

### In This Week's Issue:

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The New  
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## Non-surgical Facelift Recipes

Why would you bother with non-surgical facelift recipes? Here's one reason: An average facelift cost is between \$6,000 – \$15,000. Now, all these non surgical facelift recipes are not a guarantee of quick, overnight results but they are natural, healthy, and if used regularly, are sure to give you good results.

Starting off with a basic natural face lift would be impossible without mentioning EGGS. Eggs are rich in protein albumin, rich in amino acids that tone the skin and smooth out the fine lines.

### The Egg Lift



#### Ingredients

2 egg yolks  
1 teaspoon of sugar

#### Preparation

Whisk the egg yolks until the mass is firm and consistent  
Add sugar gradually and mix well to combine the two  
Apply on the face and leave on for 25 minutes  
Wash off with warm water using a wash cloth.

There are also a couple of fruits we use often that can be used as great ingredients for a facelift. Without scars :)

### Simple Kiwi Skin Firmer



Kiwi is very similar to lemon in that it contains Vitamin C. It improves the overall look of the skin and makes it elastic. Honey is an ingredients commonly used in preparation of hydrating facial masks, Retinol rich face masks, problem skin type masks and much more.

#### Ingredients

1 ripe kiwi (peeled)  
1 teaspoon of honey

#### Preparation

Mix the kiwi in a blender or mash with a fork if it is soft  
Strain the excess liquid (juice) and add the teaspoon of honey  
Apply the mass on the face and leave on for 20 minutes  
Rinse off with warm water.

~www.skin-care-recipes-and-remedies.com

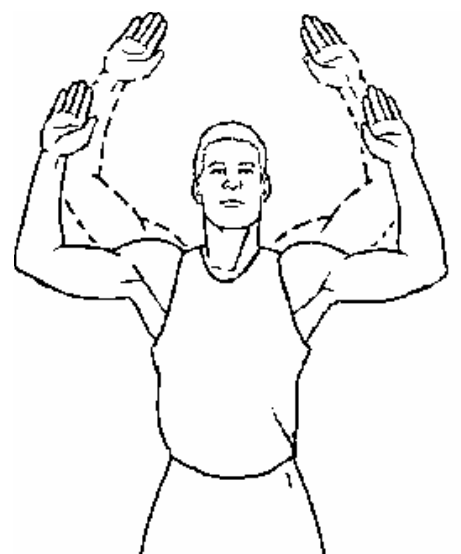
## Health Tip of the Week: WIN THE FIGHT AGAINST AB FAT

In a recent University of Virginia study, women who regularly did high-intensity workouts (where they were breathing hard) had significantly less belly flab at the end of a four-month period than exercisers who always worked at an easier level – even though both groups burned the same number of calories. Pushing it may increase production of hormones that help burn fat post exercise – and ab flab may be very susceptible to this effect. Try sprint intervals, walking at a steep incline, or both.

~SHAPE Magazine

## Improving Posture

The following exercise is great for posture. It strengthens the muscles surrounding your shoulder blades on your back (scapular stabilizers) and stretches out the muscles on the front of your shoulders and chest. Therefore, you get stretching and strengthening in one exercise!



- Stand against wall, upper arms at shoulder level, elbows bent to 90°.
- Slide arms over head as far as you comfortably can, keeping arms, elbows, and wrists against wall.
- Next, slide your arms down as far as you comfortably can, still keeping arms, elbows, and wrists against wall.
- Repeat 10 times and do twice a day for the best results.

# Turmeric Combating Cancer, Alzheimer's and Arthritis

For more than 5,000 years, turmeric has been an important part of Eastern cultural traditions, including traditional Chinese medicine and Ayurveda. Valued for its medicinal properties and warm, peppery flavor, this yellow-orange spice has more recently earned a name for itself in Western medicine as well.

Turmeric comes from the root of the *Curcuma longa* plant, which is native to Indonesia and southern India, and is widely used as an ingredient in curry dishes and yellow mustard. As research into this powerful spice has increased, it has emerged as one of nature's most powerful potential healers.

## Strengthens and improves digestion

- Reduces gas and bloating
- Assists in the digestion of protein and with rice and bean dishes
- Improves your body's ability to digest fats
- Promotes proper metabolism, correcting both excesses and deficiencies
- Maintains and improves intestinal flora
- Improves elimination of wastes and toxins

## Supports healthy liver function and detox

- Turmeric helps increase bile flow making it a liver cleanser that can rejuvenate your liver cells and recharge their capability to break down toxins
- Helps to prevent alcohol and other toxins from being converted into compounds that may be harmful to your liver
- Supports formation of healthy tissue

## Purifies your blood

- Stimulates formation of new blood tissue
- Anti-inflammatory: Helps to reduce irritation to tissues characterized by pain, redness, swelling and heat

## Contains curcuminoids that fight cancer, arthritis, and Alzheimer's

- Curcuminoids are potent phytonutrients (plant-based nutrients) that contain powerful antioxidant properties
- Counteract the damaging effects of free radicals in your body
- Relieve arthritis pain and stiffness, anti-inflammatory agent
- Anti-carcinogenic: "Curcumin has been shown to prevent a large of number of cancers in animal studies. Laboratory data indicate that curcumin can inhibit tumor initiation, promotion, invasion, angiogenesis and metastasis."
- Supports treatment of Alzheimer's disease: "Because Alzheimer's disease is caused in part by amyloid-induced inflammation, curcumin has been shown to be effective against Alzheimer's. Clinical trials are in progress at UCLA with curcumin for Alzheimer's."

## Evidence suggests the spice may also be beneficial for:

- Cystic fibrosis
- Type 2 diabetes
- Crohn's disease
- Psoriasis
- Rheumatoid arthritis
- Cataracts
- Gallstones
- Muscle regeneration
- Inflammatory bowel disease



## Which Type of Turmeric is Best?

For use in cooking, choose a pure turmeric powder, rather than a curry powder. At least one study has found that curry powders tend to contain very little curcumin, compared to turmeric powder. Turmeric is also available in supplement form and for many this is a more convenient method to obtain these health benefits discussed above, especially if they are from a high-quality organic source and if one doesn't particularly enjoy the taste of curry.

~Dr. Mercola

\*Ask Front Desk for Article in it's entirety with evidence based research

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## The Innate Diet™ Power Breakfast

Dr. James Chestnut who is one of the leading wellness experts in the world suggests this power breakfast. His Innate Diet™ is based on eating naturally; consuming what your body needs to perform at its best.

### Ingredients

- 1/3 cup organic whole oats (not quick oats)
- 2 tsp nuts (almonds, pumpkin seeds, sunflower seeds, or walnuts)
- Fresh or frozen organic blueberries, raspberries, strawberries, or blackberries
- ¼ cut organic raisins
- 1 tbsp ground flax seed
- Almond milk, rice milk, or organic whole apple juice

I like to mix up a big container of the oats, raisins, and nuts and seeds in the above proportions and then just scoop out about a cup full into a bowl. Breakfast in 30 seconds!

Use a coffee grinder and fine grind up a big container full of flax seeds and store in the freezer. The ground flax is also great in smoothies and on salads!

I much prefer my power breakfast raw but you can cook it in filtered water or filtered water and a bit of almond or rice milk or apple juice.

~Dr. James L. Chestnut B.Ed., MSc., D.C.



Check out our product line from Innate Choice including Probiotics, and Omega-3 Fish Oil Supplement



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