

GROW A BETTER COMPLEXION FROM THE INSIDE OUT

The REAL Way to a Younger Looking Face

By Carol Stover,
Professional Makeup Artist
& The 'Ageless Beauty' Expert



Everybody wants to look younger. The parade of new & improved high-tech skincare formulas for those of us on the other side of middle age continues. Even 'twenty-somethings' are now getting botox, collagen injections and dermabrasion, in an attempt to look younger than they are. It's a booming industry.

Nothing against all that - it's a huge self-esteem boost to look your best. But there are easy things anyone can do to look younger and fresher, while being gentle with their one-and-only face. It all starts on the Inside. Because how you look on the surface is a dead giveaway to how healthy you really are underneath.

First, know what you're working with. Skin is a living, dynamic, unpredictable organ - the largest functioning organ of the body. Everything we put onto our skin is absorbed and quickly goes through every vital organ. Everything we breathe, eat, drink, smoke and feel comes back out through our skin in some way. Our skin breathes out waste and toxins, and takes in oxygen, moisture and nutrients for us. If you respect it and care for it, it will always look younger than its years.

Here's my Short List of "must-do's" to create a beautiful, glowing complexion at any age:

1. Nourish from the Inside

It's true -- you are what you eat! Years of processed food, sugar and alcohol wreak havoc on the most fabulous of faces. Our bodies are starving for real food and pure water to feed new skin cells trying to push their way to the surface. Junk food creates junk cells that don't look or function as they should. Since we lose 1%-2% of our skin's collagen (responsible for skin's elasticity) every year after age 30, healthy diet is one sure way to fight inevitable signs of aging. Fresh, locally grown and organic fruits, meats and vegetables are the best way to go. And not nearly as expensive as poor health! Ditch the "Big Bad 3" - Dairy, Bread and Sugar (sorry, I know I'll lose friends on that one!) - to minimize symptoms of acne, eczema and rosacea. They each cause more skin, hormone, weight and allergy issues than all other foods combined.

2. Did Somebody say "Water?"

Drink at least 8 glasses of clean, purified water each day to hydrate skin and clear out the liver, colon and kidneys. It's all connected. Happy organs inside means happy skin on the outside. And water cushions delicate disks in the spine for pain-free posture. If you don't like the taste of just plain water, add slices of fresh lemons, limes or oranges for a 'spa water' treat.

3. Supplement

For a quick turnaround of dull, lifeless, aging skin, nothing beats the powerful combo of Omega 3 fatty acids and Vitamin C. Omega 3s are found in salmon, tuna, eggs, olive oil and avocados, and can be obtained in supplements from health food stores. Heart-healthy omega 3s reduce inflammation throughout the body, and promote beautiful skin by helping prevent wrinkles, dryness, eczema and psoriasis. Vitamin C helps – absolutely everything! – but is responsible for building new collagen in the skin layers, and helping cells fight off stress and free radical damage. Good C sources are citrus fruits, strawberries, kiwifruit, cantaloupe, sweet peppers and potatoes. When buying C supplements, don't go cheap; C is volatile and must be bio-available to do any good.

4. Gut Feeling

How you break down your food and how well it moves along means everything to how you look and feel. Digestive Enzymes and Probiotics are worth their weight in gold to your body! After age 40, natural stomach enzymes reduce, and we experience more indigestion, bloating and constipation, leading to blotchy skin and breakouts. Modern thinking credits the intestines with being our 'second brain' and the home of our immune system. We boost health and appearance immensely by improving that internal 'flora.' One of the fastest ways to pretty skin (and a flatter belly) is through high-quality enzymes and probiotics from good health food stores.

5. Get Moving – with Exercise & Sex!

Exercise in any form offers great benefit to every body organ, including your skin. The visible payoff from the neck up: that gorgeous healthy radiance that comes from stronger blood circulation and the flushing out of toxins from head

to toe. But it's not just the gym or tennis court that can give you this youthful glow. A healthy sex life is one of the best ways to oxygenate your complexion and give it luminosity. Plus it balances hormones, controls acne, grows healthier



Photo by Kenny Clapp

hair, staves off age spots and slows aging by boosting collagen production, preventing wrinkles and dry skin. It also puts a smile on your face and a sizzle in your step, giving you a youthful, confident attitude – which is the best approach to aging beautifully.

Special Bonus Tip:

While you're cleaning out from the inside, try this fabulous 'Ageless Beauty' tip to jump-start your younger look now!

Visible texture makes skin look gray and lifeless. Banish flaky dead skin quickly by washing TWICE each night before bed with a good anti-aging cleanser. Follow with your toner and night cream. Then every morning, do a gentle exfoliating scrub to remove the top layer that's ready to go. Shine on! ■

Carol Stover is a professional makeup artist from the Baltimore area with 32 years experience. She specializes in TV/Video, Film, Still Photography and Events. Carol also holds seminars on the topic of "Ageless Beauty" and is writing a book on how to look and feel fabulous over 50. She can be reached for questions and bookings at www.carolstover.com.

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