



The Top 10 Mistakes To Avoid So You Can Look Fabulous Over 50.

**If you're over 50 and ready to stop feeling FRUMPY
...then you're in the right place!**

If you're over 50 and ready to stop feeling FRUMPY...then you're in the right place!

I'm a health coach who shows women over 50 how to look and feel fabulous, so they can feel young, sexy and alive without surgeries, crazy diets or tons of supplements.

The beauty, health and wellness market is saturated with expensive products and promises that might be doing you more harm than good as you try to look and feel your best over 50.

But what if I told you that much of what you read or hear out there is empty hype?

And that there are NATURAL ways to avoid the anti-aging mistakes that so many of us make?

Before I share what I have found to be the top 10 anti-aging mistakes that I see my health coaching clients make, let's take a quick look at why HOW you age actually has more to do with your LIFESTYLE choices than your genes.

Experts agree that although your genes do play a role, almost 90% of HOW you age is actually due to external or extrinsic factors like exposure to sun, smoking and pollution.

What this means for you is that you have way more CONTROL over how you age than you thought you did!

YES!!

With that in mind, let's dive into my top 10 mistakes to avoid so you can start taking control over the aging process and feel fabulous over 50.

Here we go....

Mistake #1

Trying to hydrate with sodas and energy drinks



How these drinks age your body:

As the years go by our bodies literally dry up from the inside out. Our skin just can't continue to retain moisture like it used to back in the day when we were plump infants with juicy flesh that stored water like desert succulents.

Diet sodas and energy drinks may quench your thirst on the spot but they don't hydrate your system in the long run like good old H₂O does!

Why?

Because they are jam packed with artificial flavors, sugars, chemical preservatives and acidifying agents that can lead to cancer, heart disease, diabetes, osteoporosis, tooth decay, organ stress and lowered immune system.



What you can do to make a change:

DRINK WATER, DRINK WATER, DRINK WATER.

Drinking water is the true fountain of youth! It is all your body needs to stay hydrated.

How much water should you drink? A good rule of thumb is to drink between 64 ounces and 0.67% of your body weight per day.

For example, if your body weight is 150 pounds, then you need to drink anywhere between 64 ounces and 100 ounces (0.67% x 150) of water per day.

Mistake #2

Getting sun exposure without SPF protection

How this ages your body:

It is common knowledge that ultraviolet (UV) rays is harmful to your skin because it damages skin fibers called elastin, which makes your skin stretch and sag like a dry old rubber band that you use tie a bunch of mail together.

What you can do to make a change:

THINK SUN KISSED NOT SUN DRIED!

Vitamin D is vital for healthy gut, bones and blood. So go out in the sun and enjoy, but if you're going to be outside for longer than 15 minutes then wear sunscreen with an SPF of 30 or higher—preferably one that is chemical free and contains natural ingredients.

Mistake #3

Underestimating the value of heart-healthy fatty acids

How this ages your body:

The older you get, the harder your body has to work to pump blood to your heart and brain because age slows down the body's functioning and puts strain on your heart and immune system.

So the good news is that Omega-3's found in fatty fish such as wild salmon, lake trout sardines, mackerel and tuna are nature's gift to anti-aging!

Here's why.....

Omega-3's are known to significantly reduce inflammation in the body, which is a symptom of many chronic age-related diseases.

For example, Omega-3 supplements are known to lower triglyceride (blood fat) levels that can otherwise put you at risk for heart disease. And some research suggests that Omega-3's even protect against Alzheimer's disease and dementia.

And aside from eating fatty fish, what is the best way to get Omega-3 fatty acids?

What you can do to make a change:

TAKE FISH OIL

If the thought of eating sardines out of the can turns your stomach, the next best thing is omega-3 fish oil capsules!

These are one of the BEST ways to keep your skin healthy and sup-

ple with less wrinkles and they support your heart and immune functions as aging takes its toll on your system.

According to Dr Mark Hyman, New York Times bestselling author and founder of the UltraWellness Center, finding a high quality fish oil is imperative. So look out for reputable brands that certify that their products are heavy metal and pesticide free!

Dr Hyman recommends taking 1000 mg of fish oil twice daily with a 300/200 ratio of EPA/DHA. These are both long-chain Omega-3 fatty acids—EPA is found in most fish and shellfish and DHA is found in algae.

Mistake #4

Caking on Foundation

How this ages your skin:

As you age you don't want to be that woman who has slapped on so much foundation that you land up looking like a cadaver with make up.

Firstly, it looks like a bad cover up job and secondly, caking your face in foundation is really bad for your skin. Why?

Most foundations are drying and thick. They draw moisture from your skin and seep into fine lines and wrinkles, exaggerating them instead of concealing them.

A lot of foundations also contain fragrances, chemicals and alcohol that can irritate your skin and remove its natural oils causing more wrinkles.

What you can do to make a change:

CHANGE YOUR FOUNDATION....OR GO BARE!

Let your skin breathe whenever you can!

Instead of foundation use a tinted moisturizer or translucent make up especially if you are prone to dry skin. Both products cover, color-correct and gloss over wrinkles.

If you do need extra coverage, then here's a tip on how to use foundation without drying out your skin:

- Use a makeup brush to apply a tiny bit only to the areas, spots or patches that really need it.

Mistake #5

Lathering daily with regular soap bars

How this ages your body:

Washing your whole body from head to foot with generic bar soaps is often second nature. It's what our grandmothers used to do right?

But the problem is that generic bar soaps nowadays are manufactured using all kinds of harmful ingredients by companies out to make a profit, not to protect your skin.

Bar soaps are usually worse culprits than liquid soaps when it comes to drying out your skin because they generally contain much higher pH levels.

What's a pH level?

Good question! This is the first thing to look out for when choosing a soap that's truly gentle and moisturizing for your skin.

The symbol pH stand for "potential of hydrogen" which is a way of measuring the acid or alkaline levels of soaps. In short this is how it works:

Your skin's natural pH level is 5.5 and most brand name bar soaps have a pH of between 8 and 10, which is way too harsh and drying for most people's skin! So much so that these soaps crack the skin making it more prone to harmful pathogens and bacteria.

(Note that as each number increases the acidity is multiplied by ten! So, if you are using a soap with a pH of 6.5 that is making your skin feel too tight, it's because it is drying out your skin tenfold!)

And don't be fooled by advertisers labeling their soaps as "gentle,"

“natural” or “pure”... this is just marketing. So pick soaps according to their pH levels of between 5 and 7 not because of the adjectives on the box. (Empty adjectives are just as bad for you as empty calories!)

What you can do to make a change:

RAISE THE (SOAP) BAR!

Ditch the drying soap altogether and use one with a neutral pH (soaps with a pH of 7) or a balanced pH (soaps with a pH of 5).

Household brand name bar soaps such as Ivory, Dial, Shield and Palmolive have a pH of 10 or more which is extremely caustic and damages the skin leading to all kinds of dermatological problems and premature aging so stay away from these!

Instead, here are some brand name liquid soaps that are either pH balanced (5) or pH neutral (7) that are much gentler on your skin:

Cetaphil (pH 6)

pHisoderm (pH 5)

Neutrogena (pH 6)

And the rest of the time don't wash your whole body with any soap or simply buy a bottle of organic sesame or almond oil from a health-food store, slather it all over your body and wash it off in the shower...Voila!

It will get your blood circulating and the oil will wash away dead cells and hydrate your skin making it glow.

Mistake #6

Ignoring your hands and neck in your beauty routine

How this ages your skin:

Nobody looks forward to getting a turkey neck later in life or hands that look like chicken feet!

Your hands and necks get just as much sun exposure as your face does yet we often neglect them in our beauty routine or wash them with regular, drying soap with high pH levels to remove germs.

What if you treated your hands and neck with the same care and attention as you do your face?

What you can do to make a change:

LOVE UP YOUR HANDS AND NECK

Use the same exfoliating scrub, cleanser and moisturizer on your hands and neck as you do on your face. In the morning put natural, chemical-free sunscreen with a high SPF of 30 or more on your face, neck and hands. And at night put coconut oil on your hands and neck before bed. (Remember oil is oily so be careful not to stain your sheets)

Mistake #7

Eating too much sugar

How this ages your skin:

Experts now agree that eating processed sugar over a lifetime can lead to dull, wrinkled skin. Huh? Why would sugar speed up the aging process? Good question!

A high-sugar diet reduces the quality of the collagen in your skin.

How does this work? Your skin has three types of collagen (I, II, and III) and when it absorbs too much sugar, it weakens type III, which is also the strongest and most durable collagen. This is what makes your skin look less supple, drier and more prone to wrinkles.

What you can do to make a change:

SWITCH TO NATURAL UNPROCESSED SWEETENERS

If the thought of foregoing sugar altogether is giving you a nervous breakdown, relax... here are a few healthier alternatives so you don't have to forever abandon your sweet tooth:

- Maple syrup that is pure, unflavored and free of additives like high-fructose corn syrup
- Raw honey that is unheated and unfiltered is rich in minerals and vitamins
- Blackstrap molasses is super high in iron and Vitamin B6
- Date sugar is high in fiber, calcium, potassium and magnesium
- Coconut sugar is just as sweet as sugar and contains small amount of iron and potassium

Mistake #8

Turning to supplements instead of fresh fruit for antioxidants

How this ages your skin:

Vitamins may not age your skin and they can be useful but they can also be expensive so they shouldn't replace the power of fresh, organic foods that are high in antioxidants.

Antioxidants are vitamins such as beta-carotene, vitamin C and vitamin E found in colorful fruits and veggies especially berries, which protect us from free radicals that cause our cells to age and can also boost collagen production to make our skin glow.

What you can do to make a change:

BERRY-LY EVER AFTER!

Add a handful of organic mixed berries: blueberries, strawberries, blackberries and raspberries to your breakfast bowl.

Over time, these super fruits can actually reverse skin discoloration associated with aging because they help speed up your skin's natural repair systems.

Mistake #9

Turning your nose up at smelly sulfur veggies

How this ages your skin:

You know that stinky egg odor that rises up from mineral hot springs? That's sulfur! And it's actually really good for your skin. It's the often-misunderstood "beauty mineral."

If your body lacks sulfur, your skin will look dull, your pores will clog up and your complexion will appear lackluster. Why?

Sulfur provides smoothness and shine to your skin by helping with fat digestion and controlling the metabolism of carbohydrates and ridding the body of waste.

It also resists bacteria and protects against toxicity. And it helps restore connective tissue in the skin and maintain its structural integrity.

What you can do to make a change:

EAT STINKY VEGGIES!

Think twice next time before turning your nose up at the green, gassy cruciferous family of veggies in the produce section like broccoli, cauliflower, cabbage, kale, Brussels sprouts, turnips, bok choy and kohlrabi.

Add these to your diet and your skin will start to glow as though you've been soaking it up in mineral hot springs!

Mistake #10

Casually sipping your coffee and tea

How this ages your look:

Your eyes may be the window to your soul, but your teeth are what others see when you talk or smile.

We all know that the caffeine in tea and coffee is notorious for staining your once cloud-white tooth enamel yellow.

As we age we are more prone to stains because of the amount of caffeine we consume and because of how we sip it.

What you can do to make a change:

STRAWBERRY WHITENING PASTE!

Be mindful when you drink coffee or tea not to swoosh it around on your teeth like a mouthwash as it erodes the enamel and stains the teeth.

Instead, either drink from a straw or swallow without swooshing it around.

Another trick is to use a natural tooth-whitener containing malic acid—a strawberry!

Mash one strawberry to a pulp and mix with half a teaspoon of baking powder. Use a toothbrush to coat your teeth with the mixture. Leave on for five minutes and then brush!

Ready to learn more anti-aging mistakes to avoid?

I've helped women like you learn simple tricks to look fabulous over 50, so they can:

- Look and feel younger without over-spending on pricey products
- Experience more energy, and enjoyment of food, their bodies and their lives
- Feel and look great so they can feel a profound satisfaction that emanates into all corners of their lives

Would you like to experience these results, too?

Grab 2-3 friends and join a **“Back on Track: Fabulous Over 50”** small group class!



Fabulous Over 50 BACK ON TRACK

In this small group, I am going to lead you though the process to:

- Uncover what's been stopping you, slowing you down or keeping you from feeling Fabulous
- Develop a powerful vision for what Fabulous Over 50 looks like for YOU and take the first steps toward that goal
- Discover which foods and lifestyle habits are sapping your Fabulousness... and what to do about it
- Understand why your bad health habits seem so impossible to change

I typically charge \$1800 for my individual 90-Day Health and Happiness program but YOU can get a small group, 30-day option for \$200 (\$50/session)!

All you have to do is show up with a couple of your besties.

Invest 60 minutes of your time once a week, and I KNOW you will walk away with at least one major “aha” about why you are stuck and how to get unstuck.

Join “Back on Track: Fabulous Over 50” small group with your friends today!

These small group classes are only valid while there are spots in my calendar.

Spots do fill quickly, so if this is something that's calling to you, then take the leap. You have nothing to lose, and only YOUTHFULNESS to gain!

Here's to looking and feeling younger again now!

- If you're ready to uncover what's been aging you, draining your energy or keeping you from feeling youthful and joyful, then NOW is the perfect time to schedule a small group **"Back on Track: Fabulous Over 50"** with me and a couple of your friends.

I'll provide the motivation, accountability, and support to *put yourself first* in your life and feel better today!

Join "Back on Track: Fabulous Over 50" small group with your friends today!

This invitation is only valid while there are spots in my calendar.

Spots do fill quickly, so if this is something that's calling to you, then take the leap. You have nothing to lose, and only YOUTHFULNESS to gain!

The Top 10 Mistakes To Avoid So You Can Look Fabulous Over 50.

If you're over 50 and ready to stop feeling FRUMPY...then you're in the right place!