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Look Younger and Feel Great!

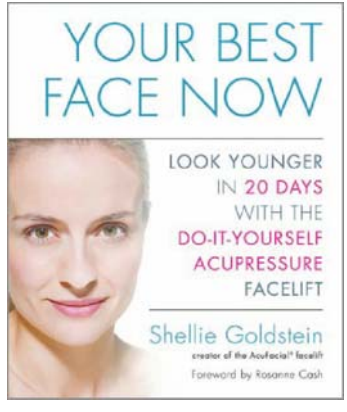
BY KELLY ANN KRIEGER

There are so many beauty solutions, cosmetic surgery options, laser treatments and healthy tips, it can be overwhelming and at times confusing. But, the promise to turn back "Father Time" and slow the aging process is exactly what many of us dream of after a certain age. With that being said, studies have proven that we can't defy time, but we can certainly delay the aging process with proper care, exercise and a healthy diet.

Being 40-something – I find myself constantly looking for remedies and quick fixes. The fact is, there are no quick fixes! However, there are things we can do as part of our daily routine that will improve our health and appearance. As fate would have it, a few weeks ago a new beauty book landed on my desk. I was skeptical at first, but I have to admit that after perusing the pages of Shellie Goldstein's latest beauty secret *Your Best Face Now*, I have a new outlook on beauty care and healthy living.

Your Best Face Now is the perfect beach read and "go to" beauty guide this summer. This helpful "beauty/healthy bible" offers page after page of fantastic beauty tips, healthy recipes and daily living advice. And, if you follow Goldstein's tips (also the creator of the AcuFacial facelift), she promises you will look younger in 20 days. With this do-it-yourself acupressure facelift technique and immensely useful information, beauty is made easy.

In real life, we will all experience that pivotal moment when we become startled by those fine lines and beginning signs of aging. I must admit the first time I noticed a few wrinkles, I did not look in the mirror closely for a week. Fast forward to the present and I can't avoid looking. Those intensely magnified mirrors are scary and addicting at the same time. Goldstein herself came into her own when she looked in the mirror one day and began to see a change in her appearance.



Your Best Face Now describes how healthy digestion plays a major role in the appearance of our skin, hair and glow. We are what we eat, and I have not been on target with a healthy diet in some time. I'm always on the go, trying to squeeze everything in my schedule and I never feel at ease or relaxed. My mind is always racing, and my "To Do List" only gets longer. Goldstein advises to carefully plan and select foods that will keep your organs healthy. The chapter "Bags and Sags: Portrait of a Spleen Face" describes the importance and role of the spleen and how it affects almost everything in our body. Our kidneys, heart, lungs and liver are equally important and there is an abundance of helpful information on each.

Sleep is yet another area in which we don't pay enough attention. Our health is directly affected not only by how much sleep we get, but by the quality of our sleep. When we are tired, we look tired! And hair – my hair is not the same as it was when I was younger and I feel like I'm constantly losing more and more. Goldstein recommends a ginger oil hair tonic that is amazing.

Step by step self-acupressure points (great to follow for healthy kidneys, bladder, etc.) are offered with images and descriptions as well as the ultimate self-facelift with details for a healthier and younger neck, face, hands and arms.

If there is really a secret fountain of youth, I want to be the first in line.

Perhaps for some beauty is only skin deep. *Your Best Face Now* is a tool for preserving and maintaining the "beautiful you."

We are all beautiful in our own unique way. But as an aging population, we have to work at maintenance. Goldstein's recommendations are simple and natural. Try it yourself – they really work!

Visit www.hamptonsacupuncture.com or pick up "Your Best Face Now" by Shellie Goldstein with a forward by Rosanne Cash for a new you!