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The HealthPoint™ Facelift

The Ancient Anti-Aging Secret

By Robert Redfern

Edition
2.0



ROBERT REDFERN:
YOUR PERSONAL HEALTH COACH
tells you everything you need to know about:

***The Anti-Aging Remedy:
Using the Science of
Acupressure and Nutrition to
Achieve Youthful Skin***





About Robert Redfern

Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern dedicated his life to helping people to improve their health conditions, by providing online health guides and resources about his nutritional discoveries, sharing them both in his books, along with radio and TV interviews. His book series that starts with ***Helping Lung Health, By The Book*** brings together all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert, born in 1946, became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 1980s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie, died prematurely in their 60s, that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and wellbeing. Robert and Anne decided to make major changes in their diet and lifestyle while utilising HealthPoint™ acupressure. The changes that they saw were exceptional.

Over three decades, Robert and Anne helped to change the lives of thousands of people by improving their health conditions - thanks to their nutritional discoveries and dedicated health plans.

Robert's legacy lives on through his health books, along with his newsletters, blogs, and media interviews. You can find more information about his work at www.naturallyhealthynews.com.



All the books in this series:

Helping Acne, Eczema and Psoriasis, By The Book

Helping Alzheimer's, By The Book

Helping Arthritis, By The Book

Helping Arterial-Vascular Disease, By The Book

Helping Asbestosis, By The Book

Helping Bronchiectasis, By The Book

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Helping Stroke, By The Book

One Missing Mineral Can Transform Your Health: Iodine

The HealthPoint™ Facelift: The Anti-Aging Secret

The Magnesium Manual (The Forgotten Mineral)

The Secret To Good Gut Health

Other Books by Robert Redfern:

The 'Miracle Enzyme' is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure



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NATURALLY HEALTHY PUBLICATIONS

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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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Your Commitment Plan to Younger Skin

TODAY	I DID THIS	SIGNED DATE
I Committed	To regaining and maintaining youthful skin for the rest of my life.	
I Committed	To drinking 6-8 glasses of water per day with a pinch of sodium bicarbonate in each glass.	
I Committed	To spending time in the sun for 20 minutes each day (except when not advised).	
I Read	Robert's <i>The Ancient Anti-Aging Secret</i> book.	
I Ordered	The recommended supplements to support my skin rejuvenation plan.	
I Planned	My Daily Menu using <i>ReallyHealthyFoods.com</i> .	
I Started	My breathing exercises.	
I Started	Massaging the appropriate acupressure points for the HealthPoint™ Facelift.	
I Reread	Robert's <i>The Ancient Anti-Aging Secret</i> book.	
I Reviewed	The recommended supplements to support my skin rejuvenation plan.	
I Reviewed	My water intake.	
I Reviewed	My Daily Menu.	
I Reviewed	My breathing exercises.	
I Reviewed	My life-giving sun exposure (except when not advised).	
I Reviewed	How to massage the appropriate acupressure points for the HealthPoint™ Facelift.	
I Recommitted	To regaining and maintaining youthful skin for the rest of my life.	
I Recommitted	To Robert's <i>The Ancient Anti-Aging Secret</i> book.	
I Recommitted	To the recommended supplements to support my plan and healing.	
I Recommitted	To the recommended supplements to support my skin rejuvenation plan.	
I Recommitted	To my water intake.	
I Recommitted	To following my Daily Menu.	
I Recommitted	To doing my breathing exercises.	
I Recommitted	To life-giving sun exposure (except when not advised).	
I Recommitted	To massaging the appropriate acupressure points for the HealthPoint™ Facelift.	



Your Skin Isn't Getting Any Younger

Compared to 100 years ago, we are living longer than ever. Today, our knowledge has increased, enabling us to strengthen our bodies to withstand the effects of stress and disease that caused premature death just a century ago. Today, we don't just want to live longer — we want to live better and *look* better as we enter old age.

We can slow down the natural aging process in the body when we grasp a basic understanding of good health, including eating Really Healthy Foods and supplementing the missing nutrients known to extend lifespan. All of this valuable support can increase length of life by improving health on the inside.

What happens when the outside of your body starts to age?

The National Institute on Aging tells us that the older population is growing. Remember, life expectancy has increased. The 85-and-over global aging population is expected to boom by as much as 351 percent between 2010 and 2050 — a huge leap in life expectancy around the world! Compare this to the fact that wrinkles are most likely to appear before the age of 35, and you'll see where the problem lies.

We are living longer, but we aren't getting any younger.

The prize of being able to live through your golden years can't be discounted, but graceful aging also takes into account quality of life. As the body starts to age and its effects show up in the skin, one wrinkle can turn into hundreds.

Over the years, hundreds of wrinkles create deep lines in a once-youthful face. Look in the mirror, and you may not recognize the person staring back at you.



Wrinkles may only be skin deep, but they can change the way you see yourself. You may feel older than your years every time you get a glimpse at your reflection. You may not feel like your best self when you get ready to go out for an evening. You may do everything in your power to keep your skin strong and tight, only to find that the hundreds of dollars spent on over-the-counter skin creams have been wasted.

This is a common dilemma, but it's one we don't like to talk about. It's uncomfortable to admit that you're unhappy with how your skin has aged. Most of us would rather cover it up — hoping no one notices the sagging skin and deep wrinkles we are trying so hard to conceal.

"Nature gives you the face you have at 20; it is up to you to merit the face you have at 50."

- Coco Chanel



The Price of Aging

Though aging is a normal part of human life, and especially the long life we are all hoping to achieve, it has a number of cultural and societal implications. Researchers in India delved in to the complexities of aging in a study published in the *Journal of Humanities and Social Science*. Researchers explored the unequivocal connection between body image, mood, and self-esteem in middle-aged and older women.

What they discovered may not surprise you because it is a truth we all share: Women in India faced the same cultural demands so many women face around the world — to stay young as long as possible. Postmenopausal women were more likely to have a poor body image because they felt less feminine after menopause, affecting their mood and self-esteem.

How you look can affect how you feel, and this applies to men too.

International Journal of Humanities and Social Science researchers discovered in their study addressing the body image experiences of men that most men are concerned with “not looking old.” Cosmetic surgery procedures among both older men and women are on the rise. Several men in the study revealed that they would try cosmetic surgery if there weren’t any side effects.

It’s easy to understand why the global anti-aging industry — fueled by an almost limitless array of anti-aging products and services — is expected to reach \$191.7 billion by 2019. Now we know that life can be long, and we want to prepare for it by putting our best face forward. But what’s interesting about this anti-aging market, and why it’s raking in so much money, is that it provides many possibilities with very few solutions.

Is There a Fountain of Youth?

There’s no known commercial anti-aging product or treatment that can erase the effects of age. If that was the case, all other anti-aging products would be off the market. These over-the-counter products, often laden with chemicals that can make skin health even worse, are advertised on TV and in magazines to offer hope of youthful skin renewal. The problem is — there aren’t many results that support these claims.

But we keep using these products again and again, pouring out money to feed the anti-aging industry, in the hopes that something, *anything*, will work. Within this vicious cycle, the definition of insanity comes to mind: Doing the same thing over and over, while expecting different results.

This anti-aging trap is enough to drive any person insane.



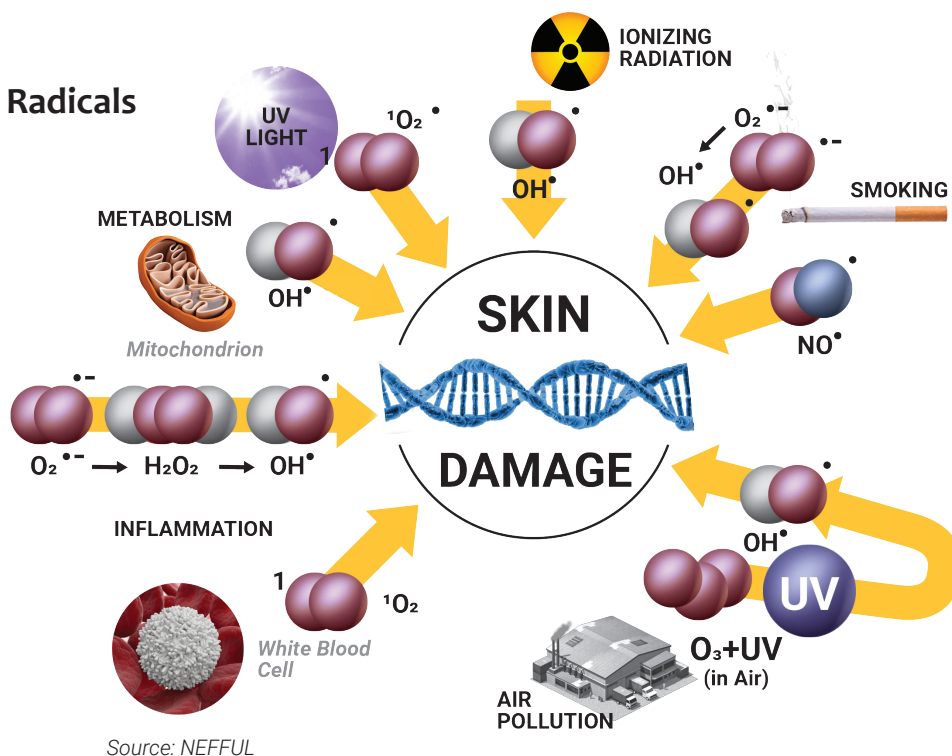
“Even among the best-performing products, wrinkle reduction around the eyes was generally pretty subtle... After six weeks of daily use, none came close to eliminating wrinkles.”

- Consumer Reports, reviewing nine anti-aging face serums



How the Skin Ages

Where Free Radicals Come From



There are a few things we know about the skin, and they are important.

The skin is the largest organ in the body:

- As the largest organ, the skin has large nutritional needs. The skin requires daily support from vitamins and minerals to function as a strong, protective barrier. Consuming essential vitamins and minerals, along with other beneficial compounds, is one of the most effective ways to improve the texture and the appearance of the skin — and even alleviate chronic skin disorders.

The skin is the body's defense against the outside world:

- The skin buffers the body against outside free radical damage — one of the main contributors to the rapid, premature aging of the skin. The only way to combat this wrinkle-inducing free radical damage is by providing the body with a steady supply of antioxidants from fresh foods and supplements, known for their ability to *neutralize* free radicals.

When scientists conducted a study on 954 people born in 1972 or 1973 in New Zealand, followed from the ages of 26 to 38, participants were tested on 18 different factors that have been linked to aging, including cholesterol, body mass index, blood pressure, lung function, inflammation, and DNA integrity. Daniel Belsky, an assistant professor of medicine at the Duke University School of Medicine's division of geriatrics, and his researchers used these factors to determine a biological age for each volunteer, which was calculated when study participants were 26, 32, and 38 years old.

From the study, published in the *Proceedings of the National Academy of Sciences*, researchers observed that some participants were biologically older than others, meaning they aged faster, and vice versa. Some study participants aged as fast as three biological years per chronological year, leading researchers to conclude that up to 80 percent of aging factors are not genetic and are within our control. Even 20 percent of the aging factors related to DNA are somewhat modifiable. Identifying the causes of premature aging allows us to slow it down — noticeably.

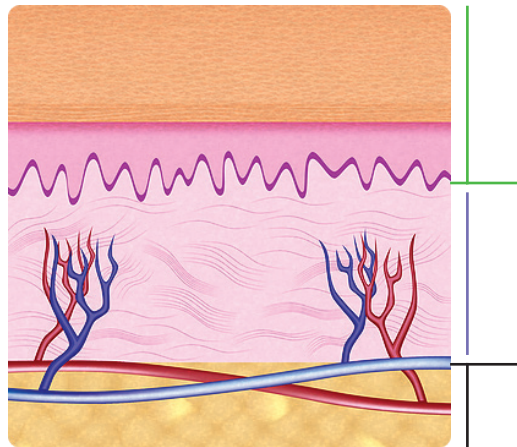
"The National Institutes of Health (NIH) recognizes 20–30 different theories of aging, the most widely accepted of which is the Free Radical Theory."

- Dr. Charlene DeHaven, M.D., Clinical Director of Innovative Skincare



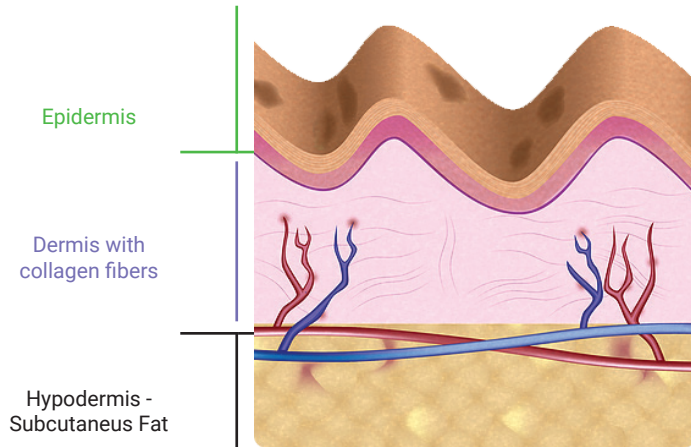
How the Skin Ages

Younger Skin



Source: Sublime Beauty

Older Skin



*Your skin is protective,
and it is also productive.*

It is in your skin that vitamin D is synthesized from the sun. One of the greatest myths in the anti-aging industry is that you must protect your skin from the sun at all costs. This sun-phobia has created a frightening imbalance, resulting in a widespread vitamin D deficiency. Excessive, abusive sun exposure can take its toll on your skin and cause premature aging. Moderate exposure to the sun each day will help your skin synthesize pre-vitamin D3 from UVB radiation—considered vital to health and immunity, with the potential to reduce risk of the deadliest form of skin cancer.

*Sunshine has been called the
enemy of youthful skin, but this
warning fails to take one important
point into account: Moderate sun
exposure is good for you.*

Research supports a daily dose of sunshine to help balance blood pressure, further reducing the risk of heart attack and stroke. Southampton University researchers say that because sunlight helps to activate nitric oxide (NO) molecules in the skin that are then transferred to the circulatory system — needed to tone the arteries and blood vessels and reduce blood pressure — heart disease deaths are naturally higher in the winter months when there is less natural sunlight.

Moderate sun exposure, where bare skin is exposed to the sun to absorb vitamin D3 for anywhere from 15 minutes to several hours *before* burning, can even improve the health of the skin. Moderate sunlight has been known to benefit some skin disorders like acne, psoriasis, eczema, and fungal infections. Daily sun exposure that is not in excess can also help to boost immunity, cleanse the blood, and improve oxygen-to-tissue delivery with similar effects to exercise — all benefits that can directly support the health and appearance of the skin. You can read more about my daily sun recommendations on [page 32](#).

Yet because your skin is constantly exposed to the environment, some aging is inevitable. Aging is caused by the thinning of the outer layer of the epidermis, which can result in wrinkles, discoloration, deep lines, and sagging. Outside free radical damage also affects the quality of skin tissue. When connective tissue underneath the surface of the skin, responsible for keeping it strong and elastic, is compromised, skin begins to show its age.

*The beautiful barrier designed to
protect you from outside damage
may soon look older than its years.*

"The Vitamin D Council has always believed that today, research shows that the benefits of sun exposure outweigh the risks... Be sure to get regular and moderate sun exposure. When sunbathing, expose a good amount of your skin to the sun for just half the time it takes for your skin to turn pink. Avoid burning."

- Brant Cebulla, Vitamin D Council



Unlocking the Ancient Secret

It's safe to say that if over-the-counter anti-aging products haven't been proven effective, and if cosmetic surgeries are expensive and potentially dangerous, support for aging skin does not come from the outside.

There are topical nutrients that are easily absorbed through the skin and can greatly improve its appearance, but this is only one piece of the puzzle.

To make sense of this aging skin predicament that affects every man and woman over the age of 30, we can look back to our ancestors who may have gotten it right all along. In Traditional Chinese Medicine (TCM), acupressure has been used for millennia as an alternative remedy. Acupressure as complementary medicine can relieve aches and pains and even alleviate more serious health issues. Acupressure is derived from the Latin word "acus" that means "needle," plus "pressure." Acupressure works with similar principles to acupuncture by targeting the life flow of energy in the body as it moves through meridians, or vital energy pathways.

In the ancient practice of acupressure, pressure was applied to trigger points at certain places in the body to clear blockages from the meridians. Pressure was often applied manually with a finger, hand, elbow, or another device. Today's acupressure builds upon this ancient healing art by integrating electrical pulses as a highly targeted form of trigger point therapy. Electro-acupressure uses mini electrical pulses to stimulate acupressure points in the body — for the purpose of refreshment, rehabilitation, and pain relief.

Most people have heard of acupressure before, but they are surprised to learn that it can be used to rejuvenate the skin.

If you've ever had the urge to hold your head when you have a headache, then it's easy to understand how acupuncture and acupressure work. More than 5,000 years ago, the Chinese discovered that placing pressure on certain points in the body could provide pain relief, and it wasn't just localized. Pressure points in one part of the body can relieve pain in another remote location and can influence the function of some internal organs.



"My clinical experiences of the past 18 years showed me that acupressure can be effective in helping relieve headaches, eyestrain, sinus problems, neck pain, backaches, arthritis, muscle aches, and tension due to stress."

- Michael Reed Gach, Acupressure's Potent Points



The History of Acupuncture

The first known use of acupuncture was documented in *The Yellow Emperor's Classic of Internal Medicine* in 100 B.C. It wasn't until 2000 years ago that needles replaced sharp stones used on acupuncture points to treat pain and disease. Acupressure and acupoint massage can be traced back to the same time period in Traditional Chinese Medicine. Along with acupuncture, the Chinese used acupressure as an ancient medicinal therapy to balance the flow of energy (called *qi*) and stimulate the body's self-healing system.

The Chinese discovered what Western scientists have confirmed today: Acupoints on the skin are sensitive to bioelectrical impulses in the body. Pressure placed at acupoints can send these impulses to other locations. The ancient Asian culture envisioned acupoints as access points that unblocked the special pathways that carried energy throughout the body. Modern scientists confirmed the existence of such acupoints when they mapped the body's systems using electrical devices.

When an acupoint is stimulated with manual pressure, a needle, or an electro-acupressure device, endorphins are released.

These neurochemicals are natural painkillers used by the body for the purpose of pain relief. The endorphin release of acupressure blocks pain, while increasing oxygen and blood flow, to the area in need of treatment. Acupressure can also intercept pain signals sent to the brain through gentle stimulation at the desired point.

Electro-acupressure targets the same trigger points that have long been used for healing in Chinese medicine. Without the use of needles or manual stimulation, an electro-acupressure device can stimulate specific points where energy flow is blocked in the body. Robert Becker, a retired Professor of Orthopedic Surgery working in New York State, says the benefits of electro-acupressure can best be explained by the body's own direct-current (DC) system. This information

and control system in the body connects with the nervous system using direct-current analog electrical signals. DC signals in the body are carried by the cells that surround nerve fibers, called neuroglia. When the body is injured, the glial system produces currents to aid in growth and repair. Becker explains that the healing power of electro-acupressure comes from how acupoints are connected along meridians throughout the body. These meridians help transmit energy, according to Chinese medicine, and they also transmit DC signals in the body.

When a connecting area of the body is healthy, acupoints show very little or no electrical activity. When injury or disease occurs, electrical changes in an acupoint can be detected at the surface of the skin. An electro-acupressure device can target these electrically active trigger points in the body to determine where dysfunction is present.



"Real science is creative, as much so as painting, sculpture, or writing."

- Robert Becker, *The Body Electric*



Better than Botox

Not only can acupressure relieve aches, pains, insomnia, fatigue, and even traumatic brain injury, but it can utilize targeted energy points to restore tired and aging skin below the surface. For many women and men who have been addicted to the needle, the safety and the efficacy of acupressure is what makes it most attractive.

The Botox Reality: How Much Botox You Need to Maintain Younger Skin



1. Eyebrow Lift - 2-5 Units
2. Crow's Feet (per side) - 5-15 Units
3. Bunny or Nasalis Lines - 5-10 Units
4. Dimpled Chin - 2-6 Units
5. Forehead Lines - 10-30 Units
6. Frown or Glabellar Lines - 10-25 Units
7. Smile Lift (corners of the mouth) - 3-6 Units

Gentle acupuncture or acupressure is preferable to a controversial treatment like Botox.

Licensed acupuncturist Stephanie Kula describes acupuncture as an essential part of self-care that can affect internal and external wellness, as well as skin health. She explains in *The Boston Globe*, "It's a way to really take care of yourself. Self-care is something we don't really do that much of." After a treatment from Kula in lieu of chemical enhancements, 62-year-old Lora Lipman was pleased to receive compliments from friends and family who noticed an obvious difference in her skin.

Lipman is in good company. Cosmetic acupuncture is being endorsed by major celebrities like Angelina Jolie, Elle Macpherson, and Madonna. Sandra Bullock is reported to get acupuncture three times per week and has even included a stipulation in her contracts stating that studios must pay for this wellness benefit.

34-year-old Marisa Belger writes for *Today Style* after receiving six facial acupuncture treatments, "My schedule rarely allowed for weekly sessions — I was on the every-other-week plan — but the one time I went two weeks in a row, I noticed that the wrinkles in my forehead, etched there from more than 30 years of brow arching, were lighter, less significant somehow. And my mommy lines were no longer the focal point of my face, seeming to have softened back into that place above my nose."

What makes acupuncture so effective?

It all goes back to understanding the skin. Remember, the skin is the largest organ in your body, which makes it a perfect reflection of your inner health. The Traditional Art of Acupuncture, now offered in a non-invasive technique like electro-acupressure, promotes total wellness by correcting energy imbalances within the body. When early signs of disease and malady are addressed, it can show up almost immediately in the skin — smooth, relaxed, and even tighter skin released from the burden of a toxic body.

"Acne, wrinkles, dermatitis, and eczema can all be treated with acupuncture. Sagging, dark spots, dullness, and enlarged pores can be improved, and even some types of hair loss respond to acupuncture."

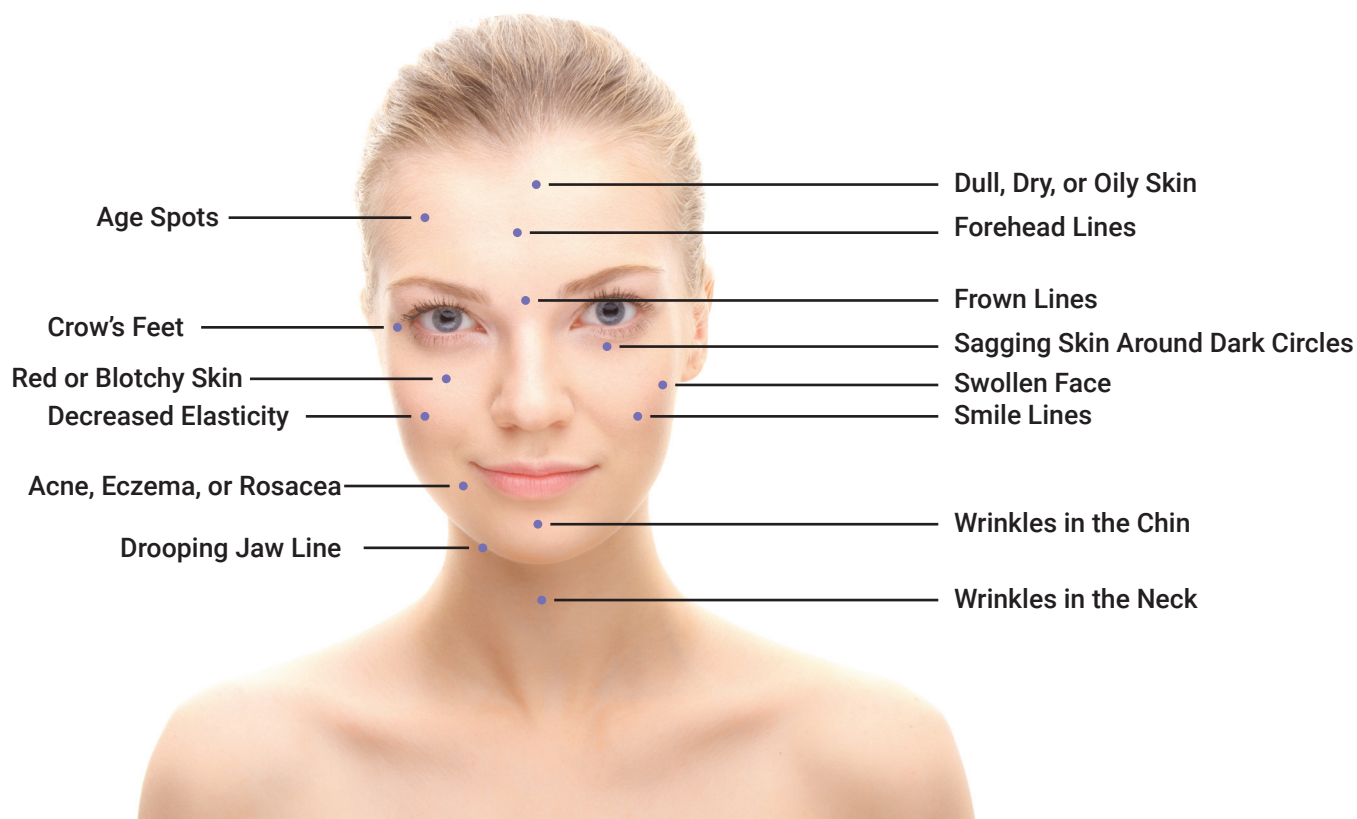
- Dr. Min Zhang, 25-year acupuncturist quoted by Mimi Chatter



The Beauty Benefits of Acupressure

Cosmetic acupuncture and acupressure use external stimulation to promote internal balance, with visible relief for:

- Fine lines
- Wrinkles
- Sagging skin
- Frown lines
- Laugh lines
- Crow's feet
- Forehead furrows
- Drooping jaw line
- Drooping eyelids
- Puffiness or bags under eyes
- Dark circles under eyes
- Age spots/discoloration
- Dull, dry, or oily skin
- Red or blotchy skin
- Acne, eczema, or rosacea



"As promised, I emerged from her studio with a radiant complexion—as well as feeling more relaxed, and with much more energy than when I arrived. In the days that followed, my sleep was sounder, and I was surprised by how loose and lucid my body felt."

- Mackenzie Wagoner, writing on the acufacial for Vogue Magazine



The Science of Beautiful Skin

Science has been examining this acupuncture phenomenon for years. In a study published in *Evidence Based Complementary Alternative Medicine*, researchers at the Kyung Hee University Hospital analyzed women from ages 40 to 59 for signs of photoaging. The women who completed five facial cosmetic acupuncture treatments saw a significant improvement in facial elasticity.

Acupuncture may be effective for even the harshest signs of age — like crow's feet around the eyes and smile lines around the mouth. These facial wrinkles may be considered the byproduct of a long and happy life filled with laughter, but they are notoriously difficult to treat. Another fascinating study assessed the eye wrinkles and nasolabial folds (smile lines) of 107 patients from their 20s to their 70s. Participants received a newer type of Jae-Seng Acupuncture, along with stimulation of the meridians to improve stomach and large intestine health. The youngest study participants in their 20s saw a reduction in eye wrinkles from 42.6 to 31.5 percent and in smile lines from 39.4 to 36 percent. Participants as old as their 70s saw similar results — with reductions in eye wrinkles and smile lines at 42.2 to 32.1 percent and 40.5 to 30.7 percent. Researchers called this acupuncture technique "safe and effective" to improve aging skin.

In a report published by the *International Journal of Clinical Acupuncture*, researchers analyzed more than 300 people who had received cosmetic acupuncture. After just one treatment, study participants saw an astounding 90 percent improvement in their skin.

Known for its role in promoting chronic disease, stress also has an immediate effect on the skin. The American Academy of Dermatology confirms that reducing levels of stress can help clear up inflammatory diseases in the skin. To make matters worse, long-term stress can cause the skin to age more rapidly.

This is where acupuncture comes in. Researchers at Georgetown University Medical Center (GUMC) discovered an interesting side effect of regular acupuncture treatment: Acupuncture helped lower stress levels in rats similar to using anti-anxiety and anti-depressant drugs. Researchers believe these findings may move us one step closer to considering acupuncture a valid form of medical treatment. Acupuncture's anti-stress approach has a direct impact on the body and the skin, minimizing the degenerative effects of chronic stress and reducing visible signs of age.

"Your skin has the potential to return to its original state."

In her recent interview with *The Epoch Times*, 62-year-old Dana Chun, a facial acupuncturist, pharmacist, and doctor of oriental medicine, makes a bold statement about acupuncture's effect on the skin. Chun is living proof of the efficacy of such a treatment — her skin remains virtually wrinkle-free without the help of facelift surgeries or injections.

What's her secret? In her medical opinion, Chun believes facial acupuncture treatments provide natural anti-aging benefits to restore the skin from within. Since wrinkles most commonly occur from a breakdown in collagen production in the skin, causing sagging and fine lines, Chun uses acupuncture to stimulate the skin. With this type of targeted external stimulation, the skin thinks it is under attack and will produce white blood cells to restore damage and improve elasticity. Chun recommends facial acupuncture as an overall wellness treatment that is more natural than a quick fix like Botox — acupuncture offers more permanent, long-term results that rely on the skin's natural healing process. Compared to Botox, Chun says, "Acupuncture doesn't alter your eyes and mouth."



"Without science, there is no skincare."

- Dr. Jeannette Graf, board-certified clinical and research dermatologist



The HealthPoint™ Facelift: Transform the Skin You're In

As acupuncture remedies aches, pains, and disease, relieves stress, and restores balance, it stimulates the body to heal itself. Evidence of the body's ability to self-heal can be quickly seen in smooth, refreshed, and supple skin.

Facial rejuvenation acupuncture is a modern alternative to Botox and cosmetic surgery, and it also has ancient roots. This restorative beauty technique, called "Me Rong Zhen" in Chinese, dates back to the Sung Dynasty in 960 to 1279 A.D. China. Used to improve circulation and tap into the body's natural anti-aging ability, concubines of the Chinese Empress and Emperor received regular cosmetic acupuncture treatment.

*The research in support
of acupuncture is
undeniable — this
ancient therapy really can
turn back time.*

The modern-day form of acupuncture can be even more effective because of its convenience. Non-invasive electro-acupressure is performed with a safe, user-friendly device in the comfort of your own home.

An electro-acupressure device works without needles, providing targeted MicroCurrent stimulation at specific trigger points on the surface of the skin. The HealthPoint™ electro-acupressure device was developed as the world's foremost electronic acupressure technology, based on the extensive electronic waveform research of Dr. Julian Kenyon, M.D.

Used to treat a complete spectrum of health issues, HealthPoint™ is now considered the Gold Standard Electro-Acupressure Device, adopted by a growing number of UK hospitals and tens of thousands of people around the world. The HealthPoint™ Facelift is powerful, quick, and effective. MicroCurrent stimulation delivered straight to acupoints enables the body to renew tired, wrinkled skin from within. You can find the rejuvenating HealthPoint™ Facelift as part of my 10 Step Plan for Younger Skin on **page 39**.



"Electro-acupuncture technique can be as effective as traditional needle acupuncture. It will work in the vast majority of cases. On no account, however, should you insert acupuncture needles into yourself. Leave this to a qualified practitioner."

- Dr. Julian Kenyon, Mastering Acupuncture



The Western Un-Natural Food Diet

Nutritional therapy in the form of an anti-inflammatory diet and the appropriate supplementation is fundamental to strengthen the immune system, decrease inflammation, and win the battle against aging. A diet which will definitely hinder one's prevention and recovery is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. These nutrients include selenium, iodine, magnesium, B vitamins, chromium, and others. These factors combined with one or more poor choices are part of a disease-promoting lifestyle.

The “Balanced Western Diet” (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals needed to eliminate free radicals. This all-too-common diet is lacking in high-fiber foods and the foods that provide essential nutrients necessary to reverse premature aging in the skin – and to prevent it in the first place.

These missing foods include:

- *Beans (except when temporarily contraindicated for recovery)*
- *Dark-skinned fruits*
- *Nuts*
- *Seeds*
- *Vegetables (especially broccoli and kale)*

Special considerations:

- *Cooked foods lead to some nutrient losses; eat adequate amounts of a variety of nutritious foods — some cooked, some fresh, never fried.*
- *Keep blood sugars stable by consuming high-quality protein and low-glycemic, antioxidant-rich carbohydrates. High or unstable blood sugars lead to inflammation.*
- *It is also important to avoid external irritants in your environment.*

This anti-inflammatory approach will lead to healthier, younger skin, in the majority of cases.





Can I Minimize or Eliminate Wrinkles?

I prefer not to use the word “cure” when talking about aging skin since many cases are directly related to or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field and the anti-aging industry cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma and cosmetic manufacturers out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your skin with healthy lifestyle choices and nutrients, it can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since aging skin and related skin disorders are inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.

Optimal Nutritional Management

Optimal nutritional management is essential for youthful skin, for the reduction of inflammation, and for the quality, as well as the length, of life.

Did you know those who consider themselves happy have less inflammation than those who don't? It could certainly be argued that a well-rested person who is of a healthy weight; limits toxins; focuses on a diet bountiful in foods which are nourishing, anti-inflammatory, and a source of enzymes and antioxidants; and who also supplements with high-quality nutrients is an individual who is happy indeed!

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your skin renewal.

... transform your skin
with a balanced lifestyle
and essential nutrients...





The Nutrients You Need

According to research, these nutrients can manage or prevent visible signs of aging, in most cases:

- **Ubiquinol** - Replenishes the skin and acts as a powerful antioxidant..
- **Collagen and Hyaluronic Acid** - Biocell Collagen™, Hydrolysed Collagen Type II, Chondroitin Sulfate, and Hyaluronic Acid are essential to support skin strength and elasticity.
- **Curcumin, Ecklonia Cava Extract, Serrapeptase, and Vitamin D3** - Support healthy blood flow and circulation, along with healthy cells, heart, and joints.
- **Iodine:** Helps balance hormones and metabolism. Note that iodine needs a daily supplement containing selenium to activate it, such as Active Life or Daily Immune Protection.
- **“Bio-Identical” SBO Probiotics Consortia™** - is A group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria.
- **Vitamin C** - Supplement that is readily absorbed by the body is not only more economical and convenient to take, but it may open the door to optimum health. The new liposomal delivery system can increase vitamin absorption and supply your body with a vital nutrient it needs.
- **Magnesium and MSM** - Genuine Zechstein™ Magnesium Chloride and Methylsulfonylmethane (OptiMSM® from Bergstrom) are absorbed through the skin and play an important role in healthy skin renewal.
- **Multi Vitamins and Minerals** – Delivers a full spectrum of 130 Nutrients In One Capsule, that boost immune health to resist premature aging.





What If My Dermatologist Doesn't Support My Recovery?

You can use this Anti-Aging Rehabilitation Plan to improve your skin alongside any cosmetic or dermatological treatment and still get the benefits! Your dermatologist has an obligation to stick with the anti-aging industry, as well as the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the U.S. and the GMC in the UK.

Make no mistake — the anti-aging industry makes money off aging individuals. They don't have a business model that promotes actual skin renewal in any way, shape, or form. The anti-aging industry is booming because there is always a new product on the market that makes wrinkle-free claims, but as I have already discussed, none can provide real results.

More extreme anti-aging treatments are not without danger. With more than 15.6 million cosmetic procedures performed in 2014, confirmed by the American Society of Plastic Surgeons, complications include hematoma, nerve damage, infection, pulmonary embolism, scarring, and even death after going under the knife. Botox is the most common minimally invasive cosmetic procedure, with a 6 percent increase in use from 2013 to 2014, that can bring with it complications like swelling, headache or flu symptoms, and even drooping eyelids or smiles due to a botched injection.

Cosmetic treatments are costing us in more ways than one, as they compromise health while funding a multibillion-dollar industry.

Yet when you follow the Anti-Aging Rehabilitation Plan to the letter, you may start to see results within 30 days.

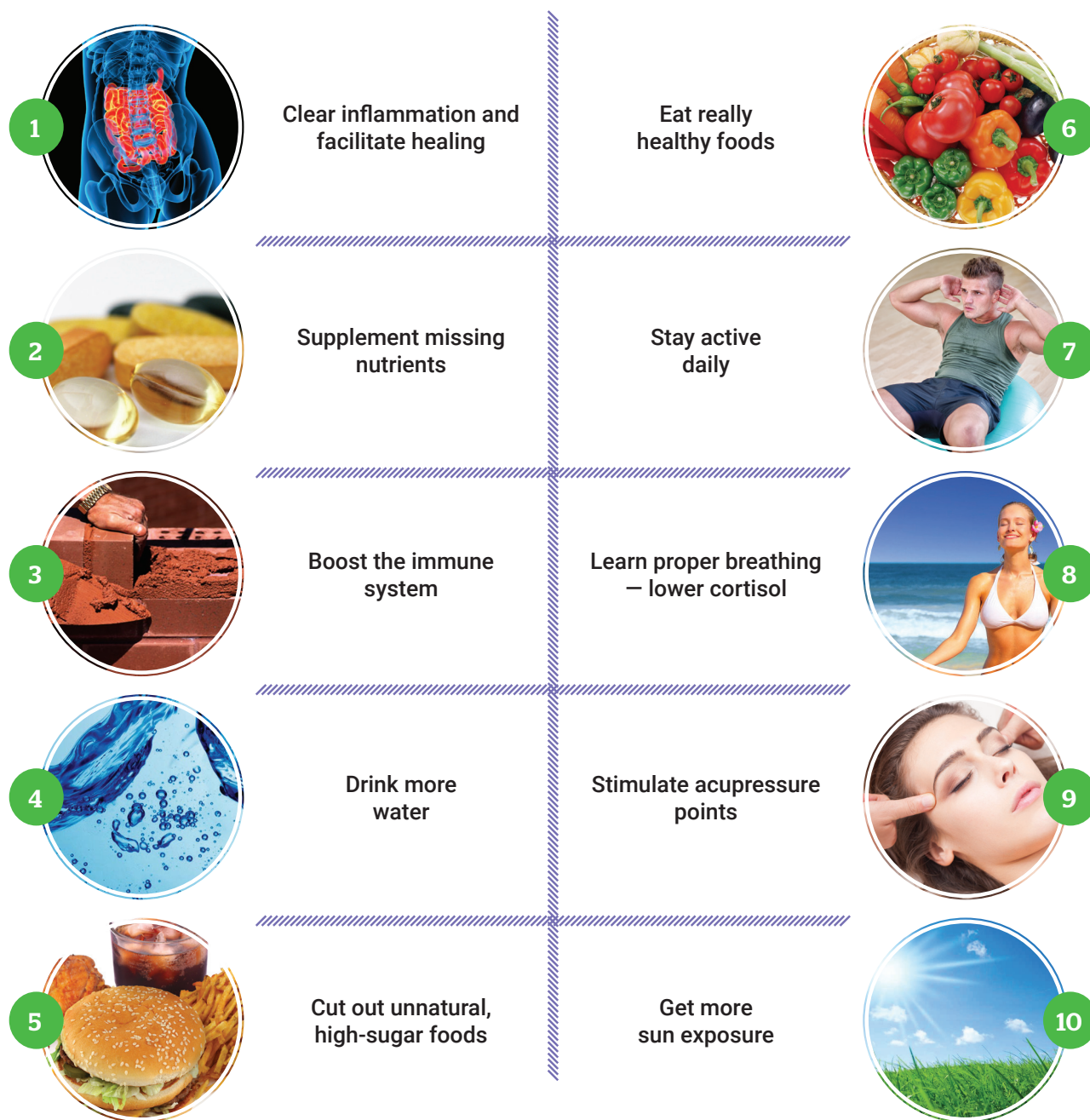




Your Anti-Aging Rehabilitation Plan

The 10 Step Plan for Younger Skin

This self-recovery protocol can be used at any age to support younger, stronger skin, in most cases:



It's almost impossible *not* to see significant skin renewal after applying many of the points in this 10 Step Plan, especially with support from the HealthPoint™ Facelift on page 39. You can clear many visible signs of aging and may see a full transformation, in many cases.



For details of the suggested plans, turn to **page 33**.

Anti-Ageing Pack – Essential

- **PureC+™ Liposomal Vitamin C** - We call PureC™+ Liposomal C with Quercetin the “smart” dose for this reason. With the liposomal delivery system, all of the vitamin C can reach the bloodstream, without any side effects often associated with high doses of vitamin C. Take 6 ml daily.
- **Serranol™** - Contains Curcuminx4000™ from Meriva® curcuma longa extract, Ecklonia Cava Extract, Serrapeptase, and Vitamin D3. Has powerful anti-inflammatory and antioxidant benefits to support whole body health and anti-aging processes. Take 1 capsule x 3 times per day, 30 minutes before a meal.
- **Daily Immune Protection™ (D.I.P.)** - Contains Epicor®, ExSelen, Vitamin D3, Vitamin C, OptiZinc, and Immune Assist – Micron Powder. Protects against infection and supports strong, healthy cells. Take 2 capsules, twice daily.
- **Nascent Iodine Drops** - Contains iodine in its atomic form. Helps balance hormones and metabolism as per the instructions. Take 1-3 drops, per day, or as directed by a healthcare professional.





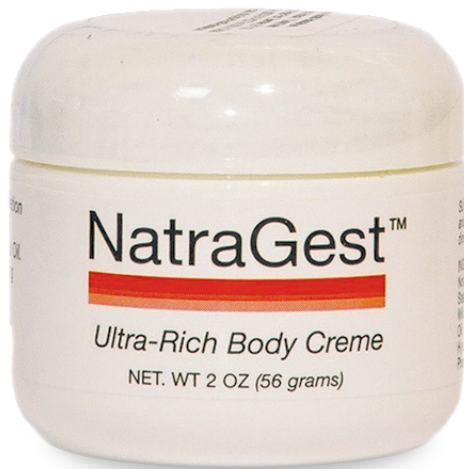
Anti-Ageing Pack – Ultimate

- **PureC+™ Liposomal Vitamin C** - We call PureC+™ Liposomal C with Quercetin the “smart” dose for this reason. With the liposomal delivery system, all of the vitamin C can reach the bloodstream, without any side effects often associated with high doses of vitamin C. Take 6 ml daily.
- **Serranol™** – Contains Curcuminx4000™ from Meriva® curcuma longa extract, Ecklonia Cava Extract, Serrapeptase, and Vitamin D3. Has powerful anti-inflammatory and antioxidant benefits to support whole body health and anti-aging processes. Take 1 capsule x 3 times per day, 30 minutes before a meal.
- **Daily Immune Protection™ (D.I.P.)** - Contains Epicor®, ExSelen, Vitamin D3, Vitamin C, OptiZinc, and Immune Assist – Micron Powder. Protects against infection and supports strong, healthy cells. Take 2 capsules, twice daily.
- **Nascent Iodine Drops** - Contains iodine in its atomic form. Helps balance hormones and metabolism as per the instructions. Take 1-3 drops, per day, or as directed by a healthcare professional.
- **Joint & Skin Matrix™** – Contains Biocell Collagen™, Hydrolysed Collagen Type II, Chondroitin Sulfate, and Hyaluronic Acid. Improves skin hydration (by up to 76 percent) and reduces fine lines and wrinkles. Take 2 capsules x 2 times daily.
- **Magnesium Lotion ULTRA** - Contains Purified Water, Genuine Zechstein™ Magnesium Chloride, Methylsulfonylmethane (OptiMSM® from Bergstrom). Supports cellular magnesium levels, aches and pains, and detoxification and promotes healthy skin tissue. Massage into joints, leg muscles, and arms daily.
- **Active Life™ Capsules** - Contains Vitamin A, B1, B12, B2, B3, B5, B6, C, D, E, K, Zinc, Ionic Trace Minerals, Aloe Vera Extract, Manganese, Organic Seleniunmethionine, Magnesium, Calcium, Chromium, Copper, Folic Acid, Potassium, and more. Acts as a good foundation for your nutritional needs to support skin health and total body wellness. Take 1-2 capsules x 3 times daily, with juice or water.





Optional - seek guidance from your healthcare professional before use.



- **NatraGest™** - Contains pure and natural Progesterone. Helpful to regulate the hormonal system. Apply to skin daily.

4. Drink More Water.

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda (sodium bicarbonate) to each glass. This step is essential to promote alkalinity and combat inflammatory skin disorders.



5. Cut Out Unnatural, High-Sugar Foods

As the foundation of youthful skin, cut out starchy carbohydrates altogether, i.e., pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.



6. Eat Really Healthy Foods.

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: Try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, cancer, and skin rehabilitation.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).



Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.



Add healthy oils to your favorite foods, like krill, omega 3, hemp, coconut, and olive oils. Pair with healthy carbohydrate alternatives, like, amaranth, quinoa, buckwheat, and chia and millet seeds. You can also try couscous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so **Nascent Iodine** is included in your rehabilitation plan.



Recommended Vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian Vegetable Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (Various Types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (Aubergine)
- Fennel
- Garden Peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and Various Types)
- Mangetout Peas
- Mushrooms
- Okra
- Onions (Red and White)
- Petit Pois Peas
- Radishes
- Runner Beans
- Seaweed - All Types (Kelp, Wakame, Noni, etc.)
- Silver Beet
- Spinach
- Squash
- Sugar Snap Peas
- Zucchini (Courgettes)

Recommended Fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi Fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/Prune (Dried Plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal Berry
- Satsuma
- Strawberries
- Tangerine
- Western Raspberry (Blackcap)



Really Healthy Food Pyramid: Garden of Eden





7. Stay Active Daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve. If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Practice this daily exercise along with your morning or evening walk: Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, blood circulation will improve to supply your skin with essential oxygen and nutrients, and changes in skin health will be visible.



Physical activity is vital to your rehabilitation plan.





8. Learn Proper Breathing – Lower Cortisol

Breathing properly is critical since oxygen is the foundation of overall health.

There are two types of breathing:

1. **Anxious Breathing:** In the chest.
2. **Relaxed Breathing:** In the diaphragm or stomach area.



The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection and disease.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your

bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to Breathe Correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can.





9. Stimulate Acupressure Points

The HealthPoint™ Facelift is a critical component in your rehabilitation plan that stimulates the acupressure points connected to your skin renewal system. There are a number of anti-aging points that can be massaged gently with a finger to mimic actual acupuncture, in addition to the use of an at-home electro-acupressure device. Please read more about the HealthPoint™ Facelift on **page 39**.



10. Get More Sun Exposure

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 34**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



Recommendations for sun exposure:

- 1. Expose as much skin as you can to the sun each day, such as on your morning walk.*
- 2. Build up your sun exposure gradually from spring to summer seasons.*
- 3. Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to chemical sunscreens.*
- 4. If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*
- 5. It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!*



More About Clearing Inflammation and Promoting Healing

Joint & Skin Matrix™

Joint & Skin Matrix™ contains Biocell Collagen™, Hydrolysed Collagen Type II, and Hyaluronic Acid. Collagen is the main structural protein of various connective tissues, skin, ligaments, and tendons. It is also vital for fortifying blood vessels and giving skin its elasticity and strength.

Joint & Skin Matrix™ improves skin hydration (by up to 76 percent), while reducing fine lines and wrinkles and aiding in joint comfort and mobility.

Ingredients:

- Biocell Collagen™ - 2000mg
- Hydrolysed Collagen Type II – 1200mg
- Chondroitin Sulfate – 400mg
- Hyaluronic Acid – 200mg

Dosage:

Take 2 capsules x 2 times daily.





Serranol™

Serranol™ is a combination formula of four key ingredients: CurcuminX4000™, Ecklonia Cava Extract, Serrapeptase, and Vitamin D3. These core nutrients provide a super supplement that studies show targets dozens of health and aging-related issues.

Serranol™ is a powerhouse of ingredients concentrated into a single capsule that supports the body's fight against premature aging and compromised health.

Ingredients:

- CurcuminX4000™ (from Meriva curcuma longa extract) – 250mg
- Ecklonia Cava Extract 25:1 – 50mg
- Serrapeptase – 160,000IU
- Vitamin D3 – 1000IU

Dosage:

Take 1-3 capsules a day, 30 minutes before eating a meal, with a glass of water. Use until clear.



Nascent Iodine Drops

This is totally different from the typical iodine in its denser state, sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid.

Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Ingredients:

- Iodine (in its atomic form) – 400mcg

Dosage:

Take 1-3 drops in half-ounce water, twice daily on an empty stomach, or as directed by a healthcare professional..





More About Missing Nutrients

PrescriptBiotics™

PrescriptBiotics™ contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy “bugs” to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health. PrescriptProbiotics’ powerful, soil-based microflora may benefit brain health, mood, and energy levels.

Ingredients:

- *Bifidobacterium Bifidum*, *B. Lichenformis*, *L. Acidophilus*, *L. Lactis*, *L. Casei*, *B. Subtilis*, *L. Rhamnosus*, and *L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary, nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)
- Other ingredients: Hypromellose (Veggie Cap)

Dosage:

Take 1 x 4 capsules a day, or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.



PureC+™ Liposomal Vitamin C

We call **PureC™ Liposomal Vitamin C + Quercetin** the “smart” dose for this reason. With the liposomal delivery system, all of the vitamin C can reach the bloodstream, without any side effects often associated with high doses of vitamin C. Vitamin C taken at high doses has been linked to countless health benefits, with the potential to support immune function, brain health, blood sugar, and heart health.

A vitamin C supplement that is readily absorbed by the body is not only more economical and convenient to take, but it may open the door to optimum health. The new liposomal delivery system can increase vitamin absorption and supply your body with a vital nutrient it needs.

Ingredients:

- Vitamin C (as sodium ascorbate, ascorbic acid)
- Sodium (as sodium ascorbate)
- C Support (citrus bioflavonoids, quercetin dihydrate)
- Natural (non-hydrogenated) Phosphatidylcholine (from non-GMO sunflower oil extract) -glycerin complex

Dosage:

Take 6mls daily (just over one teaspoon) or as directed by a healthcare professional Mix into one ounce juice as a palatable way to ingest.





More About Immune Strengthening Formulations

Magnesium Lotion ULTRA

Ancient Minerals Magnesium Lotion ULTRA is a smooth, quickly absorbed emulsion of magnesium chloride and MSM (OptiMSM®) in a skin-nourishing base of certified organic oils.

Formulated for even the most sensitive individuals, Magnesium Lotion ULTRA is a next-generation formula incorporating the unique synergistic benefits of MSM and magnesium. MSM (Methylsulfonylmethane) has long been revered as a superior form of sulfur supplementation, but as a topical, it may better enhance permeability and may facilitate more efficient uptake of magnesium ions.

Rich in plant moisturizers including coconut oil and shea butter, this lotion soothes and hydrates without leaving your skin feeling waxy or greasy.

Ingredients:

- Purified water
- Genuine Zechstein™ Magnesium Chloride (and other naturally occurring trace minerals)
- Organic vegetable glycerin
- Organic simmondsiachinensis (jojoba) seed oil
- Methylsulfonylmethane (MSM)
- Olive squalane
- Cetearylolate
- Sorbitanolate
- Organic cocosnucifera (coconut) oil
- Glyceryl stearate
- Cetyl alcohol
- Organic butyrospermumparkii (shea butter)
- Hydroxypropyl starch phosphate
- Xanthan gum
- Caprylhydroxamic acid
- Caprylyl glycol

Dosage:

Massage into joints, leg muscles, and arms daily.





Active Life™

Active Life™ Capsules is an all-natural source of vitamins, minerals, and other nutrients designed to support a modern lifestyle. Active Life™ Capsules can maintain the health of the immune system and has all of the essential vitamins and minerals, including selenium and chromium. This supplement contains 130 minerals, 12 vitamins, and 3 other nutrients that can help replenish storages in your body that are naturally depleted each day.



Ingredients:

Amount per Serving:

% DV

Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	100%
Vitamin C	500mg	833%
Calcium (from Calcium Citrate)	120mg	15%
Vitamin D3 (from Cholecalciferol)	400IU	100%
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
Vitamin K2 (K2 - Menaquinone)	80mcg	100%
Vitamin B1 (Thiamin)	10mg	666%
Vitamin B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	500%
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***)	800mcg	200%
Vitamin B12 (Methylcobalamin)	100mcg	1,666%
Biotin	300mcg	100%
Vitamin B5 (from Pantothenic Acid)	20mg	200%
Iodine (from Potassium Iodide)	150mcg	100%
Magnesium (from Magnesium Citrate)	60mg	19%
Zinc (from L-OptiZinc®)	25mg	166%
Selenium (from Selenomethionine)	200mg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	< 1%
Potassium (from Potassium Malate)	216mg	5%
Boron (from Boron Citrate)	1mg	*
Strontium (from strontium Citrate)	60mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals	200mg	*
Inositol	40mg	*
Lutein (from Marigold flower - ZanMax®)	20mg	*
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-L-Taurine	400mg	*

Dosage:

Adults and children over age 12 - take up to 3 capsules twice per day after meal. Children under age 12 - take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ Capsules.



More About Optional Nutrients

NatraGest™

NatraGest™ is a natural progesterone cream that can regulate the hormonal system, including the thyroid. Progesterone can also help with PMS, menopausal symptoms, circulatory health, female health problems, and osteoporosis, while supporting healthy blood sugar levels.

Since natural progesterone is thought to have a widespread regulatory and restorative effect on the endocrine system in the body, it may also therefore have rejuvenating and anti-aging properties for the body as a whole.

Ingredients:

- Aloe Vera Extract in Distilled Water — with Catalyst Altered Normalizer
- Octyl Palmitate
- Tocopheryl Acetate (vitamin E)
- Glycerin
- Stearic Acid
- Glyceryl Stearate
- PEG-100 Stearate
- Natural Wild Yam Extract
- Cetyl Alcohol
- Oleic Acid
- Hazel Nut Oil
- Grape Seed Oil
- Panthenol
- Grape Seed Extract
- Triethanolamine
- Sodium Hyaluronate
- Carbomer
- Potassium Sorbate
- Phenoxyethanol
- Fragrance

Dosage:

Apply to skin daily.





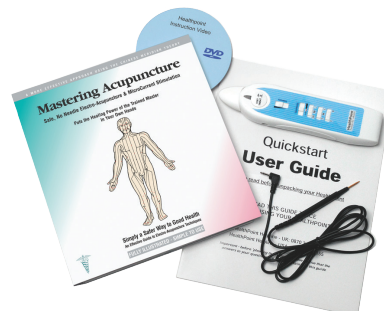
More About Acupressure: The HealthPoint™ Facelift

The beauty of the HealthPoint™ Facelift is in its simplicity. With electro-acupressure, you get the best of both worlds — younger, firmer skin without the needles. You don't have to spend money on visits to an acupuncturist, and you don't need any formal training.

You can unlock this ancient anti-aging secret as you relax at home, using a proven electro-acupressure device. Skin renewal starts from within. For more information on the beautiful transformation that awaits you, visit **DoveHealth.com**.

All other cosmetic treatments work externally with limited results.

The rejuvenating HealthPoint™ Facelift works internally and can take years off an aging complexion. Stimulating these anti-aging points from the book **Mastering Acupuncture** will start the process of skin renewal:



The HealthPoint™ Facelift

Yintang - Page 1.2

Directly between the eyebrows, just above the bridge of the nose.

TW23 - Page 8.23

At the outer end of the eyebrow.

G1 - Page 8.20

Half out a finger from the outer corner of the eye.

S7 - Page 1.6

Just below the mid-point of the cheekbone, over the front part of the top end of the jawbone.

Gv26 - Page 1.1

At the junction of the upper third and lower two thirds of a line joining the nose and the middle of the upper lip.

CV24 - Page 2.1

At the mid-point of the line joining the point of the chin with the middle of the lower lip.

S11

On the top edge of both the clavicle bones.

B2 - Page 1.2

Just beneath the inner end of the eyebrow. **IT IS NOT LOCATED AT THE INNER END OF THE EYE** and do not stimulate this area.

G14 - Page 1.2

One thumb's width above the mid-point of the eyebrow.

Yuyao - Page 8.23

At the middle point of the eyebrow.

S1

In the center of the eye socket and on the bottom edge.

S6 - Page 2.1

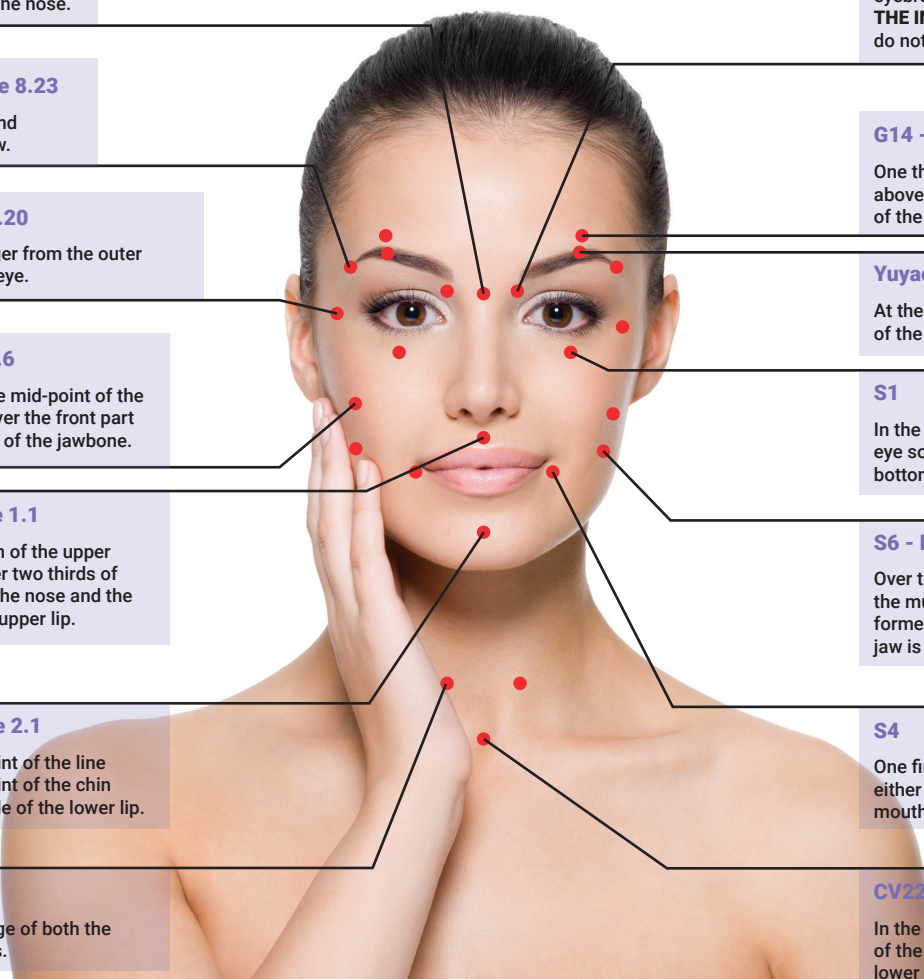
Over the center of the muscle bulge formed when the jaw is clenched.

S4

One fingerwidth on either side of the mouth.

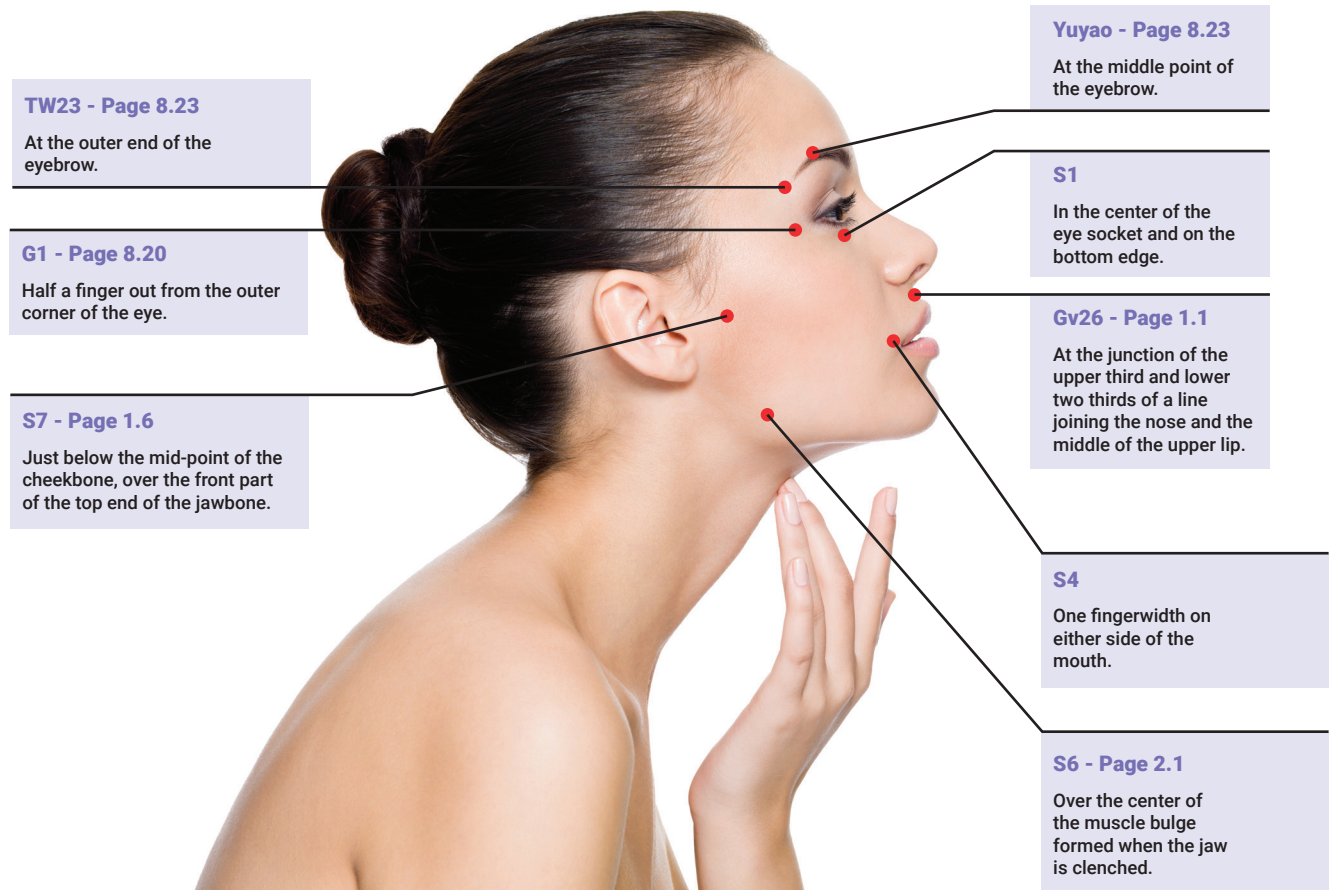
CV22 - Page 2.3

In the hollow directly over the front of the larynx, in the center of the lower part of the neck.





The HealthPoint™ Facelift



These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped — such as headaches, back, neck, and joint problems, in addition to skin renewal.

The gentle and systematic stimulation of the body's natural healing system can speed recovery, in many cases. **HealthPoint™** breakthrough waveform was developed with leading pain control specialist Dr. Julian Kenyon, M.D., 25 years ago. Today, it features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for anti-aging skin recovery.



In Conclusion

The Anti-Aging Rehabilitation Plan offers a complete rehabilitation program that is specially designed to comprehensively prevent or manage visible aging in the skin.

Aging skin can better be understood as a lifestyle condition. This means that if you change your lifestyle, there is a greater chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to renew damaged, tired skin.

Anti-aging products won't "fix" your skin.

Commercial anti-aging products aren't effective since they can't make your skin healthy again. In a best-case scenario, an anti-aging product may provide short-term relief. In a worst-case scenario, the chemical ingredients in such a product will irreparably damage the health of your skin.

Of course, the anti-aging industry would love you to continue using their ineffective products, relying on toxic chemical ingredients that inhibit your true path to skin renewal.

Thankfully, you have discovered there is a better way.

Youthful skin requires a complete program, one designed to address all aspects of what contributes to aging in the skin:

- The Really Healthy Lifestyle is a treatment program structured for anyone struggling with aging skin, even after other cosmetic treatments and products have failed.
- This program can help you learn how to love your skin and improve your quality of life. The Anti-Aging Rehabilitation Plan includes treatment in the form of exercise, education, and coaching.
- This personalized program incorporates therapy and support, assisting you in achieving the maximum results possible.

You will find the Anti-Aging Rehabilitation Plan and the HealthPoint™ Facelift outlined in this book. When you follow it carefully, you will see some results starting within weeks.

This rehabilitation plan will always offer skin improvements.

The worst outcome when using this plan will be that your skin health improves, but you still need some professional treatment if your skin has been permanently damaged by chemical products, medications, or environmental factors.

Start slowly and begin rehabilitation step-by-step.

If you're not used to making major changes in your life, it may be difficult to adopt new, healthy habits at first. But stick with it because...

Your health is invaluable.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu

Visit: www.MyGoodHealthClub.com
for step-by-step coaching and support



Anti-Aging Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
Just after showering	NatraGest™	Apply to clean skin after showering.

BREAKFAST

30 minutes before a shower	Ancient Minerals Magnesium Lotion ULTRA	Massage into joints, leg muscles, and arms daily.
30 minutes before breakfast	Serranol™	Take 1 capsule with water.
30 minutes before breakfast	Nascent Iodine	Take 1-3 drops in 20ml of water.
With breakfast	Joint & Skin Matrix™	Take 2 capsules.
With breakfast	PrescriptBiotics™	Take 1 capsule.
With breakfast	Active Life™	Take 2 capsules
Any time after breakfast	PureC™ Liposomal Vitamin C	Take 1 teaspoon.

LUNCH

30 minutes before lunch	Serranol™	Take 1 capsule with water.
30 minutes before lunch	Nascent Iodine	Take 1-3 drops in 20ml of water.
With lunch	PrescriptBiotics™	Take 1 capsule.
With lunch	Active Life™	Take 2 capsules
Any time after lunch	PureC™ Liposomal Vitamin C	Take 1 teaspoon.

EVENING MEAL

30 minutes before evening meal	Serranol™	Take 1 capsules with water.
With evening meal	Joint & Skin Matrix™	Take 2 capsules.
With evening meal	Active Life™	Take 2 capsules
With evening meal	PrescriptBiotics™	Take 1 capsule.



**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health Naturally Europe

www.goodhealthnaturally.eu
Tel: +44 203 746 3283
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST



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ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health. This book combines all of Robert's work and research on aging skin into a simple

Anti-Aging Rehabilitation Plan that can be used with the HealthPoint™ Facelift for naturally younger skin.

For more information, you can join My Good Health Club (MGHC) for dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today for FREE support for health problems related to:

- Alzheimer's disease
- Autoimmune disease
- Diabetes
- Digestive disorders
- Heart disease
- Infertility
- Lung health
- Prostate health

And much more!

"Why do I have such a love affair with my HealthPoint™? Because it never lets me down, it always performs."

- Lorna Giggey

"It's a truly amazing device, and I will never be without one."

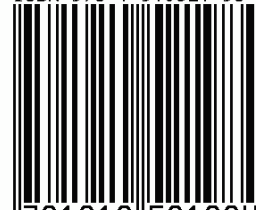
- Jason Mullane

"Many thanks for the new machine — it is fantastic, what an improvement, I am so grateful for all the work and knowledge to produce the new HealthPoint™. Kind regards and best wishes for your continued success."

- John Thompson



ISBN 978-1-910521-98-4



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