

Twelve  
Unique  
Diva-Tested  
Tips  
For  
Fantastic Skin

By

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How do you get fantastic skin that radiates health and looks alive – even before you put on makeup?

Gerontologists say that 70 percent of the aging process is controllable with wise lifestyle choices; only 30 percent is the result of genetic makeup. Think about it: 70 percent is an awesome amount of power to have over your aging process. That 70 percent includes the amount of power you have over how well your skin ages.

So, while it's helpful to have good genes, they are not the whole story. It's what you do – your lifestyle – that matters even more. And, the earlier in life you learn what it takes to have fantastic skin, the more long term success you will have. Remember, it's easier to keep what you have than to try to get back what's lost. Don't wait until wrinkles appear. Think and work ahead. Be future-oriented.

So, how do you take control of the aging process and prolong the youthful appearance of your skin? Here are twelve tips to get you started in the right direction:

**1. Beautiful skin starts on the inside.** Your exterior is a reflection of what's happening inside. That means you must pay attention to what you put into your body, day in and day out over time. How you live in the first 40 years will determine what you will look and feel like in the next forty. Certainly, the environment plays a role, but you play a greater role.

Get back to basics with food. Ninety percent of money spent on food is spent on processed food, which is nutritionally bankrupt, and the skin reflects the nutritional deprivation. Replace processed food with nutritious skin-friendly food such as wild (not farm raised) salmon, for example. (If you don't like salmon, take salmon oil capsules.) Eat more fresh veggies and raw vegetable juices. You will be rewarded with smooth, firm, glowing skin. You've seen Jack LaLanne on TV selling his juicer? I have one of his – it cost just \$99 at Costco and works better than my "professional" juicer. Fresh juice will re-educate your taste buds to appreciate "real" food. And your skin will thank you.

If you can't recognize where the food you are eating came from, it's probably processed and not skin-friendly. For example, when you eat fish, is it recognizable as fish, or is it in the form of processed, greasy, coated fish sticks? What happened to the fish when it was made into fish sticks? What kinds of chemicals were added? How long were the fish sticks in the warehouse or supermarket freezer? Have they been thawed and re-frozen? How many nutrients were lost in the process of turning fresh fish into fish sticks that may have been around for months? The answers to those questions have a bearing on nutritional value.

That “breakfast cereal” you eat every morning: You know, the stuff that looks like puffed Styrofoam or shredded cardboard. It looks pretty, has a nice crunch, and is full of sugar, fat and a few vitamins, and maybe even some fiber. It is scientifically flavored to satisfy your craving for sweets, and to make you want to eat more of it. What grain did the “cereal” come from? What did the grain look like when it was growing in the field? Or when it was harvested and ground into meal? Does the “cereal” even remotely resemble the original thing? How many kinds of chemicals were used to change the grain from wholesome food to just about nutritionally worthless junk? If your “cereal” is advertised as containing fruit, read the label: It may not contain real fruit, but instead, it may have just “the taste of” blueberries, strawberries or whatever. Your skin doesn’t like “phony phood.” It thrives and looks best on the “real thing.”

**2. Beautiful skin requires lots of water.** We are 80 percent water so constant replenishment is necessary to get rid of toxins and keep the body working optimally. We need at least eight 8-ounce glasses of water a day. Women spend tons of money on external moisturizers and drink less than 2 or 3 glasses a day, and then they wonder why they feel and look parched. If you wait until you feel thirsty, you are already in a state of dehydration.

Telltale signs of chronic dehydration include offensive breath, pale, pasty, flaky skin with an overall withered look. Take the pinch test: The skin on the back of the hand is a barometer of how well you are hydrated. Pinch the skin and hold for five seconds and release. How long did it take to return to normal? Immediately, or up to 10 seconds or more? A good practice to follow: Every time you void, drink a glass of water! Replace! Replace! Replace!

Here’s what I do: Several times a day I add a scoop of Calcium Ascorbate crystals to a glass of water. Calcium ascorbate is a non-acidic form of Vitamin C and it’s tasteless. Vitamin C is notorious for keeping the skin firm. I am absolutely convinced that my skin has stayed in such wrinkle-free condition as a result of all the years I have been using Calcium Ascorbate. I buy mine from Bronson Pharmaceuticals: 800-235-3200. It’s Product No. 84B. You can probably find it in a health food store as well.

Instead of water, are you drinking soda – diet or regular? Maybe, a lot of it? Are you concerned about benzene found in sodas? The soft drink industry and the U.S. government have known about it for the past 15 years, but little has been done about it. So, what’s wrong with benzene? It’s a solvent used to make plastics and is found in gasoline. It’s also a recognized cancer-causing agent. How does benzene get in soda? In the presence of heat, preservatives used to control bacteria (Sodium or Potassium Benzoate and Ascorbic Acid (Vitamin C) can react to form benzene. Have you noticed that in the summer, many supermarkets pile cases of sodas outside on the sidewalk in the blazing heat, for days at a time? Read this astonishing press release:

<http://www.putoldonhold.net/Thebenzenetrail.htm>

Then decide for yourself if you want to go on guzzling soft drinks. Your skin will look better without sodas!

**3. Even the best diets require supplementation.** We can't possibly get what we need for great skin even with the best "back to basics" diet. Fresh fruit and vegetables are not always as fresh and nutritious as they should be. Think about where they were grown, the pesticides and preservatives used to extend "shelf life," as well as chemicals used to enhance growth. Think about how long they were stored after harvesting, when they were shipped, and under what conditions. You know that a bag of lettuce with a "good until" dating of two weeks can't be very nutritious. The lettuce may look good and even taste fresh – but when was it picked? What was added to it to prolong freshness? Can any kind of "fresh" food that normally spoils in a couple of days, yet is miraculously "embalmed" for two weeks – can it possibly enhance the appearance of your skin?

Think about taking anti-aging supplements such as alpha lipoic acid, acetyl -l-carnitine, DMAE, Vitamin C, Vitamin E and others. These "antioxidants" help the body fight off free radicals responsible for aging. Ample antioxidants help the skin stay smooth much longer. For sure, you need to take at least, a daily multiple vitamin. Don't think so? Read this eye-opening report:

[http://www.putoldonhold.net/documents/LewinReport\\_004.pdf](http://www.putoldonhold.net/documents/LewinReport_004.pdf)

It will make you a believer.

Another supplement that's good for the skin: Vitamin D. Vitamin D refers to two biologically inactive precursors – D3, and D2. The former, D3, is produced in the skin on exposure to UVB radiation and is said to be more bioactive. D2 is derived from plants and only enters the body via the diet. Many people lack D3 because they aren't in the sun long enough, and when they are, they use a sun block. The less active form is usually found in multi-vitamin formulations, so be aware that taking a supplement in the form of D3 is often necessary. Please click on this link for more documentation:

<http://tinyurl.com/oyynr>

**4. Brown spots on the hands are the remains ("garbage") of cell-damaging free radical activity.** Free radicals occur as a result of just living, breathing, and metabolizing what goes into the body. When you see brown spots, it means the body didn't have enough antioxidants to defuse free radical activity. If you don't have brown spots, now is the time to make certain they don't appear. Bump up your antioxidant intake! To lighten brown spots, ask your doctor if s/he thinks a prescription for 4% hydroquinone cream is right for you.

**5. If possible, find a traditionally trained physician with expertise in preventive medicine and nutrition.** He or she will do tests to determine what you need to avoid premature aging, and to promote skin-enhancing “bio-identical” natural hormone replacement. These doctors are often called “anti-aging”, “alternative,” or “integrative” physicians. You can find one in your area by logging on to:

<http://www.ACAM.org>

Alternatively, ask your local independent pharmacist which doctors in your area can help you. Independent pharmacies usually have a handle on what’s going on in the community.

**6. Exercise not only keeps you in super shape, it makes your eyes and skin glow.** If nothing else, walk – outside or on a treadmill for at least 30 minutes a day. Don’t allow conversations with yourself about being too tired, or not having enough time. Just do it! In addition, don’t forget about your face. The muscles in your face need regular exercise to stay firm. Consider using Cynthia Rowland’s “Facial Magic” system. Log on to:

<http://www.FacialMagic.com>

It works if you do!

**7. Have regular daily bowel movements.** (Sorry about the unpleasant subject, but it’s a must!) If your plumbing is clogged, it’s going to have a negative effect on the appearance of your skin. Fiber every day is a must. Consider daily use of psyllium and/or bran to stay regular. If you use bran and psyllium, it’s essential to drink lots (and I DO mean lots) of water with them.

**8. Live in a spirit of gratitude for absolutely everything.** It releases “feel good” endorphins that will make your skin glow. Nothing is sexier. Don’t sweat the small stuff because it’s true that ultimately it’s all small stuff. Will you remember next week what you fussed about today? Not likely, so do your skin a favor and let stress go!

**9. When asked “How are you?” The response should always be “I’m fantastic.”** It’s great for your skin because positive self-talk boosts release of “feel good” endorphins. And don’t ever, ever refer to yourself as an “old broad.” Have you ever seen an “old broad” with glowing skin? How you perceive yourself and talk about yourself shows on your face!

Refuse to have a “senior moment.” When you accept “senior moments,” you accept “oldness.” It means you are beginning to think and act as an old person. How you think and behave finds expression on your face in the form of frown

lines and down-turned corners of the mouth. Everyone forgets now and then. Have you ever heard a young person, experiencing a memory lapse, explain it away with “Oops, I’ve having a junior moment!” I doesn’t happen, right? If you can’t recall something, stop and give yourself time. It will come to you! Give your cognitive ability the benefit of the doubt. Instead of claiming a debilitating “senior moment” claim cognitive strength with “I can remember”!

If you are experiencing memory lapses to the point that it bothers you, now is the time to increase anti-oxidants! Vitamins, C,E, alpha lipoic acid, l-acetyl carnitine, n-acetyl cysteine, and biotin have been found especially helpful. . Many university scientists have done credible research that shows that brain-friendly anti-oxidants, taken very early on, can help stop the onset and progression of cognitive decline. In the meantime, no more “I must be getting old” and no more “senior moments.” Now is the time to take preventive action. Educate your self about what it takes to manage the aging process. Your skin will thank you.

**10. Always wear a Mona Lisa smile.** When the corners of your mouth are upturned, you not only look better, but it keeps facial muscles toned and you feel better. It will make others feel better as well, just to be around you. Take this test: When you are out and about, wear your Mona Lisa smile, and make eye-contact with people as they pass by and watch what happens. You will get happy smiles in return. You will make others feel good and you will feel great for having made their day. Bonus: You may meet someone wonderful!

**11. Go out of your way to appropriately and sincerely compliment other women who look good.** People are blown away when a stranger comments positively on their appearance. (I do it all the time and have never had a negative response.) For example, at the supermarket one day, while on line, I saw an older woman who was particularly well dressed. She looked like she had really taken the time to put herself together. I asked the person behind me to hold my place in line, went over to her and whispered, “I just had to tell you -- you look fantastic.” She lit up like a Christmas tree and thanked me profusely. Her husband beside her, filled with pride, nearly popped his shirt buttons. (I got a “two fer” that day!) When someone who doesn’t know you tells you how good you look, you know “you got it goin’ on.” When your skin knows you “done good,” it will reward you with a rosy glow all day long.

**12. Here’s the best tip of all: Don’t deprive yourself.** Enjoy a piece of dark, organic chocolate now and then. Maybe even more often than “now and then” because dark chocolate is said to contain anti-oxidants which are great for the skin!

A last thought: Surely you don’t smoke, do you? Nothing dries out the skin and makes it wrinkle prematurely than smoking. The vertical lines above the lips – tattle-tale “I’m a smoker” lines aren’t the revenge of Mother Nature. To a large extent they are self imposed. And that dead, gray pallor – it’s not smog, it’s not

air pollution, and it's not inherited. It's the result of tobacco poisoning. There is no other way to put it kindly!

So love and value yourself. Your body is the only one you will ever have. You can't trade it in or move to something better. You have to take care of what you have. When you treat yourself well, it will show on your smooth, firm, glowing, gorgeous face and body!

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