

YOUTH MIRACLE

Subtract
10 years
from your
age in
just **60**
days

My Diet
Coach 



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CHAPTER 1:

Introduction

In the following chapters, we will explore the fascinating connection between our facial features and our internal health. By understanding the subtle signs and messages that our face conveys, we can gain insights into our well-being and make positive changes to our appearance and overall health. The steps outlined in this book will guide you towards a natural and healthy transformation, without resorting to harmful chemicals, creams, or pills.

Embracing change may not always be easy, but it is essential to achieve the results we desire. As humans, we often resist change and prefer to stick to what is familiar and comfortable. However, by taking the initiative to read this book, you have already taken the crucial first step towards accepting and embracing change for the better.

Throughout this journey, you will learn simple yet effective techniques to take years off your appearance and feel rejuvenated from within. Our appearance is not only a reflection of ourselves, but it also influences how others perceive us. By tuning into the messages our bodies communicate through our face, we can gain a deeper understanding of our overall health and well-being.



Let this book be your guide in discovering the natural methods and steps to enhance your looks and improve your general health. By following these practices, you will not only see remarkable physical changes but also experience a newfound sense of well-being and confidence.

Remember, when we opt for natural means to perfect or enhance our appearance, we also promote overall health and vitality. So, let's embark on this journey of self-discovery and transformation together. Embrace the knowledge within these pages and unlock the potential to look and feel amazing inside and out!



CHAPTER 2:

The Truth About Aging

Introduction

Every year, a significant amount of money is spent by both men and women worldwide in search of a miraculous anti-aging cream that promises to erase fine lines, wrinkles, and age spots instantly. Additionally, there is a substantial expenditure on plastic surgery and Botox injections as well.

However, it is essential to understand that the aging process starts from within, and taking care of our bodies internally is just as vital as protecting them from external factors. A healthy diet, rich in essential vitamins and minerals, plays a crucial role in slowing down the aging process and improving overall quality of life.

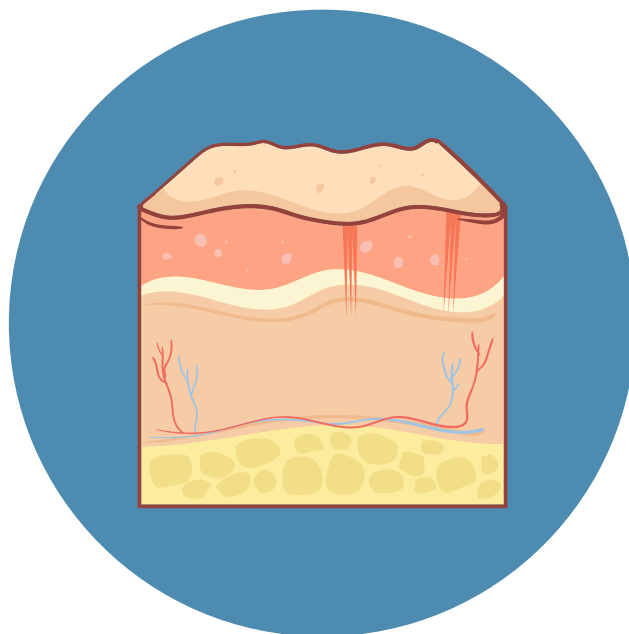


What Causes You To Age

Now let's go over a few key components about what causes you to age faster. Some of them you may already be aware of, but I'm sure a few may surprise you!

Collagen:

As we grow older, the production of collagen in our bodies declines, leading to a reduction in skin elasticity. Collagen is essential for maintaining the skin's ability to stretch and bounce back, much like an elastic band. While we cannot completely halt this natural aging process, there are steps we can take to support and improve the tightness and firmness of our skin!



Sun Exposure:

We've all heard it, and it's common knowledge: excessive sun exposure accelerates the aging process, leading to the formation of wrinkles and age spots caused by harmful UV rays. To safeguard your skin from these effects, it is crucial to use sunscreen. However, when selecting a sunscreen, opt for brands that are organic and made with all-natural ingredients, as opposed to the conventional ones containing harmful chemicals that can damage your skin and overall health.



Stress:

Stress is an evil existence for millions of people. Not only does it have a very negative impact in our overall health, this too increases the aging process in so many ways. The reason for this is, when we are under a lot of stress, chemicals in our body are released. These “stress chemicals” then create biological changes which break down your body little by little. Stress also raises levels of a hormone called cortisol; responsible for increasing oil production, causing acne.



Sleep:

Stress is a pervasive and harmful force affecting millions of people worldwide. It not only takes a toll on our overall health but also accelerates the aging process in various ways. The root causes lie in the release of “stress chemicals” in our bodies when we experience high levels of stress. These chemicals induce biological changes that gradually wear down our body over time.



CHAPTER 3:

Age Reversing Diet

Introduction

The importance of eating a healthy diet is often underestimated. A well-balanced diet rich in vitamins, minerals, and antioxidants not only benefits overall well-being but also significantly impacts the health of your skin.

While doctors, dermatologists, and beauticians may claim that certain foods do not cause acne, one must consider their vested interests in treating skin problems. Encouraging a healthy diet that could potentially resolve many skin issues may not be in their best financial interest, as pharmaceutical companies profit from pills and creams.

A diet high in sugars and fats can increase sebum production, the oily secretion from sebaceous glands. Excess sebum triggers an inflammatory response, leading to acne and scarring. This principle applies to various skin problems and diseases. Embrace the incredible benefits of a diet centered around fruits and vegetables to nourish your body and achieve healthier, radiant skin.



Eat Organic!

The significance of consuming organic food goes beyond what one might initially perceive. While organic produce may be slightly more expensive than conventionally grown options, the additional cost is undoubtedly justified. Conventionally grown foods often contain harmful chemicals and toxins that can have adverse effects on both your body and skin.

Organic produce contains only approximately one-third of the residues present in conventionally grown produce. These chemicals can pose significant challenges to the immune system as they are not effectively eliminated by the liver, kidneys, or lungs, leading to various cosmetic and health issues. The accumulation of toxins in the skin can cause age spots and even trigger acne breakouts.

Among berries, blueberries stand out with an astounding 40% more antioxidant capacity than any other variety. Rich in Vitamin C, blueberries play a crucial role in enhancing collagen formation, vital for maintaining skin elasticity, as mentioned in Chapter 1. Additionally, these berries promote improved circulation and enhanced blood flow.

To enjoy the benefits of blueberries, consider adding these delicious little gems to your morning breakfast, savoring them as a healthy snack option, or blending them into smoothies alongside your favorite fruits and yogurt. Embrace the goodness of blueberries to nourish your skin and overall well-being.



Green Drinks and...

I understand that the thought of a “Green Smoothie” may not immediately excite you, but let’s consider its benefits. Leafy greens offer a wealth of essential vitamins and nutrients, and with a little adjustment, they can actually taste quite good!

As you embark on your journey towards a younger and more beautiful appearance, remember the importance of choosing organic produce. Organic options provide your skin with phytonutrients that neutralize free radicals, preventing damage to collagen levels and helping you maintain a youthful look.

To add flavor and natural sweetness to your green smoothie, incorporate a variety of fruits. Additionally, flax seeds support collagen formation and combat saggy skin.

While kale is often the go-to choice for green smoothies, don’t hesitate to experiment with other greens such as bok choy, collard greens, carrot greens, spinach, parsley, beet greens, and even more surprises! Be open to exploring different options to find the perfect blend that suits your taste and enhances your skin’s health and appearance.



CHAPTER 4:

Importance of Hydration

It's truly astonishing to recognize that our bodies are composed of 72% water. Considering this fact, even the slightest degree of dehydration can have a significant impact on our bodies and reflect on our overall appearance.

Water plays a crucial role in our blood composition, as it circulates essential nutrients throughout our system. Additionally, water aids in flushing out toxic chemicals and metabolic waste from our bodies. When we fail to consume enough water, our non-critical tissues, such as the skin, are compromised. For instance, being approximately 5% dehydrated can lead to a 20% reduction in blood flow to the skin, as the brain or kidneys prioritize maintaining 100% blood flow.

Over time, this can result in visible evidence such as wrinkles and saggy skin. Staying well hydrated is not only beneficial for your overall health but also essential for maintaining youthful and vibrant skin. So, make sure to prioritize water intake to support your body's vital functions and enhance your skin's appearance.



How Much Water Is Enough?

The recommended daily water intake is around 8, 8 oz. glasses per day to ensure proper hydration. A good indicator of adequate hydration is urinating at least 3 to 4 times a day. To maintain hydration, start your day with a glass of water and continue drinking throughout the day, ideally 10 minutes before or between meals.

While excessive water consumption may lead to frequent bathroom breaks, you can adjust your water intake based on your daily routine. If you have limited access to washrooms during work hours, you can increase your water consumption when you are at home. Initially, this may result in more frequent bathroom visits, including at night, but over time, your body will adapt, and the frequency of urination will normalize.

Remember that staying well-hydrated is essential for your overall health and the appearance of your skin. Consistent and appropriate water intake supports various bodily functions and helps maintain a youthful and radiant appearance.



The Best Water To Drink

Indeed, water not only keeps our bodies hydrated but also provides essential minerals for our well-being. With the vast array of water options available in the market, it can be challenging to determine the best choice. Let's explore six basic types of water, each with its benefits and drawbacks:

- ▶ **Spring water:** Naturally sourced from springs, it may contain beneficial minerals, but the quality can vary based on the source.
- ▶ **Alkaline water:** With a higher pH level, it is believed to neutralize acidity in the body, but excessive consumption may not be suitable for everyone.
- ▶ **Mineral water:** Contains minerals and trace elements, providing potential health benefits, but the mineral content may be inconsistent.
- ▶ **Carbon-filtered tap water:** Treated to remove impurities, it offers a convenient and cost-effective option, but the mineral content might be lower.
- ▶ **Distilled water:** Free from contaminants, but it lacks minerals and shouldn't be the primary water source due to the absence of essential nutrients.
- ▶ **Reverse Osmosis water:** Effective in removing contaminants, but like distilled water, it may lack essential minerals.



The best choice of water depends on individual preferences, specific health needs, and the availability of high-quality water sources in your area. It's essential to strike a balance between hydration and mineral intake to support overall health and well-being.

Mineral Water

Mineral water, sourced from the earth and rich in crystallized minerals like calcium, can also contain inorganic forms of minerals that the body cannot use, resulting in waste. Regular consumption of such mineral water may increase the risk of arthritis and bone spurs.

However, the true healing power of mineral water lies in bathing with it. Mineral water has the ability to draw toxins out of the body, making it beneficial for therapeutic baths. But before heading to a spa for a mineral bath, consider this: many spas dilute the mineral water with approximately 75% tap water, significantly reducing its healing properties. It's important to be aware of this dilution and its potential impact on the effectiveness of the mineral bath.



Distilled Water

Distilled water is actually quite acidic and aggressive. The medical community is dead against distilled water. After just 3-4 years of consistently drinking distilled water, you run the risk of getting osteoporosis, cavities and weakened blood vessels.

Distilled water is first boiled, and it is the steam which is then condensed and filtered. Purified water molecules are chemically aggressive by nature. So why would I recommend drinking distilled water you ask? It is the aggressive nature of distilled water that can mobilize toxins in the body the same as it mobilizes toxins out of the body. Additionally, studies show that distilled water has the ability to mobilize encrusted waste from the joints in arthritic patients. The acidity in distilled water can be lowered by simply adding a squeeze of fresh lemon.

You will be able to replenish the loss of minerals from the body fortunately for the month or so that you are focusing on your beauty regime. Remember, it takes several years of consuming distilled water on a regular basis before you may develop osteoporosis or cavities. If you already suffer from weakened bones or are concerned about mineral loss, all you have to do is add extra mineral supplements to your diet.

It is recommended to use liquid brands which contain at least 30 minerals; ideally 78 minerals are best. 2 tablespoons should be adequate however, those suffering with less bone density, should aim to consume $\frac{1}{4}$ to $\frac{1}{2}$ cup of minerals daily.

Alkaline Water

Drinking Alkaline water may compensate for those who have a diet that is rich in both animal products and processed food, all of which overwhelm your body's own ability to regulate the acidity and alkaline balance. The downside to drinking alkaline water is that you may feel great for the first 3-4 days, but this will not aid in enhancing your beauty.

Using alkaline drops will change the pH levels and may be appreciated by your body's enzymatic machinery for a few days, but after a while the toxins in the water and diet will return things to status quo.



Carbon Filtered Tap Water

As there are so many pollutants in our water this method is quite frankly, not sophisticated enough to filter out enough of them and in turn, is not your best solution for water consumption.

Reverse Osmosis Water

Similar to distilled water, reverse osmosis water is again, acidic and aggressive yet otherwise very clean water to consume. This is likely to be the more practical, long term and affordable choice. There are several appliances on the market today which give you the ability to reverse osmosis your own water right at home. It is by far, a less expensive solution to having distillation equipment installed in your home or purchasing bottled distilled water from the store.

