60, 70+ who through creating a physically, emotionally, mentally and spiritually balanced life look and feel 10, 20 and even 30 biological years younger than their chronological ages. I encourage you to **love your body** through the process of aging and give your body what it needs to thrive!

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous

UNPRECEDENTED transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

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