

Look Younger and More Attractive In 7 Days or Less

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Introduction

The great dilemma about life is that nobody wants to get old and yet nobody wants to die young either. As technology advances, we have been able to live longer and healthier lives than those of our ancestors. With medical breakthroughs, we are no longer as susceptible to disease and our hospitals are able to mend us when we are hurt or ill. However, aging is still something that we all do, and there is no medical procedure or pill to take to stop the march of time.

The key to staying younger has always been of interest to people. The Fountain of Youth, that tantalizing promise of youth from its waters has always eluded the grasp of those who have sought it out. Entire expeditions were launched to look for this glorious miracle and yet it was never discovered. Science has tried to come up with their own "fountain of youth". Walk into any drug store and go to the health and beauty aisle, you will find numerous lotions and creams all promising to erase wrinkles and turn back the clock.

There are pills, creams, lotions, even exercise devices all claiming to the miracle that stops aging. There is a huge market for anti-aging products and it is ever growing, despite there

being no real proof that any of these work. However, people buy them, hoping. We all want to retain our youthful appearance, the glowing and smooth skin, the pep in our step, the days when we had no aches and pains.

Also on those shelves in the drug store, make up, creams, lotions and pills to change our appearance. We are also in a quest to be more attractive, to look the best that we possibly can. Both the anti-aging and the products designed to make us more attractive are playing off on the most basic of human needs, our self-esteem. Who would not want to be more attractive and younger?

These products are targeting the outside of our bodies, and some claim to work from the inside out, as is the case with the supplements. However, the keys to looking younger, feeling younger and feeling and appearing more attractive to others is not found on the shelves of your local drug store. It is already in you to have that more youthful appearance, to feel and be more attractive.

You already have the tools to help you achieve all of that and you do not need to break the bank and fill your shelves with costly products that in the end do nothing but take up space in your cabinet.

Part of the key is diet, watching what you put into your body is important, especially drugs, alcohol, smoking and overly fatty and processed foods. What we put into our bodies is very important.

Another key thing is feeling young, exercise to stay limber and keep our joints moving. You are only as old as you feel.

The main part, especially for being and feeling more attractive is mental. Our attitudes affect our mental outlook and our moods. When we feel positive, we look positive and act positive and therefore, more attractive. People are more apt to pay attention to somebody who is smiling and engaging in conversation with people rather than the person who stays in the back, watching the flood, with a scowl on their face.

We will take you through some of the basics for feeling, looking and appearing more youthful and attractive and it will not require you to buy fancy products, we will simply give you some good living tips and help you use the tools you already have.

It is All in Your Head

There is a connection between our minds and our bodies. Our automatic nervous system is controlled by our brain; and the automatic nervous system controls our automatic bodily functions like our breathing, heartbeat, digestion, and blood pressure.

Our emotions can have an effect on these automatic functions. When angry, stressed, or fearful, we breathe harder, our heart beats faster, our blood pressure raises. When we are worried or anxious we also produce more stomach acid. All of these things are in response to our negative emotions and all of these bodily reactions have dangerous effects on our health long term.

Laughter triggers the release of endorphins in the brain; these relax the cardiovascular system. When we laugh, we feel good. Seems too simple; but it really is that simple.

Therefore, if negative emotions affect our health negatively, it goes to follow that positive ones affect our health in positive ways. One such benefit is the endorphins. Another is when we do not have the stressors on the body that the negative emotions have such as elevated blood pressure and heart rate, we are

doing less damage to our bodies, and thus, will look and feel better for longer.

Staying positive is very important. When we are thinking negative things, we look and act negative. We perceive life as being negative and act accordingly. Change your perception to the positive. Keep your posture straight and look people in the eye, smile. When you take on the posture of being positive, you will find it easier to be positive. Do not let the negative emotions take hold of you, avoid the stress that they cause on your body and change your outlook to a more positive one.

If you are a pessimist, you can break the habit. For each negative thought that you have, replace it with three positive ones. Pay attention to the little things that make you happy, stop rushing through your life. Avoid monotony, find new things to do every week or month and set small goals for yourself. Tackle that spare room you wanted to re-arrange. You will feel good as each one is accomplished.

Let go of any anger, regret or sorrow about the past. It is okay to say that we have made a mistake, acknowledge it, learn from it, and move on. Things happen in life that we have no control over, things that make us sad, hurt,

or angry. We have no control over outside events but we can control how we react to them. If people in your life are, negative or seem to bring you down, distance yourself from them. You cannot choose what people around you say or do but you can control how you let it affect you.

Do not be afraid to cry when you need to. Holding back tears will hold back all the emotions, and you will carry that with you inside and it is not a good thing to do. Crying makes you feel better, it allows you to get out the pent up feelings and then you can deal with the grief and hurt instead of carrying it with you, where it will be another stressor on your body.

Laugh. Laughter is a good thing, as long as you are not laughing at the expense of another person. Laughter releases those endorphins that help keep your immune system and your heart healthy.

Enjoy the little things in life. Stop rushing through life, stop, and literally smell the roses. Take a walk in the park, on the beach. See a movie or go out to eat. Listen to the birds singing outside your window. Get a pet, take your dog for walks that benefit both of you or get a cat and spoil it. Petting a cat has been

proven to help reduce stress and the cat will enjoy it too.

Lifestyle

We have all heard the phrase before; you are what you eat. However, it is very true. Our bodies must process and breakdown all that we put inside or ourselves in order to make it useful; the liver and kidneys filter out toxins. As we age, so do our organs and they may not work so well, especially if we have not been putting things that are good for us into them.

If you smoke, stop. Smoking has zero positive health benefits. To look younger, stop smoking, the sooner you stop smoking the better of a chance you have of reversing the damage that you have done. Not only does smoking increase your risk of cancer and does significant damage to your lungs, but also it affects your appearance, and none for the better. Smoking shrinks the blood vessels in your skin, reducing healthy blood flow so if you get a small cut it will take longer to heal with diminished blood flow. The collagen in your skin deteriorates; you lose the elastic nature of your skin. Your skin becomes dry and wrinkled. Your lips and teeth become stained from nicotine. Smoking adds age to your appearance, makes you look older than you really are.

Kick any drug habit that you have. Not only will drugs cause you numerous physical ailments, but also they affect how you look and how you feel. Illegal drugs will cause you to look older than you are and give you a sickly appearance. Take prescription medication only under a doctor's care and follow the directions for all over the counter medication. Taking more than you should for over the counter medication can damage your liver and kidneys, two vital organs. Read labels carefully and never take medication for something that you do not need.

Excessive drinking will not only affect your health but it will damage your skin as well and your state of mind. Drinking occasionally can actually benefit you. Wine has flavonoids in it and studies have proven that the occasional glass of red wine or wine can benefit your health. Excessive drinking does not benefit you. Not only will it have ill effects on your liver and kidneys; when your liver and kidneys are not working right, toxins build up in the body.

Get plenty of sleep. Lack of sleep can make you feel groggy and disconnected. Your memory will suffer and so will your response time to things. Your attention span will be shorter, your moods will be affected, and you will have mood swings. Lack of sleep can diminish the effectiveness of your immune

system. Make sure you get plenty of rest. After a stressful day, try meditation. The breathing and peaceful nature of meditation will increase the oxygen flow into your body making you feel and look younger and better.

Stay active. You can do this by either exercise or by taking up a hobby, as long as you are active and staying busy. Start a garden, build a birdhouse, crochet, or knit, play music or sing, take up woodworking or even car restoration. Just stay active. When you have long bouts of inactivity, you start to feel stiffened up and lose your balance and are prone to injuries. Stay active to avoid this.

If you are overweight, lose the weight with a balanced diet and exercise plan. Avoid crash diets or fad diets. They work in the short term but are denying your body the nutrients and vitamins that it needs to work properly. Even if you just spent 10-15 minutes a day doing some sort of exercise, you will see and feel the benefits. Take walks, do yoga, water aerobics are a low impact exercise that is especially great for people who are older and just starting an exercise regimen.

A balanced and healthy diet is key to looking younger. Watch your fat and sodium intake. Add fiber to your diet. Use whole grain bread

instead of white bread. Eat more fruits and vegetables. Not only do you get many vitamins from fruits and vegetables, but you get many other health benefits from the other things they provide such as: Phytochemicals that lower your risk of cancer and boost your cardiovascular system and act as anti-oxidants, organosulfur compounds that help your body fight off heart disease and stroke, carotenoids that help us fight off disease and reduce the risk of cancers, tannins that help us fight cancer and heart disease and lowers our risk of having a stroke.

Take vitamins and supplements. The most important ones to have in your diet are Vitamin A, Vitamin B, Vitamin C, Vitamin D, and Vitamin E. You can often find a daily supplement that contains all of these. Each of these serves a purpose in our bodies and when we lack one or all, we may start to look older and not feel as good.