

“BEAT THE AGING GAME“

Facial exercises and “Out Of The Kitchen“ facial packs /peels-- AND extraordinary foods that will keep you younger, thinner and healthier looking. By Michael Van Ditto

At one time, during my exhilarating life, I decided to give the salon business a go.(1977) So, with little ado, I built Salon Cardeau (Car-doe). Which turned out to be a sprawling, three thousand square foot salon with a solid white oak floor. At the time, one of the largest and ONLY full-service Salon in Seattle. With a staff of 25 employees. We were located downtown, across from Nordstrom, on Fifth Ave.

I decided that it had to be different esthetically--and provide unbelievable service greater than any other beauty salon in the country. Being a health nut, a runner, a hiker and ski instructor, I decided to turn Salon Cardeau into a non-smoking salon. Shortly there after, I made the announcement to my clients. I suggested to them, that in my heart, “TRUE BEAUTY” and youthfulness could only be attained through better health. Well low and behold, the vast majority agreed! As it turned out, it was one of the greatest decisions I ever made. I didn’t realize it at the time, but we were making history! I decided I wanted to tell the world about this new revolution. As far as I knew. completely unheard of at the time--that I was aware of anyway.

After reading a few books I created my first press release, including a “Fashion” photograph, and mailed it to every news paper, TV Producer, etc., I could find. From that day on we were blessed with amazing results! The phone started ringing off the hook!

Soon I began organizing, “Beauty and Health” lectures through out Seattle and in my Salon. Over time we were told that our attention and innovative ideas concerning our clients was unprecedented! In our second year of business we were lucky enough to receive our first mention in Vogue Magazine. Over the next fourteen years, we received a dozen more recognition’s in Vogue, Glamour, National (New York Times) and Locale Newspapers, World Trade Magazines, and many appearances on TV talk shows. We even caught the attention of celebrities, who had been hearing and reading about us.

However, in 1991 a “Spiritual Voice” entered my life, which beckoned me to give up my business for something greater. It was difficult at first to walk away, but I did just that. Another wonderful decision! Than I began to realize that I had accumulated, among other things, over twenty-five years of knowledge in the “Beauty and Health” business. What it boiled down to was this: It dawned on me that all of us could stay more youthful, energetic and healthier than we thought possible, if we knew how!

To begin with, I believe numbers (age) mean very little. Here’s why. I am now 63 years younger. I say younger, because I seldom feel older. I attribute that to my “State of Mind” and attitude. I WANT TO STAY YOUNG! Whenever I’m asked to reveal my age, I politely ask people to guess. Their reply is usually upper 40’s. WOW! In today’s “Youth” market, is that a PLUS or what? Look, I can truly tell you from experience, that women and men have a greater chance of getting there FIRST and maintaining that unstoppable momentum, if they presented the right image and attitude. Acting the part is the key--if you will?

Not long ago I asked a Barista if the management offered a senior discount. I mentioned to her that I was 63. She looked at me with a very doubtful expression. Than, in a charming and curious way she asked to see my ID. I happily showed her. Needless to say, she was very surprised. That always makes my day, and I paid only \$1.25 for the coffee instead of \$1.42. YES!

While attending a movie not long ago, I announced that I was a senior. I was blatantly asked to produce my ID. When it was handed back to me the lady said, "Sorry, but you have to be 65". Well, I wasn't about to let that stop me! Now I wear what I call, "Grumpy Gramp" glasses. By golly it works every time. Subtle changes do make a big difference!

Imagine being older but looking many years younger? MAN!

On occasion whenever I run into people that I haven't seen for sometime--they exclaim, "Michael, don't you ever age?" "What are you doing?" Of course I'm obliged to tell them. Recently I told some people that my Grand Daughter started her freshmen year in college. They're comment was, keep up the good work. And I shall. Well, I could go on and on, but I think you get the picture. None of this has come without some effort, however. I owe my success over the years of research, experimentation and discipline.

For several years I instructed at Barbizon and John Robert Powers. (Charm/Modeling Agency, Schools). It was a great privilege working with young people. Early on I also realized through them and others, that accelerated aging, in many cases CAN actually be arrested!

So, there it is in a "Nut Shell". I hope, as thousands of my clients and myself are now experiencing, you too will find value in what you are about to learn. You too can enhance "All" of your lively senses. Let's "Face" it, looking 10 to 15 years younger and possible more is a cool thing. The rewards are beyond your imagination! I know!

So, here we go! Your first lesson is to make this your motto:

"Beauty and Health Through Energy Conscious Living and The Awareness Your Body, Mind and Spirit are Renewable Resources" re.

The following exercises will prevent facial muscles and facial skin from early sagging. And hopefully, prevent you from ever having to resort to short-lived botox, and/or collagen shots and expensive peels, or over priced cosmetic surgery. (Which can be a disaster) I also need to warn you of the dangers of having your hormone levels increased artificial. It is too risky!

According to the National Institute of Aging and Bioerontologist, this quick fix method can cause liver damage and other unwelcome malady's.

1. EYELID MUSCLE EXERCISE: Without squinting, close your eyes and pretend you're trying to press them together. You will feel the pressure against your eyes, which is also good for the eyes. Not hard at first. You might pull a muscle and it hurts. Hold pressure for 5 second then rest for 3 seconds, which ever feels most comfortable. Do that for 5 reps. Later you can ad more reps and more pressure.

(DO THE SAME REPS, ETC. FOR THE FOLLOWING EXERCISES ALSO)

2. MOUTH EXERCISE: With a slight smile (do not purse your lips) squeeze your mouth together.

3. NECK EXERCISE: Carefully flex your neck muscles. You can also do your mouth exercise at the same time. Be careful. Don't hurt yourself.

4. EAR FLEXING EXERCISE: If you can't, teach yourself how to wiggle your ears. Practice for a while. After you learn, flex your ears and hold. If you succeed, you'll notice that your eyebrows will tend to rise. Try and prevent it, you'll only be adding new wrinkles to your forehead. If that doesn't work, close your eyes without squinting. Your neck and jaw muscles will tighten also. That's OK.

5. HAND MANIPULATIONS FOR LIFTING FACIAL SKIN:First, place your thumbs at the inside edge of your ears, closest to your cheek bones. Place your fingers across your forehead until your little fingers are at the edges of you furrow between your eyes. Keep pressure against your face, then push your hands, thumbs and fingers upwards and out-wards. Do this without adding wrinkles to your crows feet if you can. Use a mirror so you can see what you're doing. Do this as much as you like? When I'm on the potty I rest my elbows on my legs and do this exercise.

6. PREVENT EARLY WRINKLING WHILE: SHOWERING, BRUSHING TEETH, IN THE SUN, YAWNING, BLOWING NOSE, ETC. Be aware of how much you wrinkle your face while you're involved in these activities. Also, try and learn how to talk, read, etc. without deepening your furrow. Always keep a relaxed "Dreamy" look on your face. It attracts positive attention! Don't frown or scrunch your face. It looks like it hurts and it's unattractive.

7. OUT OF THE KITCHEN FACIAL PACKS/PEELS: What you're about to learn will seem very unorthodox. But, through out the years I have discovered that, "Out Of The Kitchen" products do the job as well, if not better than expensive commercial products.

a. Here is one of the methods that I prefer, instead. First I squeeze oil from an orange peel into a bowl, add a little olive oil, or coconut oil or aloe-vera. I alternate the oil(s). You can select what oil(s) you feel work the best for your skin. I like coconut the best. I've also read that it has many healing qualities and has NO bad cholesterol. Which, as it turns out, has only been negative propaganda produced by American oil companies to hurt the sale of it in the U.S. There are books available about the great benefits of eating and cooking with it. It is the only oil I know that doesn't become rancid when it is heated. Making it non carcinogenic.

If you apply orange peel oil to your skin and it stings too much--you've squeezed too much from the peel. What is stinging your face is the acid in the orange peel. The good news is: The acid is erasing and smoothing wrinkles. The olive oil, etc., will also help enhance your skin and protect it during your treatment.

b. ALGAE pack: I use [NON-TOXIC] ALGAE that is harvested from KLAMATH LAKE in Oregon. To read more about it you can click on this web-site: www.purestfoods.com – then click on products - then click on category. Why do I use Algae? Because, it contains every vitamin, mineral, and every trace elements known to science, and much, much more. It is effective because it penetrates into the cells of the skin. I also eat it. Don't worry it comes in capsule form so you can't taste it.

Why do I eat it you ask? Because it helps prevent sickness! Yearly colds that once plagued me have totally disappeared. My eyesight has improved and also my memory, just to name a few! I'm not kidding you. Why is this food so important? Because, constant illness(s) will accelerate aging. We will discuss this more in the DIET section.

Now, to treat your face with Algae (That is, if you have ordered some through my web-site) than take two small capsules, pour the contents into a bowl, add what oil(s) you prefer. Than add a few drops of water, mix and apply to your skin. Leave on for at least a half-hour. After it dries, smooth your face with your fingers. That will eliminate the tight feeling.

c. Honey pack. It's great! Cleopatra used it. (By the way, I should mention to you to also apply all of these treatments to your neck as well) Leave on for a half hour then rinse. The enzyme in the honey is one of the keys to smoothing and nourishing your skin. It will feel weird at first. But it works! See for yourself.

d. Apple cider vinegar treatment. Pour a quarter tee spoon into a bowl. Choose your favorite oil(s), mix and apply for 30 minutes. Gently wipe your face with a wet, warmed wash clothe. If the vinegar burns your skin, cut back on the amount. Also, before I climb out of the shower I fill a one-quart plastic container with approximately three table spoons of vinegar, fill the rest with water. Than I pour it over my entire body (with eyes closed- don't squint). Then I dry off. The vinegar will neutralize any lingering soap, which, if left behind, can dry your skin. The vinegar also tightens and softens your skin.

You won't smell like a salad--I promise! My lady friend says that, I have the softest skin for a man that she has ever touched. That is one of the many things that it does. So there. I can live with that. I also drink a couple of swallows too from the container. There are many books out about the benefits of ingesting it, etc.

e. How about 100%, CO-ENZYME Q-10 and/or ENZYMES. For more information about these two items, just click on either one of them, and again, click on products, then click on category. I hope I have made it as simple as possible for you. This stuff is critical to your wellness and beautiful skin! By the way, you probably already know that manufacturers now add Q-10 to their moistures? Hey! They finally found out! I've been using it inside and out for eight years now. Pretty insightful huh?

Here we go: First, open-up two capsules of CO-Q-10 and/or two enzyme capsules. Pour into A bowl, then apply. Leave on for 30 minutes then wipe off. Like I mentioned in the last paragraph, I also ingest the Q-10. It and the enzymes (at every meal) have given me noticeably more energy. Q-10 can prevent heart and gum disease. The Japanese invented Q-10 years ago to prevent these maladies from occurring, and with dramatic results. You will get more information about Q-10 and the enzymes at my web-site: www.purestfoods.com

“HERE COMES THE *MOST CRITICAL* SECTION OF YOUR ANTI-AGING LESSONS”

8. DIET:

This is a challenge even for me. But **CRITICAL** for staying youthful and free from illnesses! If you're not on a good diet, I urge you to get on one now. Symptoms of old age, illness, wrinkles, poor complexion and circulation of blood, etc. are greatly attributed to eating too many of, what I call: “Death Foods”. These are the kinds of foods that cause toxins and other waste matter (fat) to remain in the gut and our bodies. Which doesn't enhance anything!! Most all diseases start in the gut. There is plenty of information validating this fact. Again, you will find some information about this at my web-site. I'm here to help you make it happen, OK?

Let me give you an example of what “Death Foods” are. Foods that have little or NO nutrients and/or enzyme activity in them! Foods that contain hundreds of harmful chemicals. Fast foods and/or grocery store foods fall into the this category. The exception would be of course, fresh fruit and vegetables, which are rich in enzymes, etc. But, unfortunately if they aren't organic, they will contain harmful chemicals. Bad—bad—bad!

As I said before, enzymes are critical to life! Because, without them constantly in your diet you're asking for trouble! You **WILL** suffer eventually! And at what cost are willing to sacrifice your youth, health and your \$\$\$\$\$\$\$\$\$\$. You'll just make your Doctor richer. And most Doctors could care less about your “REAL” health? There so-called drugs are dangerous. Last year alone, Doctors terminated one hundred thousand people! A risk I will never take again. Between them and the drug companies, it is a multi-trillion dollar business. It is only TRILLIONS to them--nothing else! Please—please trust me. I beg you!

9. Allow me to tell you, sort-of, how I begin my breakfast. First, using a blender, I mix fresh fruit(s), honey, goats milk and/or soy milk (Many times better for you than cows milk!) After I drink it, I follow it with a glass of water and **ORGANIC SUPPLEMENTS**. Which would be: The Algae, enzymes, CO-Q-10, probiotics, (friendly bacteria, essential for the gut) My web-site will explain more. By the way, I also eat

these organic supplements, not only at every meal, but when ever I snack on something that I KNOW will potentially break my body down. The best part about it is: I feel mentally much better also. Which is part of this whole scenario.

I make sure that I drink water during all of my meals too. Not only does this make it easier to digest food, but it increases and supplies more energy for other things that your body needs. Young, young, young! Better diet more energy, etc! Remember, “BEAUTY AND HEALTH THROUGH ENERGY CONSCIOUS LIVING...Of course you do. This is our new motto--RIGHT?

My lunches are simple too. Yes, I eat chicken sometimes and the skin. I need some fat in my diet. Most of us do for good health. As long as you do not allow too much of it, and cholesterol to remain in your body! To prevent that from happening, that is why I eat ALGAE, ENZYME, PROBIOTICS and Q-10, etc. These products also help detoxify and remove harmful chemicals from your body and brain. None of this “Good Stuff” happens with “Death Foods” folks. We are now the fattest and most unhealthy people on the planet! We have to show the world that we can change that.

Back to lunch. At times I eat a variety of salads from the deli. But look--I admit, I do eat some “Death Foods” once and awhile myself. It is difficult not to. BUT! I always protect myself by eating ORGANIC SUPPLEMENTS! I’m just simply afraid not to!

Dinner. I steam (green leaf) vegetables of all kinds, or eat them in a salad. I eat a lot of brown rice. I do use a little butter. Mostly though, extra virgin olive oil, with a touch of vinegar and a little salt. Occasionally I do eat pork--but rarely beef! It’s one of the most filthy, most polluted and harmful foods that there is! Read, John Robbin’s book. “Diet For New America”. It is thoroughly convincing!

My pursuit of the “Simpler” diet and everything else, has given me something greater than GOLD! Energy, excellent health, youthfulness and much more. But listen? I didn’t learn about all this stuff over night- so be patient--huh? In the mean time, I will encourage and inspire you to go for it. Besides, sharing with you and helping others is worth it to me, because it has taught me to have greater respect, love and empathy for others, and myself! I now know that: “You are what you eat”. And that’s a fact!

I have to tell you that though--the greatest blessing and contributor to my health, etc, has been the daily consumption of ORGANIC SUPPLEMENTS--bar none! It is so simple! They deliver the most potent and purest foods, that you or I could ever dream of eating! I call them the “Holy Grail” of foods. They’re absolutely incontrovertible!

I also know, that when I do eat organic supplements, I’m also bolstering my immune system. Basically, that is what these foods are all about. Our immune system is our greatest first-strike liberator against ill health that we have! Proof is available everywhere that will convince you that your style of eating is the key to staying younger and healthier by bolstering your immune system. More about that at my web-site.

From here on out we promise that we will eliminate the destruction of our body, mind, spirit, and youth!

If you have already seen my web-site you already know HOW and WHY, “Good” eating can dramatically change and improve your life and add more fun, creativity, productivity and alertness and more! By the way, if you didn’t see the article by Doctor John Tyler, Ph.D.? In his research he has discovered, that in many cases, Algae has helped children and adults with AD/HD and/or hyperactive behavior. I know, because I suffered from it definitely noticed the change. I put them through hell at times? You parents that have children...know exactly what I’m talking about. Safe help is on the way.

I also hope that you had a chance to read about CELLTECH? They are the company that, for over 20 years, have been harvesting the WILD GROWING SUPER BLUE GREEN ALGAE from Lake Klamath in Oregon. And, they have been committed to giving 10% of their annual harvest and their other products to the poor around the world! It has helped restore their hope in living a normal and productive life--BIG TIME!

By the way, you can order their products in a variety of ways too. If--and when you do take the time to talk to the wonderful people at CELLTECH you will be treated like never before! That I promise! I'm convinced that it is the power of the Algae that, they themselves eat. It actually has that effect on people. I'm not kidding! Go ahead, discover for yourself. You owe it to your wellness and your "Life". You know you do.

And don't worry--I'M here if you need me! My e-mail is: mvanditto@comcast.net My web site is: www.purestfoods.com Phone:(206) 795-6705.

Let's go to our next lesson, OK?

10. EXERCISE: I KNOW...I don't like it much either. BUT, just a little can make a difference in how you feel and look. It's another one of those good "Vitamins". I prefer Yoga myself. It gives me "More" than any other type of exercise that I have ever experienced, and let me tell you--it is very strengthening and strenuous!

11. ATTITUDE/PERSISTANCE/CONSISTENCY: I constantly tell myself how young and beautiful I am. Like I said earlier, numbers shouldn't have anything to Do with how you judge yourself, and/or feel. Trust me. "The mind does not know the difference between an imagined thing or the real thing" It works for me and it will for you too! Become a mental chameleon.

12. WORRY/STRESS/ANGER: Three destructive killers! Which if not controlled, can steal everything from you! I had to learn the hard way. It takes practice, patience and discipline to over-come. I had to master it, or confront an early death and/or no future. I know that eating better and exercising will help give you the courage, energy and empowerment to make it happen. It's a fact. Patience and persistence achieves all things! (Old Chinese Proverb)

13. HAIR: You must have your hair colored, permed and/or cut correctly. If you don't it will take away. You know what I'm talking about. Same for make-up of course and the way you dress, etc. Don't frump yourself out. Begin by finding the right people to help you. Call-up any of your local TV talk-show host(s) in your area and start networking. Tell them how great they look. News people especially seek out the right professionals. They have too, or get swept away. They will gladly tell you the best people that can help you. "Dress for Success".

Well, that's all I can tell you for now. The BEST of luck to you my "Dearest" friends. Hang in there! One more thing--don't forget to ask me for information about how you and your friends can organize a class in your area. Please let me know--OK?