

*Seven Simple Secrets
To
Young Looking Skin*



By Jolene Snyder

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Is your skin showing early signs of aging? Are fine lines and wrinkles beginning to appear? You can't go back in time, but there are things you can do help your skin look more youthful and radiant again!

This report will give you seven simple secrets which if applied, will help you to rejuvenate your skins appearance and have you feeling great again about the way your skin looks!

Be sure to read all of this report, so you will be able to learn if your current skin care products are right for helping your skin, or if they could be causing it to age more quickly!

Disclaimer: These skin care tips are presented for educational purposes only and the reader shall assume responsibility for their use. No specific health claims or results are intended or implied and individual results may vary. Serious or persistent skin conditions should always be treated by a qualified health care professional, and a yearly skin cancer screening is always a good idea!

Disclosure: I proudly support this effort through affiliate marketing, and may stand to profit from the sales of any products which are purchased through my reports, newsletters or website. These profits go towards managing my site and helping me to continue educating others about how to live healthier chemical free lives. Your support is always appreciated!

Seven Simple Secrets to Younger Looking Skin

INTRODUCTION: Understanding Your Skin

Your skin is the largest organ of your body, consisting of three layers of tissue, whose job it is to protect all of your muscles and organs. It also forms a protective barrier against deadly invasions of bacteria and pathogens, and helps to maintain your body's temperature and hydration levels. Your skin is a living organ, which breathes in oxygen and releases toxins from your body through perspiration.

Your skin can also absorb up to 60% of chemicals from any products that it comes into contact with, sending them directly to your bloodstream. Scientists estimate that it takes a little as 26 seconds for some substances to move from the skin to every major organ of the body, hence the effectiveness of nicotine and birth control patches.

This is why I am so passionate about helping you to protect your skin!

In this report, we will discuss:

- Key elements to fighting skin aging and disease
- Why you should protect your skin
- The importance of nourishing your skin
- Which type of skin care products actually harm your skin
- Why plant based are better than animal or petroleum based products
- What to look for in choosing safe, yet effective skin care products
- How you can get started today rejuvenating your skin

The best part is...that the things you can do to help rejuvenate your skin, will also help to rejuvenate your body!

SKIN CARE SECRET #1 – PROTECT YOUR SKIN

I had very dry skin when I was growing up. I used to love soaking in a hot bath and then slathering on Alpha Keri Lotion, because I thought it made my skin feel soft and smooth. What I did not know is that I was actually doing my skin more harm than good!

While it may feel quite relaxing to take a long hot bath or shower, it can cause damage to your skin!



Instead you should:

- Use only comfortably warm water
- Limit your shower or bathing time to 15 minutes or less
- Use only gentle non toxic cleansers on your skin
- Gently blot your skin with a towel allowing some moisture to remain
- Use only plant based moisturizers with no mineral oil (learn why later)
- Cleanse, tone and moisturize your face twice daily

Always protect your skin from harsh weather, wind and sun!

These are key factors to helping you maintain your skins natural beauty! The sun provides wonderful Vitamin D, but you still limit your skins sun exposure, especially between 10:00 a.m. and 4:00 p.m. protect your skin by wearing light cotton clothing along with a hat and sunglasses to shield your face. Use only non toxic sun lotions with an SPF of at least 15 or higher to protect your skin from the suns ultra violet rays.

Protect your skin from the cold weather elements by wearing protective clothing including gloves for your hands. Keep your skin moisturized with a non toxic skin moisturizer especially if the humidity is low! If you have trouble with dry skin, be sure you are taking fish oil (I use Krill Oil) and moisturize your skin with plant based lotion or body butter. I will tell you more on this later.

SKIN CARE SECRET #2 – Nourish Your Skin

Believe it or not, you really are what you eat! Your diet is one of the most crucial factors to getting clearer younger looking skin. Your body's entire aging process can be slowed greatly by eating a nutrient rich diet that is high in antioxidants and low in saturated fats and sugar. Avoid junk foods, including soda, sugary and fried foods. Foods with high fat content greatly increase your risk of getting skin wrinkles. Sugar is one of the most damaging foods for your skin. Over indulgence in these types of foods will greatly age your skin along with the rest of your body!



A healthy skin care diet should include:

- Fruits, especially cherries, berries, melons, apples and pears
- Vegetables, like spinach and green leafy vegetables, broccoli, eggplant, asparagus, celery and onions
- Legumes, especially broad and lima beans
- Fish and Fish oil, Olive oil
- Nuts and Seeds

SKIN CARE SECRET #3 – Be Sure to Drink Plenty of Water

Drinking 6-8 glasses of purified water per day will help flush toxins out of your body and can help to clarify your skin! It is important to keep your skin well hydrated and water helps your skin stay healthier and more radiant. Avoid caffeinated beverages and sodas as well as alcohol. All of these are detrimental to your skins health.

SKIN CARE SECRET #4 – Get Plenty of Exercise

Getting regular exercise will keep your lymphatic system moving and help your body rid itself of toxins. This helps to clarify your skin and helps your body look and feel better all over. This along with a healthy diet can also make it easier for you to lose any extra weight you may be carrying. Being overweight can also be detrimental to your skin's appearance.

SKIN CARE SECRET #5 – Don't Smoke

Smoking will age your skin like nothing else will. It is terribly detrimental to your skin's health as well as your overall health! If you smoke, please quit if at all possible!

SKIN CARE SECRET #6 – Avoid Harmful Petroleum Based Products

Let me ask you a question...would you use old cooking oil or "French Fry" grease on your skin?

You may find it shocking to learn that some skin care companies use cheap animal by-products such as lard or cooking oils which have been previously discarded by fast food restaurants, as their key ingredients in their skin care products. They use these products because they can get them cheaply and readily!

Soaps, lotions or sunscreens containing emollients made from these animal fats, as well as those containing petrolatum, mineral oil, glycerin and propylene glycol, actually put a layer of coating on your skin to help retain moisture levels and make your skin feel smooth and soft. Using these products will actually clog and choke your skin's pores, suffocating your skin's pores, preventing them from getting oxygen.

Your pores will eventually get larger as they try to adapt themselves to take in necessary oxygen. This in time, will cause wrinkles and fine lines to develop along your skin!

Skin care products that are petroleum based have the same molecular makeup as kerosene, gasoline or motor oil. Your skin will readily absorb these chemicals directly into your blood stream, greatly increasing your chances of developing serious health issues such as breathing and lung problems, skin diseases, or even cancer.

These products will also destroy your skins delicate balance causing even more wrinkles!

Your skin is designed to remain in a delicate balance which naturally protects and aids itself in healing and retaining its youthful appearance. To maintain this healthy balance, our skin continually produces a natural substance, called sebum, which is slightly acidic and which acts as a natural antioxidant and antibacterial agent. Unfortunately, skin care products with harsh chemical ingredients will over cleanse and strip away this natural protective covering, disrupting your skins healing ability. This ends up actually causing damage to your skins health. This will eventually result in the appearance of more wrinkles and fine lines. Gentle cleansers that are plant based and do not contain harsh chemicals are better designed to help nourish and protect your skin as nature intended.

Beware of "Organic" Cheater Brands! Unfortunately, many skin care companies use deceptive labeling in their advertising. They want us to think that their products are "organic" or "natural" when they really are not at all. They may feature a small amount of some botanical extract, but are still full of harsh chemicals and preservatives. In fact, many of these "cheater brand products" contain a chemical called 1,4 dioxane. This toxic chemical is a by-product of cheap manufacturing processes and may be linked to cancer and other health problems. Be sure to read your labels carefully. To be safe, I recommend choosing certified organic products made by companies that are committed to producing non toxic skin care.

Beware of Toxic Chemical Ingredients and Preservatives

Sadly, most skin care products found on department store shelves contain a whole host of potentially toxic chemicals such as Sodium Laurel Sulfate, Butylene Glycol and Propylene Glycol, Trethanolamine, Phenoxyethanol, all of which are untested for consumer safety. Most also contain preservatives called **parabens** like Butylparaben, Ethylparaben, Methylparaben and Propylparaben, all of which mimic estrogen and disrupt hormones in the body, which could contribute toward breast or prostate cancer, along with reproductive issues and male birth defects such as **Hypospadias** (a male birth defect where the opening of the urinary tract, the urethra, is not located at the tip of the penis but opens part way up.)

Warning! Don't use parabens on babies, especially boys...as it may be hazardous to their reproductive health!

Here are some alarming facts:

- 33% of personal care products have been linked to cancer.
- 45% are reported to be potentially harmful to our reproductive systems and/or fetal development.
- 60% have ingredients that can mimic estrogens which could lead to breast or prostate cancer or reproductive problems.

It is critical that we change our mindset about continuing to use untested chemical ingredients found in common skin care and cosmetic products. Our health is far too important to risk! Teens are especially vulnerable to these dangers!

SKIN CARE SECRET #7 – Learn What to Look for in Safe Products

Finding safe skin care products can be tricky, so be sure to follow these safe products guidelines:

- Look for a company that does not use chemical preservatives.
- Choose plant based products, which do not contain petroleum.
- Be sure to check your labels carefully to avoid toxic chemicals.
- Look for a company that is committed to creating non toxic products.
- To be completely safe, choose certified organic skin care product brands.

My Recommended Certified Organic Skin Care Products:

<http://OrganicSkinCare.MyNontoxicSkinCare.com>

<http://Organic.MyNontoxicSkinCare.com>

CONCLUSION: I hope you have enjoyed learning about how you can rejuvenate your skin's appearance without the use of dangerous chemicals or invasive surgery! If you will start applying these seven simple skin care secrets, your skin will soon be looking smoother, firmer and more radiant! I hope you will start applying these easy to follow secrets right away!

Please come back and visit my Nontoxic Alternatives website often to learn more about healthy non toxic living! Please tell your friends to join our community by subscribing to: [Nontoxic Home News!](http://www.nontoxicalternatives.com/Non-Toxic-Home.html) <http://www.nontoxicalternatives.com/Non-Toxic-Home.html>

Warmly,



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P.S Here's a little more about me... I began studying natural health and wellness many years ago after experiencing years of chronic fatigue and pain. I also found myself aging too quickly. After doing much research, I came to realize that many factors can affect ones health. I also became acutely aware of how sensitivity to chemicals could be a major factor in my own health concerns. I began addressing the chemicals I was being exposed to daily, and their possible impact on my health. It was then that I began a crusade to rid my own home of toxic products and replace them with healthy natural products. I slowly began to notice small improvements in my health. I continue today to learn new ways that I can reduce my exposure to toxics both at home and at my dental assisting job. I also continue to learn more about how to take better care of my body through diet, supplementation, exercise and adequate rest.

Because of what I have learned about the dangers of toxic chemicals in household products, I became interested in wanting to educate other people about the potential health hazards they may have in their own homes! I hope to warn everyone I know and meet, that they must take action to protect their family's health and their own health!

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