

## QUEST FOR HEALTH FREE WELLNESS REPORT

### **HOW TO HAVE A MORE YOUTHFUL LOOK**

Having a wrinkle-free, youthful face and body doesn't happen by accident. We all have to put some effort into our own anti-aging process. Luckily there are some key ways to help that process along that are easy to follow and don't have to cost a lot! How many of these things are you already doing?

1) Drinking plenty of pure water. If you aren't sure, you should test the water with a ph strip to check for high alkalinity. Your favorite bottled water may not be as healthy as you think. One of the best available is Fiji Water which is alkaline and also contains high amounts of silica which helps rejuvenate skin, hair and nails. Try drinking 6-8 glasses of water a day, especially after a massage, chiropractic adjustment and yoga class.

2) Make sure your biological terrain (blood and internal fluids) are as close to 7.2 on the ph scale as possible. Bacteria, viruses and parasites don't like setting up shop in your body when it is alkaline. When we have an acidic environment (the effect of eating meat, fast and processed foods, caffeine, soda and alcohol) diseases grab hold easily.

3) There's an old saying – you are what you eat...but actually – we are what we absorb. Our skin is the largest organ of our body and the front line of defense for our immune system. We need to be mindful of what we put on it. Most cosmetic products are just plain TOXIC. Read the labels. The more chemical names you see, the more toxins there are in the product. Anti-bacterial soaps are best when from organic, plant-based sources. The sun may be bad for our skin but did you ever stop to wonder how many toxins are in your sun tanning and blocking lotions? TEA, DEA, FDC #color dyes, sodium laurel sulfate are a few ingredients to stay away from. (see below for organic skin care resources)

4) Are you taking your vitamins and minerals? Without them, your skin suffers. Balanced nutrition isn't as easy to get from just food so supplementation is needed. What you put inside in the form of live foods does translate to a healthy glow on our face. Supplements like MSM and Vitamin C are also important.

5) Some foods are great for your skin. Avocados, aloe vera juice, Goji juice, carrots, dark leafy greens, celery and beets are among the many.

6) Cleansing your internal body by fasting 3-4 times a year is an excellent way to keep skin healthy and those few extra pounds away too. Fasting and detoxification is a big subject which we will cover in a future wellness report, but feel free to email and ask about any information around the subject you'd like to know.

7) Last but certainly not least - stress – physical, mental, emotional and chemical in nature - can make us age very quickly. All stress increases the level of acid in our bodies, breaking down our immune system and leaving us open for disease, as well as the acceleration of our aging process. Be sure to take the time to relax.

Get a massage, take a yoga class, jump into that rarely used hot tub, get a facial, treat yourself to healthy organic foods and use natural skin products as often as possible, take a walk in the woods and get some sun and fresh air daily.

“Be always cheerful. Laugh and smile – we use less muscles to smile J Your positive attitudes will always shine through and make you look younger! “

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For more on organic skin care visit:  
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