



# *anti-aging & beauty care secrets*

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key cellular nutrition





# Skincare is Healthcare

When it comes to your health, it's not only about what you're eating. You have to think about what your body comes into contact with in other ways.

*You can inhale and absorb chemicals as well as get them through your diet.*

Women use, on average, 12 personal care products per day. Men use 6. Don't look at these chemicals as standalone, as far as their effects on you, because it's all of them added up that typically lead to serious health problems.



*You know what's frightening?*

**89% of the 10,500 ingredients used in personal care products have NOT been evaluated for safety.**

**That means you need to do your own policing!**

It's going to take time and energy for you to research which personal care products are free of harmful chemicals. But meanwhile, I can tell you the ONE thing you absolutely HAVE to watch out for...

## **Fragrance.**

Sounds harmless, right? That couldn't be more wrong! Fragrance can include up to 3000 ingredients, including phthalates, which play a part in hormones, glucose metabolism, obesity, and more.

*Since fragrance is considered a "trade secret," companies don't have to disclose any information about what the fragrance contains.*

Keep an eye out for fragrance, perfume, or parfum next time you're buying your personal care products. It might be tougher to avoid than you realize, but there ARE product lines out there free from all these damaging chemicals.

*I have asthma with wheezing. I also have a cough. I just noticed last night that I'm no longer wheezing or coughing. I can breathe better. I haven't used my inhaler in days. I have more energy. Feeling great and very happy with my wins.  
-Donna J.*



## *Make these product switches NOW!*

We, as consumers, are starting to demand more from the corporations that make these products. For example, Proctor & Gamble has announced they'll disclose the ingredients in their fragrances.

*Our choices truly do make a difference, which is exciting and empowering.*

But one common question about personal products has to do with facial care. If you can't use those with chemicals in them, what CAN you use?

It might surprise you to find out that you have plenty of options right at home in your kitchen.

Click the link below to find out more about the Cellular Health Accelerator program and how to regain control of your health.

[Learn More](#)

## *Give oil cleansing a try.*

You can use olive oil, almond oil, grapeseed oil, apricot oil, rosehip seed oil, or hazelnut oil.

- *Massage a dime-sized amount into your face*
- *Put a hot washcloth over your face*
- *Wipe excess oil with the washcloth*

If your skin is oily already, this can still work for you. Oil cleansing will rebalance your skin so that you don't need to use as much moisturizer, and you won't produce as much oil, either.



*"I know this sounds odd but I got my hair cut today and I was looking and realized I look thinner. I feel so much better."*

*-Denise B.*





## Natural Anti-Aging Secrets

Anti-aging is a billion-dollar industry. All over the world, men and women alike are paying tons of money in an attempt to erase years from their skin.

But what if there was plenty you could do without resorting to the application of harmful chemicals or risky procedures?

*Because there is....and that is eating fat.*

Skin is hydrated from the inside out. That means eating fat will help your skin to show a healthier, more even tone without the effects of premature aging. I don't mean unhealthy fats, like deep-fried foods and fast food cheeseburgers. I mean quality fats, like...

- Avocado oil
- Olive oil
- Coconut oil
- MCT oil

It's easy enough to put them on your salads, or you can even just swallow a couple of tablespoons a day to supplement your intake.

As Americans, we don't get enough healthy fat. But it's an easy thing to turn around and can make tremendous improvements in your health, like Barbie, who says,

*"My skin looks 20 years younger!"*

One of the many changes that Barbie made to look this amazing is switching to a regular intake of healthy fats. Give it a try and see what it can do for you!



*From this guide, you have a few great tips on starting your personal care product regimen makeover, and how to change your diet to support anti-aging. The power truly is in your hands, and research is your friend!*





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*The first month felt like  
a total turn-around!*

My wins include:

- Joint pain all but totally gone
- Swelling in face, hands, feet gone
- Swelling of the left eye at surgical site gone - vision improved
- Dark rough patches on legs fading
- Energy WAY up
- Sleeping deeply and restoratively
- Morning congestion gone
- Lost 35 pounds
- My skin is glowing and my hair looks even thicker.
- I have little wisps of hair growing in the radiation burn area where I was told my hair would never grow back.
- Walking 1-2 times a day - up to 4 miles each time (up hills too!).
- Joints continue to feel comfortable. The most astounding thing is the ability to walk just for the joy of it, with no pain!
- The nagging irritation I had in my throat/esophagus since January is nearly gone. I sense this may be my thyroid settling into a new normal.

Last year, more than 4,400 people followed this plan and achieved life-changing transformations.

*Learn More*



## MY INFLAMMATION WENT FROM +10 DOWN TO 4.8!

It seems so crazy to be losing weight without even exercising! I have lost about 20 lbs in 7 weeks! Happy dance! One more week to finish, and my doctor was SO happy with my test results. What is absolutely amazing is my inflammation went from +10 down to 4.8. That's huge!!"

— NIKKI L.



## Do you struggle with hair loss?

Watch the **FREE TRAINING** & learn to regain control of your health

[Click Here!](#)