

MARIAM AWADA, MD, FACS  
PLASTIC SURGEON



**SIMPLY**  
*Beautiful*  
Inner and Outer

Beauty Secrets Revealed



# **SIMPLY** *Beautiful*

**Inner and Outer Beauty Secrets Revealed**

**LOOK AS BEAUTIFUL AS YOU FEEL!®**

**MARIAM AWADA, MD, FACS**

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May this book help you unveil your true self and fill  
your life with radiant beauty from the inside out.

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# INTRODUCTION

We are each unique, special individuals, responsible for our own well-being and success. As co-creators of our lives, we bring it into action and experience the many treasures. We all have the power to create our reality from our dreams through thoughts and actions.

A day never goes by without my gratitude to a greater being and the many teachers, role models, and experiences that have guided me in life. To women of all ages—daughters, mothers, and grandmothers alike—I hope this book adds to your life's beauty and prosperity.

As a plastic surgeon, I have found it much easier to attend to the outer beauty, but I feel that inner beauty is the source of all. If I can positively impact both, then I have truly succeeded in my journey. To those who search for beauty, I encourage you to ponder the contents of this book.

*"Look as Beautiful as You Feel!"®*

Discover your gorgeous, vibrant self! Have fun while achieving success and filling your life with beauty. Empower yourself, and enhance your inner and outer beauty.

You deserve bliss through beauty—lifelong happiness that you create for yourself. Be the best you can be today, tomorrow, and forever, and love every bit of it! Take charge, and fulfill your dreams for your life.

Naturally build your self-esteem and boost your mood. Conquer your fears and any project you choose to welcome into your life. Enjoy the healthy, long-lasting romantic relationship, friendships, and business partnerships you desire.



Positive energy will guide your motivation, engage your success with new projects, and help you complete those projects long past due. Master the science of sexy, and unveil your true self!



**INNER BEAUTY**

# 1

## SELF-EMPOWERMENT

*It isn't until you come to a spiritual understanding of who you are—not necessarily a religious feeling, but deep down, the spirit within—that you can begin to take control.*

—Oprah Winfrey

## BUILD HEALTHY SELF-ESTEEM



## Self-Empowerment

*If I make a fool of myself, who cares? I am not  
frightened by anyone's perception of me.*

—Angelina Jolie

Self-esteem is the relationship we have with ourselves. Healthy self esteem means appreciating yourself for who you are, just as you are, imperfections, faults, and foibles. You appreciate your own worth and take pride in your abilities and accomplishments.

The condition of our self-esteem establishes everything in our lives. Our success in our relationships, careers, and overall wellness is related to how we feel and view ourselves.

From the day we are born, we begin to develop trust. As we go through life and experience rejection and denial, our self-esteem may gradually weaken. The more criticism we experience as we grow up, the more likely we are to have lower self-esteem.

Be proud of who you are! Love what you have, and be yourself. Focus on the good, appreciate it, and enhance it by doing more of it! Don't strive to be perfect. Instead, strive to be positive. Simply try to recognize and accept yourself as you are. Put away the idea of perfection- perfect life, job, relationship, etc. Rather, focus your attention on your accomplishments and use them to drive you forward.

Don't compare yourself with others. Stay focused on *yourself* and your own world. Improve your self esteem by focusing on your unique strengths. Make effort to identify any recurrent weaknesses and intentionally work to transform them to strength.

Welcome the lessons learned from mistakes and mature from them rather than overwhelming yourself in pity and negative talk.

Give praise, attention, love, and respect to those around you. Practice self-nurturing and support. Aim to give support and rewards of praise to yourself just as you do for others.

Take action to bring out the positive in your friends since nurturing others' self-esteem supports your own. Surround yourself with people who are upbeat, excited, and authentic. Be one of those people to your friends. Every person is unique, so appreciate your own unique character, and let it shine!

## CREATE YOUR EVERLASTING HAPPINESS



*The greater part of our happiness or misery depends on our dispositions and not on our circumstances. We carry the seeds of the one or the other about with us in our minds wherever we go.*

—Martha Washington

Your happiness is an emotion that stems from positive emotions and positive actions. Things you do that create your profound, lasting happiness are both meaningful and pleasurable, now and in your future.

Many messages from movies, songs, stories, and more tell you what happiness should be. We know we want to be happy. Whether we are conscious of it or not, happiness is what motivates us to do the things we do. Our minds create and support our thoughts, which reflect and build more happy emotions.

Identify the positive actions that generate important meaning to you and bring you pleasure today, tomorrow, and in the future.

Incorporate these things in a balanced life plan. You replace fleeting spurts of happiness with a solid baseline that is always with you. Take charge, and focus on meaningful and pleasurable activity, now and in the long term. Happiness will follow you naturally.

## Self-Empowerment

Consider happiness as the ultimate dollar value in your life, just as money is the measure of the worth of financials. Pursue things that are enjoyable and interesting; “want to” goals rather than “have to” goals, which enable growth, connection, and contribution. Live it up!

Determining a life plan that identifies your purpose or calling is critical. It will give you a sense of direction and make your actions more meaningful. You will be motivated to more happiness by living a life driven by passion. Joy is cultivated by having a natural commitment to growth and being an active player.

Map your life. Think of the top five activities that bring you the most pleasure and happiness. Rank them in order from most meaningful to least meaningful. Determine how you could spend more time on these activities. Write an action plan, and carry through with it.

Take time each day to express your gratitude, and practice acceptance. If you accept everyone and everything as it is, and know that each moment is just as it should be then happiness will abound. If something is bringing distress or unhappiness, then fix it. Take responsibility for what you see as a problem, and use it as an opportunity to grow.

Surrender the worry, and the uncertainty as these are the worst obstacles to happiness. Find peace and wonder in the unknown. Life is a journey. It is precious, yet still fleeting. Life’s joy is eternal and limitless.

Give compliments and well wishes to those you meet each day. Even if it’s silently, wish them well. Be carefree. Be lighthearted. Above all, smile. The world is your playground. Have fun! Create your everlasting happiness.

## MASTER THE SCIENCE OF SEXY

*We have to learn to be our own best friends because we fall  
too easily into the trap of being our own worst enemies.*

—Roderick Thorp

All women were born with the potential to be sexy. You don’t need perfection to be sexy; imperfections can be quite sexy. Using what you

have and *believing* in who you are makes you sexy. Sexy is believing in yourself. Recognize your strengths, and use them. Being sexy has nothing to do with the right clothes or an expensive dress; it is the energy you feel about yourself that makes you shine.

You must *feel* sexy to *look* sexy! Smile. Smiling is priceless. Take command and speak with a confident tone to electrify your magnetic appeal. Be a good listener and keep eye contact. Let your natural charisma flow and share your sense of humor.

Always try to enjoy the moment. Genuinely try to connect with people. People will feel that connection and want to be in your presence.

Dress flatteringly, but leave a sense of mystery. Practice self-respect with your sensuality so others too will respect you. Take responsibility for yourself, and strive not to be overly needy.

### LIVE IN THE NOW

*The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.*

—Siddhartha Gautama Buddha

Life holds so much beauty, but we may miss these wonders by worrying about things that have already happened or that may happen. Realize that neither your history nor your future is your present now.

As a child, your needs are usually met. You don't worry about what happened yesterday or what is going to happen tomorrow. You are in the moment and see the wonder of all that is happening around you, which is why most children are filled with vitality and happiness. As we become adults, and we are faced with more challenging responsibilities, we tend to lose the moment. We have work and personal, home, and physical matters that hold our attention. We go about our day on autopilot.

Being in the present moment will expand your consciousness and attract more happy, fulfilled feelings into your life and keep you focused.

Savor what you are doing now. The simple act of enjoying the moment brings more joy.

Free yourself of fear and worries about what is going to happen next and the negativity of the past. The future has not occurred; you will deal with it when it is your present. Your current thoughts and actions are what define you in the present.

### MAKE LIFE BETTER WITH A SENSE OF WONDER

*Creation is a better means of self-expression than possession;  
it is through creating, not possessing, that life is revealed.*

—Vida Dutton Scudder

Rekindle the curiosity and enthusiasm you had as a child. There is an infinite amount of opportunity out there, limited only by you. Step outside your comfort zone, and dare to attempt fascinating changes and illuminating adventures. Advances in technology have contributed to the expansion of information at your disposal. Take advantage of this, and learn about things that interest you.

Expand your knowledge of the world, and open your heart and mind to something new. For example, reading a biography may add great worth to your life experience. A person's lifelong journey can be written into two hundred pages, giving you the most of their lessons and growth in a fraction of the time. One person's story can be another person's awakening.

People are becoming more open to the power of possibilities and continue to grow while finding more joy. Try something new and healthy. Make it a positive experience and open your world.

Don't shut the doors to an area in your life because there was a change. Embrace the change and the feelings it brings, and let it take you in a new direction. Let your heart race with enthusiasm for the unknown. Welcome the possibilities and uncertainty around you.



## EMBRACE SILENCE AND DISCOVER SOLITUDE IN YOUR LIFE



*Solitude in the presence of natural beauty and grandeur is the cradle of thought and aspirations, which are not only good for the individual, but which society could ill do without.*

—John Stuart Mill

Use the power of silence to focus on your inner peace and elevate your spirits. Train yourself to feel your abundance of strength through unity with your soul. It is in this state of awareness that you can tap into your true potential. Practice solitude to improve focus and connect with the present moment.

We have become so accustomed to activity that when things quiet down, we panic. Why is everything so calm and silent? Shouldn't we be doing something? Silence and solitude can be major components in healing you of stress and many ailments caused by stress. Your body and immune system will thank you.

Set aside time every day to recharge, relieve stress, rejuvenate, and get in touch with your inner self, your inner energy, and spirit. Through solitude, you find the most intimate level of connection with yourself.

You will feel refreshed and revitalized in other areas of your life. Remember that nature—the flowers, trees, sun, and moon—all wake, flourish, and sleep in *silence*. Open yourself to a more peaceful, mindful, and ultimately joyful living experience.

### EXERCISE THE POWER OF AN OPEN MIND

*If your mind is open, you will never face closed doors.*

—Anonymous

Having an open mind creates limitless possibilities and empowers you to attract amazing experiences and growth into your life. Do not confine yourself to your own beliefs or to the beliefs of others.

Listen genuinely more than you talk. Encourage frankness and be thankful for others point of view. Arm yourself with factual information and investigate many options rather than being limited to one.

Lessons come along with each unpredictable journey in life. It's good to know what you want, but if you are unwilling to accept anything else, you limit your possibilities. The universe works in mysterious ways. You may get what you ask for, but it may come to you in a way that you never imagined.

If you can accept the uncertainty of how your dreams will flourish, then you will be in for a more exciting and fulfilling journey. Let go of controlling thoughts and open yourself to new experiences. Allow yourself to be vulnerable and experience change. Think about some of the things you really love; many of these experiences probably came from having an open mind and trying something new.

Through an open mind comes the chance to create happiness and success. Be alert to new ideas and opportunities to try. Throughout history, people just like you have affected the world by thinking positively with an open mind. It may have taken Thomas Edison 10,000 tries before he succeeded inventing the light bulb. Try to be curious, be positive, and ask, “Why not?” before you say, “No way.”

The world's achievements all began with an open mind—a single positive thought put into action.

## EFFECTIVELY DEAL WITH ANGER

*Anger is an acid that can do more harm to the vessel in which it stands than to anything on which it is poured.*

—Mark Twain

Anger is a natural, adaptive, and reflexive protective response to external threats, but it can also lead to self-destruction. If not released or expressed with control and self-care, it leads to mental and physical injury to yourself and others. The controlled, appropriate release of anger begins with simple understanding and acceptance that you are responsible for exercising self-control.

While anger is a primitive and necessary emotion, it can also be very destructive. You can control anger in a number of ways.

- **Visualize.** Imagine yourself in a peaceful setting and feel all the calming elements surrounding you.
- **Calming thought.** Talk to yourself to redirect your emotions and relax. Simple words like “peace, calm, stillness, relax” can be repeated to bring your anger down.
- **Slow breathing.** Pay attention to your breath. Take deep breaths in through your nose, and allow your lungs to fill to capacity. Then empty your lungs completely when exhaling.
- **Releasing tension.** Clench your arms and legs; then relax and allow the tension to release itself. Repeat to release.
- **Self-discipline.** Remind yourself that you cannot control everything around you, but you can control yourself and your actions.
- **Self-control.** Having self-control is where your true power rests. Control, convert, redirect, and relieve.

You will notice that each and every time you try to redirect your anger, it will become easier for you. You will have a greater respect for yourself just as those around you for having such control.

# 2

## RELATIONSHIPS

### CREATE QUALITY FRIENDSHIPS



*Friendship improves happiness, and abates misery  
by doubling our joys and dividing our grief.*

—Joseph Addison

We all choose to create many types of friendships and give them special, unique importance in our lives. Think about what you consider the characteristics of the perfect friend. Think of details of this person and

what he or she brings to you as a friend. Practice matching these traits in your own behavior. Be the friend you'd like to have.

If you want to make quality friends, find people who share the same values. Get involved in social clubs and events. Discover the possibility of a new hobby and new friends.

Feelings from a good friendship release healthy hormones and endorphins that can actually boost your immune and nervous systems. Put your effort in building the relationships that help you grow and provide love and support.

A good friend can help you to see the positive in a seemingly negative situation. Friends see the wonderful qualities in you and remind you of those qualities when you forget. Make your friends a priority when they're struggling. Likewise, be there with them to celebrate.

When it comes to any relationship, always focus on the strengths of your friends. We crave strong connections with others and need that special bond and security that a good friend can offer.

### EXPERIENCE A HEALTHY ROMANTIC RELATIONSHIP

*Under the magnetism of friendship the modest man becomes bold, the shy confident, the lazy active, or the impetuous prudent and peaceful.*

—William Makepeace Thackeray

Does your romantic relationship have healthy qualities: trust, mutual respect, honesty, support, good communication, encouragement, and equality?

Relationships are challenging and require both partners to be involved and dedicated to growth and open to change. Take time and consider if you both bring out the best in each other.

As with friendships, be sure that you are representing the qualities you're asking of your partner. It's easy to blame your partner for unhappiness, but truthfully, your happiness is up to you and you alone. In a healthy relationship, both partners continue participating in things

## Relationships

that bring them happiness without relying solely on the other person to provide it.

Make and keep mutual agreements through effective communication. Respect and appreciate the differences you and your partner have. Reach mutual agreements, and stick to them to build trust.

Be honest with your partner.

Honesty builds trust and is crucial to building a solid relationship.

Be able to forgive when things go wrong.

When you forgive, you are taking control, letting go, and moving on. It can be empowering to forgive. You may need to forgive yourself or your partner.

Set expectations and boundaries early.

From the beginning, it is up to you to be firm about what you expect, how you want to be treated, and what you accept.

Apologize when you do something wrong.

Take responsibility and apologize. You will gain respect from your partner by displaying maturity and humility.

Appreciate your partner and yourself.

The moments we feel happiest are the moments where we feel complete gratitude. Create more of these moments, and let your partner know how much you appreciate sharing love.

Laugh, talk, sing, smile, and cry together.

Spend quality time together, and show your feelings.

Inspire romance.

As Robert Louis Stevenson once said, "Make the most of the best and the least of the worst."

When a relationship is new, the romance seems to flow effortlessly because it is exciting. You are thrilled with your partner and want to

actively give gifts and acts of love to show him or her how much you care. You feel sought after when someone does all he or she can to court you because that person wants to keep you. Imagine a world where everyone feels in love.

Romance is taking time to be thoughtful and investing time and energy to contribute to one another's bliss. Focus on all that your partner is doing rather than focusing on what he or she is not doing. It is a two-way street, so do your part in keeping things fresh and fun.

### BALANCE WORK AND FAMILY LIFE



*There is only one success—to be able to  
spend your life in your own way.*

—Christopher Morley

Ponder the memories you would like to create that give you a sense of fulfillment. It's a great feeling to cross things off a to-do list, but it's a better feeling to have fun along the way.

Appreciate your family, and let them be instrumental in reminding you of what is really important in life. Keep home at home and work at



## Relationships

work. Engage in efficient time management during work hours. Make to-do-lists, prioritize, delegate, and set aside uninterrupted work time to be more efficient.

Prioritize yourself, and be comfortable with the time you allot for yourself, family, friends, career, and community. Make your personal health a priority above all. Maintain friendships outside the workplace. Evaluate what is taking up too much time and where you are not spending enough time, and make the changes.

Indulge in a hobby and cultivate personal interests. Manage your personal time and set targets in your personal life just as you do in your work life. Make an action plan, update it, and follow it to create the balance you desire. Once a good sense of balance is achieved you will certainly notice a marked improvement in both your work and personal life.

## INFLUENCE OTHERS

*What lies behind us and what lies before us are tiny matters compared to what lies within us.*

—Ralph Waldo Emerson

Much of success in life is supported by great relationships. You build trust and loyalty among the people you influence positively. Impacting people to support your point of view by being cooperative or negotiating may be invaluable in realizing your goals.

First impressions count, so be sure to always look the part you want. The way you present yourself is crucial in establishing your credibility. Your mannerisms and body communication—posture, voice, or eye contact—are of the utmost importance in connecting to another. Communicating with people on an emotional level is most important in gaining their trust in you. Just as upholding mutual values: trust, honesty, fairness, respect, and compassion.

Being able to communicate with emotional intelligence is an important skill. We are all people with feelings and emotions. When we make decisions, we usually make them on an emotional level. So when we



connect with others on that level, we are more successful in making an impact. This also requires the consideration to view things from the opposing perspective.

Optimism, enthusiasm, and genuine concern for the things you believe in will always lead to the most powerful impact. Be attentive to build understanding through listening. This supports paths for open communication and a greater door to your influence by simply understanding and naturally empathizing.

Earning one's trust is supported by mutual respect and consideration. In addition, demonstrating your expertise, sharing knowledge, and a positive attitude all support your circle of influence. Knowledge is power. Be educated and well versed where you want to be influential. The more enthusiastic and educated you are on the subject matter, the more faith others will have in you. Always arm yourself with demonstrated results and factual information that is pertinent to the subject at hand.

Listening and being open to others' points of view is a critical communication skill. Sometimes you must give in order to receive. Sincere acknowledgment through a kind gesture and being empathetic to one's needs may be the greatest first step.

### AGREE TO DISAGREE

*Though force can protect in emergency, only justice,  
fairness, consideration, and cooperation can finally  
lead men to the dawn of eternal peace.*

—Dwight Eisenhower

In every relationship, people will disagree with each other at one time or another. You may not always find a perfect solution to the situation, and you don't necessarily have to do so. If you can learn to agree to disagree, then you can move forward.

It is important to listen and seek to understand the other person's perspective. Many people cripple communication from the beginning

## *Relationships*

because only one person is actually ready to listen and talk. Make sure that each person gets a chance to speak and be heard.

Start off the discussion on a positive note. Try to start by identifying common points on which you agree. Focus on three common points, and build on them for progress.

# 3

## VALUES

### ESTABLISH INTEGRITY

*Integrity is what we do, what we say, and what we say we do.*

—Don Galer

Everyone has values, but it is up to you to include your values in your daily life. Visualize integrity as the key that locks all of your other beautiful qualities into place. The values and principles that guide your life should always be in sync with your actions. Disciplining yourself to maintain integrity in your life leads to inner peace and self-confidence.

Being completely honest with yourself is a key first step in developing your integrity. This commitment will reflect in everything that you do. Doing the right thing for the right reason even when none else is watching builds your integrity. As you mature, reflect on your life and decide what you must change in your behavior to better align with your values and principles.

Be conscious of every action and decision you make, big or small, and adjust your behavior to reflect the person you want to become.

Your relationships will be trusting, and you will enjoy the presence of good people in your life. Success is more likely, and relationships are more genuine.

## LIVE BY PRINCIPLES

*I tell you that as long as I can conceive something better than myself, I cannot be easy unless I am striving to bring it into existence or clearing the way for it.*

—George Bernard Shaw

May the following principles help bring strength and empowerment into your daily life:

**Keep an open heart.** To experience real love and power, you must have an open heart. Keeping an open heart creates more opportunities for magnificent experiences.

**Practice good deeds.** What you actually *do* in your life is what makes a difference. It's not a matter of how much money you make or how many things you accomplish but rather the things you do that touch people and change their lives for the better.

**Aim to make a positive impact.** Average performance on anything will bring you average results. If you want more, go beyond what is required, and reap the benefits of your efforts.

**Remember the Golden Rule.** If you want to be treated with kindness and respect, then you must treat others the same.

**Accept your mistakes and fix them.** No one is perfect; everyone is bound to make mistakes. Make your mistakes, but be humble enough to accept them, strong enough to learn from them, and motivated enough to make a difference because of them.

**Be confident, not fearful.** Fear is a negative emotion that robs you of your self-confidence. Don't allow something that is false to dominate your life or cause you to miss out on wonderful things the world has to offer.

**Keep balance in your life.** Allow enough time to work, play, and spend time with those you love. Experience something new every chance you get. Always include alone time in your life to just be with your wonderful self.

Forgive and accept. If someone has hurt or betrayed you, and he or she apologizes, be accepting of that apology. Forgiving and accepting will free you and allow you to learn and move on.

Put your talents to use. There is a reason that you were given the gifts that you have, whether it is to sing, bake, write, make music, or care for others. You would be denying the world if you didn't share your gifts

Life is a gift. Appreciate that you were given this gift, and give back some of the beauty that you have.

## EXPRESS APPRECIATION

*Gratitude is not only the greatest of virtues but the parent of all others.*  
—Cicero

Gratitude opens doors to the good life while refocusing your energy to happiness and a state of emotional and physical well-being. There is no happiness without gratitude. Lack of appreciation will lead you to a constant cycle of dissatisfaction and a constant want for more.

There is always growth and progress to be made in our lives. You can choose to look at challenges as obstacles or be grateful for the learning experience they represent. When you are filled with gratitude and appreciation, you naturally create inspiration and enthusiasm in yourself and in others.

Consider ending every day or beginning every morning with a mental list of the things for which you are grateful. Keep a journal for special life moments. Notice how wonderful it feels to do something out of appreciation for another. Let people know, and show them by treating them with appreciation. Direct your energy and attention to that feeling of gratitude. Before long, your actions of gratitude will flourish instinctively.

## ASSOCIATE CLASS WITH BEING A LADY



*A girl should be two things: classy and fabulous.*

—Coco Chanel

Class denotes maturity, quality and respect. A lady of class and sophistication is a lady who is genuine, well mannered, and learned in social etiquette. A classy lady knows that she will get as much courtesy and consideration as she gives to others.

Confidence and grace combined with elegant style is characteristic of a classy lady. She is tastefully fashionable, polite, generous, and fun. That's right—classy does not mean prudish or stiff. She just knows how to hold herself. A classy lady knows how to control her emotions and keep her cool.

A classy lady is someone who has opinions, thoughts, and views. She is educated and engaged in conversations. She is confident enough in her views that she can have a sense of humor if others have a different opinion.

She is subtle. She doesn't feel the need to be flamboyant. Her soft and sensual ways are more intriguing than anything blatant, obnoxious, or obvious. She is at ease and appears in control of herself at all times. She has humility and is humble. She does not need to boast about how wonderful she is. By just being, she is validated.

## CONTRIBUTE TO CHARITY



*It is one of the most beautiful compensations of this life that no one can sincerely try to help another without helping themselves.*

—Ralph Waldo Emerson

You may not have a lot of money or time to give, but everyone has something to share. You can make a difference by volunteering for something from your heart. Your community needs you. The rewards received by giving to your community outweigh the effort.

Whether it's serving a bowl of soup to the homeless, writing an inspiring poem to the abused, raising funds for the hungry, or helping care for unfortunate children, you can make a difference.

Start by making a decision to volunteer something, whether it is time, knowledge, money, professional services, or even space. Identify an organization you're passionate to help, and offer your skills. Soon, you will make friends while improving others' lives. This will be an asset, as it will improve the lives of others as well as your own.

# 4

## SUCCESS

### SET AND ACCOMPLISH YOUR GOALS

*Did is a word of achievement  
Won't is a word of retreat  
Might is a word of bereavement  
Can't is a word of defeat  
Ought is a word of duty  
Try is a word of each hour  
Will is a word of beauty  
Can is a word of power.*

—Anonymous

Setting goals and visualizing achieving them is the foundation of realizing your dreams. This is a first step toward making your dreams a reality. Take time to define your lifetime goals. Think about your life now and what you want it to look like.

Goals are essential for intentional self-motivation and a vision to work toward.

Contemplate various areas of your life. Where are you now? Where do you want to be? What's holding you back?



**Attitude.** Do you hope to improve how you perceive and respond to things? Is your attitude holding you back from achieving your goals? What can you do to improve your attitude?

**Physical health.** Are you in good cardiovascular health and fit? Are you eating healthy? What kind of physical health would you like to be in? What are the next steps?

**Relationships.** Are you happy with your current family/friends/significant other relationships? How can you cultivate your relationships? Are there any new you want to engage in?

**Education.** Do you have the education to achieve your goals? Define the time and resources required for education, if needed.

**Career.** What level have you reached in your career, and where do you want to be? What needs to be accomplished to advance?

**FINANCES.** How much are you earning and spending, and what can you save? Are you content with your budget and reserves for an emergency? Are you preparing for retirement?

**LEISURE.** Do you have enough free time now? Are you enjoying it? Are there other hobbies you would like to do? Are there places you would like to travel?

Remember that the goals you set are yours. They should not reflect the goals of others and what they want you to do.

This is *your* life.

Dedicate quiet time for journaling and adding details to your lifetime plan. After defining each category, break them down into smaller goals or objectives that will eventually bring you to your lifetime goals.

Consider making a five-year plan, then a one-year plan, a six-month plan, and finally a monthly plan of goals to set. Take each day to do something that brings you closer to your goals.

Set effective goals, and state your goals in a positive manner. Be realistic when setting goals, but don't fear a challenge. It's just as important not to be unrealistic and overwhelm yourself with your goals. Frequently

revisit your lifetime plan and envision yourself reaching your destination. Most importantly, envision yourself being happy on the way there because that is where the majority of your life will be spent. Be sure to have fun.

Imagine how you will feel. Use this to persevere through any setbacks.

The purpose is to achieve what you can in a realistic time frame so that you can keep yourself on track. Take special care and joy in reaching even your smallest goals while keeping balance in life. Work smarter and not harder. Prioritize your efforts, and delegate nonessentials. Have a positive attitude, be understanding and flexible, and revise as hurdles arise.

Share your plans with your family and friends, and ask them for suggestions or support. Tackle your difficult projects at your ideal work-performance times. Avoid obsessing over perfectionism. Accept a good performance over perfect, and move forward. You will be victorious at creating the life you desire.

## DEFINE YOUR LIFE PURPOSE

*Many people die with their music still in them. Don't let this be you. Let your unique purpose out.*

—Oliver Wendell Holmes

Some know exactly what they want to give to society, and they are actively doing it. For others, it can be a daunting task to figure out what their purpose is or where to start.

Identifying your purpose requires going deep within and searching for the real meaning of life for you. What gifts do you have to give? Why are *you* here? What changes would you like to see in the world? What talents do you have that you are enthusiastic to share? What do you want to contribute to the world?

Remember your purpose may grow or change as you move through life, so continue to reevaluate yourself. Recognize the special gifts that you have, and utilize them in fulfilling your life purpose. This will ignite passion and happiness in your every day.

## MAINTAIN A STRONG WORK ETHIC

*Genius is 1 percent inspiration and 99 percent perspiration.*

—Thomas Edison

Whatever it is that you are trying to accomplish, maintaining a good work ethic will pay off. Daily commitment driven by a strong sense of individual responsibility and integrity toward fulfillment of your responsibility are foundations. Ultimately, you are your own boss with your own disciplined attitude and principles, which lead you to perform.

Stay focused and work as a team player to complete your assignments. Do your part as an individual who impacts the entire team. Cooperate, communicate, collaborate, and celebrate with other team members to reach a common goal.

Maintain an attitude that drives you to produce great work and not only what you are asked for. Be reliable, and do your part to produce quality work that is on time. Dedicate the appropriate time, and put forth your best effort to achieve. This should be a natural tendency. The greater your aptitude for working hard, the greater return you will see.

## MASTER LISTENING

*Be a good listener. Encourage the other person to talk about himself.*

—Dale Carnegie

Good communication is vital to successful relationships, whether business or personal. Being an active listener is essential to communicating.

Respecting and demonstrating interest toward others starts with good listening skills.

Focus and acknowledge the speaker to indicate that you are paying attention. Ask questions, when appropriate, for clarification. Questions help reassure the other that you are genuinely interested in what is being said.

## Success

One of the biggest validations you can offer the person with whom you are speaking is to listen and genuinely empathize with what he or she says. Share emotions and feelings with the other person, and smile to incorporate positivity.

By being positive about the conversation from the very beginning, you set the tone for a successful outcome. When you are engaged in what is said, people will be more receptive when you offer advice.

Maintain understanding and consideration to others' perspective. Be prepared to clarify, as people are different in how they comprehend information. We all take in what we hear and interpret it differently.

Always keep an open mind and an open ear to differences of opinion. You will be surprised how much you can learn from others by simply listening.

## MAKE CONFIDENT DECISIONS



*In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.*

—Theodore Roosevelt

Decisions, decisions, decisions!

Life is lessons learned from all decisions and does not distinguish between good or bad decisions. Making little decisions by taking on a

decisive attitude will give you the strength and confidence to make the bigger decisions.

Your decisive abilities will breed faith and confidence in you and those around you.

The decisions you make will radiate self-esteem and self-assurance if given the appropriate consideration.

It can be hard to make a decision when things are questioned. Sometimes you can't even identify if you have an instinct because you are so confused. You can take steps to help guide and support you in making a sound decision. Start by taking the time to obtain the information you need so that you can be proactive and logical in your thought process.

First, define the purpose and objective or desired outcome in making this decision.

Gather all of the pertinent facts and information. Respect your feelings, listen to your inner voice, and tap into your intuition. Accept that there is always uncertainty.

Talk to the people who will be directly involved in the decision, and consider their thoughts. Don't be aggressive or selfish in your actions. Include those who will be affected by the decision and actively listen to what they say.

Develop different options and alternatives. List all of the possible choices, and rate them. Always identify and compare the pros and cons of each option. How do you feel when you close your eyes and visualize yourself choosing each option? Do you feel happy, scared, sad, or alone? Take it all into consideration.

It is easy to be comfortable with the best-case scenario; you need to determine if you can handle the worst-case scenario.

Pay attention to the cons and weigh the risk. This may make it easy to identify what won't work and move to the next option. Always take reasonable time, keep an open mind, and consider the input of those who care for you and know you best.

Sometimes other opportunities arise and bring you in a direction you had not considered. Remember life is about living and learning. Each decision will take you on a path of growth. Just respect your well being enough not to second guess yourself and make your decisions with confidence or don't make them at all.

### CREATE YOUR OWN LUCK



*I believe life is a series of near misses. A lot of what we ascribe to luck is not luck at all. It's seizing the day and accepting responsibility for your future.*

—Howard Schultz

Luck is an opportunity you create rather than a coincidence. If you want to be in the right place at the right time, then place yourself there. The way you choose to think and act is how you generate positive circumstances and outcomes. Be open and prepared for all possibilities, but stay focused on a good outcome. Your positive attitude and outlook will naturally guide you toward creating the opportunity for good things to happen.

Lucky people keep a view of the world as one full of abundance. They meet their own needs and fulfill their own desires. Maintaining a

positive mind-set and practicing a positive outlook and acting upon it will bring you what you seek.

## GET MOTIVATED AND STAY MOTIVATED

*Ability is what you're capable of doing.*

*Motivation determines what you do.*

*Attitude determines how well you do it.*

—Lou Holtz

Motivation is empowering and energizing. It is your driving force. Profound motivation comes when you are deeply passionate about your goal. Everything you accomplish comes from motivation. Motivation propels you to get what you desire and keeps you going when there are challenges or obstacles.

The initial steps require clarity and firmness on what you want. Pledge to yourself that you will persevere until you reach your set goal. When you set a goal, follow through until you reach it. Nothing should hold you back. Allow challenge to fuel your desire.

Whenever you feel doubt, keep picturing what it is that you want. Taste it, feel it, and experience it as if you already have it. This will help keep you committed. If it is worth your efforts then continue to set small goals, and accomplish tasks along your timeline. Be sure to enjoy yourself and commend yourself for small wins along the way.

Find others who have accomplished the goal you are seeking, and thrive on their success stories. Learn from their failures as well, and determine the right approach for you.

Be realistic. Overwhelming yourself is the biggest killer of motivation.

Use positive thinking and a positive outlook to stay motivated and overcome obstacles.

Think of motivation as your engine. It's powerful and necessary to move you forward, and you must keep it fueled to keep going.

## ESTABLISH GOOD HABITS

*It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions.*

—Aristotle

We humans are creatures of habit. A lot of our success in life depends on good habits. To live life to its fullest, be willing to: change, practice self-discipline, and motivate yourself to adopt different habits. Living with greater intentional awareness and transforming bad habits to good habits will bring you multitudes of gratification.

In changing habits, you will need to retrain your unconscious mind and bring yourself to greater awareness of your actions. A habit is performed through the unconscious mind, which does not distinguish a good habit from a bad habit. To change habits requires a change in mindset and a new awareness.

Identify the most important thing you want to change. Write out what it is, why you want to change, and how it makes you feel. Picture yourself without that habit and with a better, healthier, more productive habit instead.

Determine what you can do to help yourself turn into the new you. Be realistic, and take the appropriate time. Make a schedule to conquer and transform bad habits to good. Set a daily goal and a timeline, and stick to it.

Share your goal with your friends, family, and coworkers. Write inspirational reminders and motivational notes to keep your drive. Become aware of the great feeling you receive when practicing self-discipline in conquering the bad habit or establishing a good habit. Reward and praise yourself.

It usually takes twenty-one days to establish a habit and a bit longer to break one. If you fall behind, it's okay. Just keep trying. Allow your motivation to conquer the bad, and add more good habits.



## FACE YOUR FEARS



*Do not fear going forward slowly; fear only to stand still.*

—Chinese proverb

FEAR: False Emotions Appearing Real

Fear is a natural emotion; we all have experienced fear in one form or another. You can reduce or overcome fear so that you can achieve your desires. When we feel and think in fear and focus on it, we allow it to control our lives. If we allow this voice to dictate actions, we may miss out on great opportunities and experiences.

One of the first steps toward conquering your fears is simply to identify and define your fears. Already you have taken control over fearful thoughts, which are only thoughts and not reality. Take a moment to evaluate each fear, and recognize the negative impact on your life. Identify which fear is affecting you most detrimentally, and dissect it further.

Think about how you would do things differently if you didn't have that fear. Consciously pay attention and redirect thoughts and feelings to

control fear. Stop the negative emotions, and transform them through using a different thought process and reasoning that begins by picturing a positive outcome.

Set your goals to overcome your fears. Consider asking family and friends to assist you in taking forward steps. Don't miss out on the wonderful opportunities life has to offer because of fear. Control your fear, and turn it into power.

### TRANSFORM FAILURE TO SUCCESS

*You may have a fresh start any moment you choose, for this thing that we call failure is not the falling down but the staying down.*

—Mary Pickford

We all have dreams, and most of us try really hard to realize these dreams. As we take this path to achieving dreams, we can falter. Facing a failure can break us to the point of not wanting to try again.

Rather than perceiving failure as a dead end, view it as an opportunity. It's an incentive to come back even stronger and improve on what made us fail. Once we experience our first failure, we have it in our minds that we may fail again. Rather than being inhibited, allow failure to be a catalyst to your success.

If everything we did was perfect, then there would be no chance for growth.

The first step is to stop looking at failure as something negative. When you hear or see the word failure, your mind automatically connotes it with weakness. Failing in something does not mean that *you* are a failure. It only means that you didn't quite achieve the goal the way you wanted. Keep in mind that the doors are still open to achieving success.

Many successful people overcame failures and struggles, which were instrumental in their paths to success. When you have the right mind-set, quitting is not an option, and failure is a stepping-stone. Use setbacks as a part of the learning process, and try again. Approach obstacles as fuel for your determination.

Successful people do not give up. They come back with more strength and endurance. They use the failure as an energy boost.

The great Beethoven was told that he had no talent for music when he was young. He believed in himself, and after a substantial amount of time, he became the best composer of his time.

Visualize the failure of learning how to walk as a child. When you fell down, you got right back up. If you fell and didn't try to get back up as a child, then you wouldn't be walking now. Do the same, now that you're an adult—get right back up!

Embrace failure, and change it to represent opportunity. Be patient, and don't get discouraged; rather, consider it as simply a small delay. It is a normal part of the learning process and a key to success. Use the lessons to redirect you, fuel your motivation, and push you forward. As long as you are persistent, you will not fail.

# **OUTER BEAUTY**

## **HEALTH, BEAUTY, AND FASHION**



# 5

## HEALTH

*Self-love, my liege, is not so vile a sin as self-neglecting.*

—Shakespeare

Rejuvenate your skin, revitalize your body, and revive your appearance. You will be sexier than ever using easy tips to enhance your image and support your self-care. You are special and valuable. Treat your physical body as a special gift. Value yourself, and support your self-esteem by preventive health care, eating well, and exercising. Develop a spiritual practice that allows you to be in touch with your inner self, whether it is through meditation, yoga, reflection time, or prayer.

There is no other *you* in this world, so you must cherish yourself!

### GENERAL HEALTH CARE

*Being healthy and fit is not a fad or a trend, it is a lifestyle.*

—Anonymous

Women's general health concerns and what you can do to protect yourself

By being aware, you are already on your way to reducing your risk. Take action to protect yourself from ailments like heart disease, lung cancer, and breast cancer, which are the leading causes of death among women.

# Health

## Women's basic health screening checklist

At age 18: physical exam; tests for blood pressure and blood cholesterol; first yearly Pap smear, pelvic exam, HPV DNA test

At age 20: tetanus booster, monthly breast self-exam, yearly doctor manual breast exam/physical

Ages 35–40: mammogram, thyroid hormone test

Age 40: glaucoma test

Age 45: fasting plasma glucose (sugar)

Age 50: influenza vaccine, colonoscopy, fecal occult blood test, total body skin exam

Age 65: bone mineral density test (osteoporosis screening), pneumonia vaccine

The above is not comprehensive, nor is it a substitute for your doctor's advice. Guidelines for screening will vary, depending on your unique situation and history. These and other medical tests may be performed earlier, based on your doctor's discretion, family history, or other risk factors. Always consult with your doctor.

## Tips to protect your general health

- Stay hydrated. Drink eight 8-ounces of fluid a day.
- Eat a balanced diet rich in fresh vegetables (broccoli sprouts) and fruits, protein source, fiber, and omega-3s. Eat produce with each meal.
- Replace saturated fats (butter and margarine) with unsaturated fats (olive oil).
- Maintain a normal, healthy weight and Body Mass Index (BMI) and fat percentage.
- Don't smoke, and avoid exposure to second-hand smoke.
- Stay socially active and manage stress.
- Exercise at least thirty minutes a day five days a week or 150 minutes per week with moderate intensity workout.
- Have a yearly physical. Maintain your checkups and screening tests that monitor your blood pressure, cholesterol, and blood sugar.

- Know and share your family history with your physician.
- Perform your monthly breast self-exams, and get your breast exams and mammogram.
- See your gynecologist for Pap smears.
- Choose a multivitamin that contains one hundred percent of vitamins A,C, E, iron, and folic acid.

## BREAST CARE



*With over 3 million women battling breast cancer today,  
everywhere you turn there is a mother, daughter, sister,  
or friend who has been affected by breast cancer.*

*—Betsey Johnson*

Though some breast cancer risks may be beyond your control, you can take preventative steps.



Take action to decrease your risk.

Learn about your family history, and share it with your doctor.

Get your screening mammograms. Consult with your doctor to perform a manual exam and mammogram based on your history and risk factors.

The American Cancer Society recommends beginning monthly breast self-exams at age twenty. Discuss this with your doctor to be sure you are performing your self-exam properly.

Make lifestyle modifications to eat healthy and stay active. Consuming alcohol may increase your risk. Exercising at least four hours per week may decrease your risk.

If you are taking postmenopausal hormone therapy, be sure to understand your risks.

### Breast self-exam tips

Be vigilant in your monthly breast self-exams and annual physician breast exams.

Perform your monthly breast self-exams at the same time of every month. Avoid the week before your period, as your breast tenderness may interfere with getting a good exam.

Look at your breasts in front of the mirror. Look for dimpling, puckering, and unusual skin changes.



Feel for lumps. If you have large breasts, consider do this lying down or in the shower. Put your left hand behind your head and use your right finger pads to feel your left breast. Gently glide your finger pads around in concentric circles until you have felt your entire breast area. Then work from the outside, moving toward your nipple and feel from the underarm along the outer border of your breast. Now sweep your three fingers from your collarbone down to your nipple, and continue in all directions to feel the deeper layers of your tissue. Check for nipple discharge by a gentle milking squeeze.

Know your breasts and get an evaluation if you have concerns or notice a new breast lump, skin change, or nipple discharge.

## HEALTHY NUTRITION MADE EASY



*Let food be thy medicine and medicine be thy food.*

—Hippocrates

People can make many excuses as to why they are unhealthy or overweight, but it usually comes down to two things: eating too many calories and not burning enough calories.

By staying hydrated and eating the right portions of healthy foods, you can decrease your cravings for unhealthy, high-calorie foods and increase your energy.

## 1. Health

Drink a glass of water half an hour before a meal to feel fuller and decrease the chance of mistaking thirst for food hunger. Substitute water for other drinks to cut back on calories.

Monitor your portions. A rule of thumb for determining one serving size is a half cup of cooked pasta, and meat, fish, or poultry the size of a deck of cards. Alternatively, consider the size of your palm as a typical portion for your body.

Use smaller plates and bowls, and smaller utensils to help cut back portion sizes.

Chew longer. Give your brain the twenty minutes it takes to feel your stomach's fullness. Put your fork down between bites, and enjoy your food.

Count your calories. Consume the appropriate number of calories and quantity from different food sources.

Pick low-fat, low-sugar, low-calorie, and low-carbohydrate foods. Add high-fiber foods (cereal). Add a vegetable to your meal. Take in two six-ounce servings of protein daily.

Choose healthy snacks. Say no to fried snacks. Make substitutions: exchange cookies and chips for vegetables, fruits, nuts, or yogurt. Carrots, cucumbers, celery, and pea pods are a great crunchy substitute for chips!

When using dairy, choose low-fat milk and cheese. Add vitamin D and calcium-fortified beverages and a calcium supplement for your bone and heart health.

Have a selection of healthy choices in your pantry. If it isn't healthy, don't buy it. Out of sight, out of mind, out of mouth.

Don't skip breakfast. Consider yogurt or a high-fiber vitamin fortified cereal with skim milk and fresh fruit instead of syrups, creams, or sugar. For protein, try egg whites or egg substitute.

Lean meats such as turkey, chicken, and fish should be staples in your diet.

Try deli meats and veggies wrapped in lettuce for an easy lunch instead of fast food and the carbohydrates from bread.

Consume unsaturated fats (olive oil, flax-seed oil, canola, avocado) for your daily allowance of fats, instead of saturated fats. These oils contain fats that your body needs, but use in moderation because they are high in calories.

Instead of using butter and salt for seasonings, try lemon, garlic, herbs, and spices. Use low-fat dressings and sauces like vinaigrettes and salsas as substitutes to high-calorie dressings.

Curb your appetite with healthy snacks, and keep your metabolism steady between meals.

Choose your snacks wisely, and avoid foods that are high in fat, sugar, and calories.

Limit your alcohol intake. Alcohol dehydrates your body, depletes minerals, and depletes your feel-good hormones. It is also high in sugar and calories, with no nutritional value.

## WOMEN'S HEALTH SUPPLEMENTS



*Take care of your body, it's the only place you have to live in.*

—Jim Rohn

Vitamins are essential to the proper functioning of your body. Supplements contain nutrients such as vitamin A, D, E and K that

your body cannot make or store or are difficult to obtain from your diet. By ensuring your body gets the appropriate nutrients, you can prevent some health issues and improve others.

Everyone has varying needs, based on existing medical conditions, height and weight, age group, medications, and eating habits. Ensure your body gets the nutrients it needs by eating a balanced diet. Take a moment to review your daily routine with your primary care doctor, and discuss if you need supplements.

Too much of a supplement can actually be harmful and can interact with other medicines. Be sure to follow the supplements dosage instructions, and consult with your doctor. If you are planning pregnancy, discuss with your doctor when you should start prenatal vitamins with iron and folic acid to prevent birth defects. If you are menstruating, eat red meats and green leafy vegetables or take an iron supplement to rebuild the iron lost from bleeding.

Many synthetic supplements on the market do not contain the highest quality ingredients. Do your research before buying to make sure you are spending your money wisely and getting what your body needs. Look for products that have been approved by the Food and Drug Administration (FDA).

Important vitamins and minerals to get daily are A, B1, B3, B6, B9, B12, C, D, E, K, calcium, magnesium, potassium, and zinc. Over half of menstruating women are iron deficient. Calcium, vitamins D and B12 are important for bone health and keeping the blues away.

## Vitamins and food sources

### A (retinol)

- Supports vision, skin, cell growth and development and has antioxidant ability
- Sources: liver oil, carrots, squash, spinach, and dairy

### B vitamins:

#### B1 (thiamine)

- Supports metabolism, energy, muscle
- Sources: seafood, whole grains, and beans.

B2 (riboflavin)

- Supports metabolism; is an antioxidant; helps decrease headaches, migraines.
- Sources: eggs, dairy, meats, fish, grain, and green leafy vegetables

B3 (niacin)

- Supports energy and DNA repair.
- Sources: salmon, tuna, liver, poultry, whole grains, nuts, broccoli, and peas.

B6 (pyridoxine)

- Supports immune and central nervous system, metabolism; alleviates PMS.
- Sources: whole grains, green leafy vegetables, dairy, and potatoes

B9 (folic acid)

- Supports red blood cells; helps prevent birth defects, heart disease, colon cancer; and supports DNA synthesis
- Sources: green leafy vegetables and beans

B12 (cyanocobalamin)

- Supports memory and mental ability, cell formation, DNA synthesis, energy
- Sources: dairy, eggs, meat, poultry, and fish

C (ascorbic acid)

- Supports immune system, wound healing, and tissue regeneration
- Sources: citrus fruits, mangoes, and greens

D (calciferol)

- Supports bone and tooth health and immune system. Keeps blues away.
- Sources: sunlight, salmon, milk, fortified juice, fortified cereal.

You can make your own vitamin D with five minutes of sunlight a day. Don't forget to wear sunscreen.

E (tocopherol)

- Supports heart health and antioxidant ability
- Sources: vegetable oils (olive, safflower, canola), nuts, seeds, and spinach.

K (phylloquinone)

- Supports blood clotting and bone health
- Sources: green leafy vegetables, avocado, and kiwifruit.

## BEAUTY WITH A SMILE



*A smile is an inexpensive way to change your looks.*

—Charles Gordy

Smile and smile more!

Research has found that a simple smile improves our well-being. Smiling has a good impact and helps calm the nervous system. The act of smiling releases our feel-good hormones and endorphins, the same ones that antidepressant drugs release.

Your brain releases serotonin and lowers your stress hormone, cortisol when you smile. Smiling is a simple way to reduce stress naturally and quickly by counteracting the stress-causing hormones. A smile will also lead to release of dopamine, which provides us with feelings of pleasure. It lifts your mood naturally by giving a boost of feel-good hormones.

A more relaxed disposition, which occurs when smiling, will also naturally decrease your heart rate and blood pressure. Your muscles will relax and become less tense. You will naturally feel better.

Take a minute to smile now, and feel the change in your body. Think about what makes you smile. Engage in activities that bring you joy and do more of them. Make a point of bringing humor into your life with a “joke of the day,” comedy show or a comedy club outing.

Express your good and bad thoughts, in a journal to release any negative energy and keep your smile refreshed and glowing naturally.

Reach out to others with a smile. This will naturally uplift your mood and theirs.

Remember, a genuine smile is a simple way to connect in relationships, whether with a family member or another encounter. Make it a point to smile to people throughout the day as a gesture of respect and kindness.

## DENTAL TIPS

*She laughs at everything you say. Why? She has beautiful teeth.*

—Benjamin Franklin

Take care of your teeth, and let them show. Brush at least twice a day, and try to floss after each meal.

A handheld electric toothbrush is like a magic wand for cleaning your teeth. When used correctly, it is more effective than a traditional toothbrush. If you prefer a traditional toothbrush, however, choose one with polished bristles. Replace your toothbrush when the bristles are worn and after any significant illness or infection.

Consider using a toothpaste containing fluoride, approved by the American Dental Association. Fluoride helps prevent tooth decay and cavities by strengthening the enamel of your teeth. Go green—drink tap water instead of bottled water. City water is treated with fluoride and eliminates the waste of plastic bottles.

Don’t forget to brush your tongue and the roof of your mouth. This diminishes bad breath.

Get your calcium and vitamin D intake for strong, healthy teeth. Cut down on added sugars, and substitute them with fruits and vegetables.

Definitely rinse or drink a glass of water after drinking coffee, tea, and red wines to avoid stains. Staying hydrated also keeps your saliva flowing and supports good breath.

Choose gum or breath mints that contain xylitol. Found naturally in lettuce, corn, berries, and mushrooms, xylitol has been shown to protect against tooth decay.

Cold sensitivity may be due to gum recession, clenching, or grinding. These should improve with stress management, sensitivity toothpaste, and/or a nighttime mouth guard. Consult your dentist, especially if your teeth are persistently sensitive or sensitive to heat.

Brushing without flossing is like only washing 65 percent of yourself in the shower, while the other 35 percent remains dirty. If you don't floss your teeth, plaque will become hard and turn into tartar.

Tartar buildup causes toxins, which will eventually irritate your gums so they become inflamed. If you only floss once a day, do so at night so that food doesn't stay on your teeth all night.

Visit your dentist every three to six months for teeth cleaning and preventive care. Look to your dentist or the American Dental Association (ADA) for help in perfecting your flossing technique and health care for your teeth.

## SECRETS TO NEVER GETTING SICK

*The secrets of your future is hidden in your daily routine.*

—Mike Murdock

Many illnesses are spread from person to person through tiny droplets in the air from a cough or sneeze. Some viruses and bacteria can live two hours or longer on surfaces like tables, doorknobs, and desks. Cover your mouth and nose with a tissue (not your hands), and dispose of it after coughing or sneezing. Wash your hands after a cough or a sneeze. Bow your head directly into your shirt if you find yourself without a tissue when you sneeze.



Use disposable hand wipes or gel sanitizers to wipe down your work areas, telephones, writing utensils, computers, and door handles. Keep wipes in your car, and routinely wipe down your steering wheel, shifters, knobs, and door handles.

Wash your hands more. Washing your hands is the most important action you can take to prevent colds. We use our hands for everything and unconsciously touch our mouths, noses, and eyes frequently throughout the day. Keeping your hands clean will reduce your risk of getting sick.

Always wash before and after you eat, go to the restroom, blow your nose, and when you come home and arrive at work.

Do you notice how long you wash your hands? Experts agree that washing your hands for twenty seconds (approximately the time it takes to sing “Happy Birthday” twice) is most effective for ridding yourself of germs.

Eat a healthy, balanced diet.

Exercise and get enough sleep.

Manage stress and get massages.

That sounds good, right? A massage to prevent you from getting sick? It's true!

Just one massage a month can reduce your stress level significantly. It lowers your blood pressure, reduces anxiety, and helps to build your immunities through added blood flow.

Whether you hire someone to give you a massage or take turns giving massages with your partner or friend, massages are a great way to defend yourself against illness.

Hydrate, hydrate, and hydrate. If you feel any signs of a low immune system and a cold brewing, immediately attack it with hydration. Orange juice with vitamin C and zinc helps fight viruses and strengthens your immune system.

Go for the antioxidants. Eat food rich in antioxidants, garlic, and omega-3s, which are a source of powerful antioxidants. These help fight inflammation, remove toxins, and help your immune system ward off germs.

## YOUR REPRODUCTIVE HEALTH



*You cannot have maternal health without reproductive health.*

—Hillary Clinton

Fertility is a beautiful gift with which women are blessed. Cherish this gift by treating yourself well and keeping your reproductive system healthy. Visit your gynecologist at least once a year for a checkup. Regular visits will screen for cervical cancer and abnormalities.

Proper nutrition will allow the endocrine system to produce and regulate hormones.

Maintain a healthy weight. Weighing too little or too much will interfere with your body's natural hormone production. Exercise also reduces stress on your reproductive system.

Avoid smoking. Smoking damages your ovaries and makes eggs more likely to have genetic abnormalities.

You can prevent problems with the appropriate care and precautions. Always practice safe sex or abstinence. Many sexually transmitted diseases (STDs) can make you infertile before you know you are ill. Many

STDs lead to permanent scarring, which can prevent the union of egg and sperm.

Take proper precautions against vaginal infections by changing tampons frequently and keeping your genital area clean. Untreated uterine or vaginal infections can permanently damage your reproductive system and health.

### Menstruation, ovulation, and fertility

For most women, a regular menstrual cycle provides peace of mind, knowing that the body is doing what it is supposed to do. Ovulation occurs when a mature egg is released from the ovary.

### Overview of the menstrual cycle

Immediately after a menstrual cycle, the lining of the uterus thickens in response to a hormonal cascade, as a preparation for pregnancy. When pregnancy does not occur, this lining is shed during your period, and a new cycle begins. The first day of your period is called “day one” of your cycle. Ovulation usually occurs two weeks prior to a new cycle. Once released from the ovary, an egg lives for twelve to twenty-four hours while it makes its way through the fallopian tubes to be fertilized by sperm. Implantation of the fertilized egg usually occurs six to twelve days after ovulation.

### Birth control and related information

The topic of birth control usually encompasses a multitude of information that is relevant for both men and women.

Using condoms during intercourse is a popular method of birth control, but some women experience discomfort when their partners use latex condoms. This can be caused by the spermicidal or an allergic reaction to the latex. Nonlatex condoms, such as lambskin, are available. It is important to note that natural-material condoms such as lambskin contain small pores that do not prevent the passage of viruses such as hepatitis, herpes, and HIV. Avoid using oil-based lubricants (baby oil, body lotions, whipped cream, petroleum jelly, etc.) with latex condoms, as they will cause the condom to break. Instead, use water-based lubricants such as KY, Astroglide, glycerin, or silicone.

Some women prefer more long-term methods, such as birth control pills. There are many benefits associated with the use of birth control pills, including pregnancy prevention, possible decreased risk of ovarian and uterine cancer, and decreased incidence of anemia. Birth control pills can decrease sexual drive, however, and do not prevent sexually transmitted diseases.

For maximum effectiveness, birth control pills should be taken at the same time every day. Antibiotics or medication may alter birth control efficiency, so be sure your doctor is informed about your over-the-counter medications and prescribed drugs.

Talk to your doctor to become informed before becoming sexually active. Never let anyone touch you who doesn't respect your body or take time to ensure your comfort. Speak up for yourself, and be careful!

## YOUR GYNECOLOGICAL HEALTH

*Prevention is better than cure.*

—Desiderius Erasmus

The following are tips for recognizing potential health issues and risks, as well as simple techniques for maintaining proper vaginal health.

### Basic vaginal health maintenance

Regular visits to a gynecologist are a woman's first line of defense against potential problems. Maintain a good relationship with your doctor, and always bring a list of any questions to your appointments. Typically, women will have their first Pap smear performed within three years of becoming sexually active or at age twenty-one, whichever occurs first. A first visit to the gynecologist between the ages of thirteen and sixteen is useful for discussing menstrual changes and to obtain information on sexually transmitted diseases.

Washing the genital area daily with a simple, fragrance-free soap is normally enough to keep the vaginal area clean and fresh. Douching is not recommended because it alters the natural flora and pH balance of the vagina and predisposes you to vaginitis and infection. While bubble

baths are very enjoyable, they are a common vaginal irritant, so it is best to bathe without bubbles or additives to the bathwater.

Vaginal itching can be caused by a number of things; it's not limited to a yeast infection. Regardless of what you think the problem may be, all continual vaginal itching should be evaluated by your doctor.

Every woman has her own personal scent. It is good for a woman to know the regular scent of her vagina. Recognizing that your scent has changed can be the first sign of something wrong. Occasionally, vaginal odors can be diet-related. It is best for women to wear loose-fitting clothing that allows the vagina to breathe and reduces unpleasant vaginal smells.

### Women's sexual health-related issues

When it comes to issues of sexual performance, women may feel embarrassed, sexually unfulfilled, or uncomfortable. For your overall well-being, discuss this with your doctor. Write down your questions, and don't be afraid to ask for help.

A healthy sex life starts by taking measures to maintain your health. It is important for women to alert their gynecologist if they are experiencing discomfort during intercourse; this is common and often treatable.

In addition to friction, there are other causes of painful intercourse (dyspareunia), including vaginal dryness, lesions, STDs, inadequate muscle relaxation, and psychological factors.

Women's sexual functioning is dependent on their arousal and desire, which are both affected by many factors, such as physiology, an interpersonal relationship, and socio-cultural factors. Any number of factors can interrupt women's natural arousal/desire cycles, including pain, decreased emotional intimacy, timing, fatigue, daily stress, medication, and medical conditions.

### Cancer risks and STDs

Smoking puts a woman at risk for cervical cancer and can increase her risk for blood clots and stroke if she is over thirty-five and using birth control.

Women are at risk for contracting many sexually transmitted diseases (STDs) if they do not practice responsible sex. Always ask yourself if any single sexual experience is worth contracting a lifetime disease. Are you willing to exchange a one-time sexual contact for herpes? Hepatitis? How about HIV? HPV-caused cancer? One time can change the rest of your life. You can contract these diseases from *one* sexual encounter, and these diseases can kill you. Protect yourself because *no one* else will. Don't listen to what your partner *says*; pay attention to what he *does* to protect you. Half of all STDs are in people under age 25 and 80% do not experience symptoms.

One of the most common infections in women is bacterial vaginosis. It appears as a thin white to light gray discharge with an unpleasant fishlike smell. The smell often intensifies after sex when contact with semen is made. Bacterial vaginosis is usually treated with antibiotics.

Yeast infections are also very common. These are often caused by an overgrowth of naturally occurring yeast in the vagina. It can look like a thick cottage cheese-like discharge, with itching. There are over-the-counter yeast medications, but they are not the best way to treat a recurring infection. See a doctor if you have persistent yeast infections. Avoid wearing tight-fitting underwear or jeans, nylon panties, pantyhose without a cotton panel, or clothes that limit the airflow.

Trichomoniasis, or "trich," is a sexually transmitted vaginal infection, characterized by vulvar and vaginal burning and itching. It is treated with antibiotics.

HPV, which is sexually transmitted, is the leading cause of cervical cancer. Women can contract and transmit STDs through oral, vaginal, and anal sex, as well as by touching infected genitalia with the hands.

As a woman, you have a personal responsibility to do all you can to maintain good gynecological health. Education, a good doctor/patient relationship, taking preventive measures (which maximize comfort and minimize risks), and recognizing when there are issues that you cannot treat alone will help you have the vaginal and sexual health that can make life enjoyable and satisfying.

## Leaking and other bladder-related issues

Some women experience bladder control issues and leaking. Contrary to popular belief, while leaking urine is common, persistent leaking is not “normal” for any age. Some women experience leaking of urine when they engage in activities such as running, lifting, and jumping. If you are experiencing this, consult your gynecologist.

Many women have learned the benefits of Kegel exercises, which can help with leaking. These pelvic-floor muscle exercises can be helpful for women with mild to moderate stress incontinence (leaking of urine with activities such as laughing, coughing, sneezing) or urge incontinence (leaking after a sudden urge to urinate) and can even help some achieve or heighten orgasm.

It is good for women to learn and do Kegel exercises to keep the floor of the vagina strengthened and functioning effectively and to add greater sexual sensitivity and satisfaction.

To perform this exercise: squeeze the muscles of your vagina and hold. Do not use muscles of the buttocks, thighs, or abdomen. Tighten the muscle for slow long contractions (lasting eight to ten seconds), as well as rapid repetitive contractions (lasting one second each), and release for a count of twenty. Repeat sets daily.

## EXERCISE



*Warning: Exercise has been proven to cause health and happiness.*

—Anonymous

Many women are changing their lives by establishing and maintaining a routine exercise program. If you’re exercising regularly, then you’re at

the head of the crowd. Keep going, and don't look back. Your motivation will reflect in your beauty. Enjoy your gorgeous skin, a stronger heartbeat, and greater confidence, in addition to your beautiful curves. Step it up, or try a new routine to add fun. Do a good deed for a friend, and help her start working out with you.

The current exercise recommendation by the American Heart Association is:

At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 or at least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes

AND

Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

If you do not have a weekly exercise routine, then get started. Start simple. Remember that the first steps are the hardest. Your first step is to consciously decide that you want to make exercising a priority and get motivated for action.

Get mentally motivated, and envision yourself exercising. List the top five reasons you want to get in shape. Visualize your healthier body. Post motivational notes and pictures to remind you daily of your goals. Invite support and encouragement from friends and family by sharing your goals.

Your second step is to make exercise a priority by scheduling and protecting your exercise time. Identify what obstacles prevent you from having this time to yourself. Look at your schedule, and choose two days a week to which you can commit for yourself. Write it down as an appointment in ink in your planner. It should be your week's top priority, which should not be canceled under any circumstances. Considering



the benefits of a one-hour workout (less than 5% of your day) there should not be any excuse or substitute during that protected time.

Look forward to that time as an investment in yourself, and get excited!

Your third step is to follow through on your weekly appointment. Identify an exercise that can be done at home or is simple and hassle-free. You can start your exercise routine simply by putting on your shoes, warming up, and stretching for a walk. Get out with nature.

Add speed to your stride and get your heart pumping while you burn more calories and condition your body. Make sure you are walking at a demanding pace (three miles per hour) at least three hours a week to cut your risk of heart attack and stroke. Keep your stomach tucked in and your shoulders back. Walking will strengthen your bones, battle bulge, build muscles, and burn calories without stressing your joints.

When you're ready to step it up, just increase your speed or duration every week. Add sit-ups, push-ups, and leg lifts in your weekly routines for strengthening. Consider working out with a friend or a coworker, or hire a personal trainer to help you stay motivated and advance your routine.

If you are someone who has joint pain, consider swimming; it is an ideal exercise to take stress off of your joints. Many athletic clubs offer scheduled classes and weekly boot camps. They can help you establish that sacred workout time and build your confidence.

In addition to cardiovascular and aerobic exercises, women can benefit greatly from weight training. Including weightlifting in your exercise program will help you achieve maximum health and muscular fitness, and it is great for your bones.

Just getting out and moving your body is the fastest and greatest path to health and fitness.

The hardest part is getting started, but once you do, and you see the results, it will be easier to keep going. Bring some of your favorite music and a friend to get you pumped up and moving.

# 6

## BEAUTY AND FASHION

### RADIANT SKIN

*Beauty is being comfortable and confident in your own skin.*

—Iman

Although beauty stems from within, we all must take care of our largest organ—our skin. Beautiful, healthy skin complements every outfit. Unfortunately, aging is not really a choice; it happens whether you like it or not. There are still many things you can do to keep your skin beautiful. Like most things in life, prevention is key, maintenance is important, and rejuvenation is ideal.

It is helpful to understand the two main types of aging: intrinsic and extrinsic.

Intrinsic aging is the continuous natural or genetic aging process that begins in your mid-twenties. Over time, your body begins to lose healthy cells and slows in making new cells and cell materials. Collagen, fat, and hyaluronic acids, which give your skin volume, diminish. The elastin fibers, which give elasticity, begin to weaken, break, and accumulate damage. Collagen production then slows, leading to sagging. Blemishes and brown spots are damaged cells in the visible layers of skin and accumulate with time.

Negative extrinsic aging factors can accelerate the natural aging process. Extrinsic factors, which significantly contribute to premature aging, include environmental factors such as exposure to harmful sun rays. Smoking, poor nutrition, dehydration, and lack of exercise or good circulation are also culprits. Others extrinsic factors are repetitive facial expressions, poor sleep, gravity, harsh weather conditions, and medical diseases.

Prevent the damage.

Protect yourself from the sun. Weakening ozone layers are letting in powerful and harmful rays. The concept of equating tanned skin with health is false. As a result of sun damage, women are experiencing a rise in premature aging and skin cancer.

From the sun, our body makes vitamin D, which allows us to absorb calcium and maintain healthy bones. Only fifteen minutes per day of direct exposure, with sunscreen, is needed.

Sun damage breaks down your collagen and elastin fibers and can lead to mutations in your DNA, which then lead to cancer. Damage is usually irreversible, so prevention is necessary.

Limit your direct exposure, and wear protective clothing and daily sunblock. Be sure that your moisturizer or foundation has sunscreen.

If you are outdoors, use sunscreens that contain microionized zinc oxide, which is the most protective against harmful UVA and UVB rays and the least irritating to your skin. Avoid sunscreens containing PABA, which can be irritating and cause acne to flare. Don't forget to apply sunscreen to your nose, ears, cheeks, and lips, which are highly exposed areas and common for sun damage leading to cancer.

Give your skin what it needs.

Hydration, good nutrition, exercise, sunscreen, not smoking, and good mental health are the keys to good skin. Skin care products are the supporters. Look for skin care products that are geared for better skin protection and increasing cell strength and that provide nourishment for repair and healthy cell turnover.

## Beauty and Fashion

Choose products that provide *proven* anti-aging components. Top anti-aging components include: retinol, niacinamide (vitamin B3), hyaluronic acid, alpha hydroxy acid(AHA), ascorbic acid(vitamin C), avobenzone(sunscreen), and antioxidants. Antioxidant not only prevent damage to skin cells but also repair the damage. Common available antioxidants include: green tea, pomegranate, coffeeberry extracts, vitamins C and E.

Remember, there are no miracles. Look for proven research to support any claims.

Always take into consideration your specific skin requirements and needs. The following are some ingredients to look for to address specific skin concerns:

Rejuvenating: retinoids, vitamin C, copper peptide, ginger, coenzyme Q10, alpha lipoic acid, idebenone

Brown spots: sunscreen, hydroquinone, kojic acid, niacinamide, mulberry extract

Acne-prone: retinol, salicylic acid, beta hydroxyl acid, benzoyl peroxide

Inflamed: arnica, aloe vera, calendula, colloidal oatmeal, chamomile, xanthine

Remove dead cells; make room for new cells.

As we age, the process of shedding dead skin and replenishing with new skin is less effective. Exfoliating helps speed up the process by getting rid of dead skin (your body sheds 150,000 cells per day) and helps stimulate new skin growth.

Always clean your skin in the morning and at night to remove dead cells and stimulate new ones. Your skin will be smoother, breathe better, and more effectively absorb moisturizer. In the evening, perform a gentle exfoliation, followed by a toner for your pores, serum for the eye area, bleaching for any brown spots, and heavier repair cream for your face. To help exfoliate, invest in an electric facial buffer, exfoliant scrubs, or a small loofah.

A professional facial is refreshing for your maintenance routine. Lighter peels, particularly alpha and beta hydroxyl acids, help exfoliate and keep your skin stimulated. Salicylic and glycolic acids are great for acne-prone

and oily areas, T-zone (nose and forehead), or skin with large pores to help eliminate bacteria and oil.

Professional-grade chemical peels, broad-band light treatments, and laser micropeels/resurfacing are excellent methods for deep exfoliation and skin rejuvenation. Professionally applied chemical peels and laser treatments are effective for removing damaged cells and stimulating new cell growth, collagen production, and increasing the strength and vitality of your skin.

**Keep a healthy lifestyle.**

Hydrate, hydrate, hydrate. Cleanse from the inside by drinking adequate amounts of water to ensure that your skin is hydrated and free from toxins.

Eat a balanced diet and take your vitamins, minerals, and fiber. Consider omega-3 fish oil capsules for a healthier heart and complexion.

Exercise increases your circulation and the stimulation and repair of your cells. Smoking does the opposite, in addition to causing oxidative damage to your cells and decreasing rejuvenation capability.

**Reduce stress.**

Stress is known to cause aging, and that includes your skin. You probably know how profound a factor stress is on wearing out your body and its ability to heal. Take the necessary steps to reduce the stress in your life, whether that means more sleep, massages, meditation, exercise, or relaxation.

Give yourself a facial massage when applying moisturizer at the beginning and end of each day. This helps relax tense facial muscles, increases microcirculation, and releases endorphins.

**Medical injections, fillers, and Botox**

In addition to a good skin-care routine, you can opt to add cosmetic treatments to diminish the signs of aging. Applied correctly, Botox can help address wrinkles due to overactive facial muscles. Dermal fillers plump out wrinkles and refill areas where you have lost facial volume. Facelifts remove excess sagging skin and restore the underlying soft tissues and muscles to their youthful position.

## COSMETIC PLASTIC SURGERY



*Everything has its beauty but not everyone sees it.*

—Confucius

In a society that stresses physical beauty, people consider elective cosmetic surgery to change their appearance. The world is such that we tend to interpret people based on their physical appearance. The purpose of plastic surgery is to enhance or restore physical form and function that you are unable to do otherwise. Plastic surgery can improve a physical attribute that you were born with or one you acquired through childbearing, trauma, cancer, or age.

Plastic surgery can help you feel better for a period of time, but it is never a substitute for self-esteem. It may support your healthy self-esteem, however, and add to a sense of well-being through improvements in physical beauty.

A woman with asymmetric breasts, a big nose, saggy eyelids, post-pregnancy body changes, or disproportionately large thighs may consider cosmetic plastic surgery to bring a sense of balance to her physical appearance. The decision to have plastic surgery, however, should be

made with proper consideration and care and a strong foundation of self-esteem.

Communication with your plastic surgeon is critical. Take time to understand what you want and why; you will be more successful in expressing this to your surgeon and making an informed decision. After discussing your concerns, your plastic surgeon evaluates if you are an appropriate candidate for the procedure and whether you are physically and emotionally fit for a procedure. Write down your expectations, questions, and concerns, and discuss them with your surgeon. He or she will help you determine if your expectations are realistic and reasonable to achieve.

Learn about the procedure that interests you. Your doctor will help you understand what the procedure accomplishes, the medical evidence behind the procedure, the benefits, and the risks associated with the procedure.

Take time to listen to what can or cannot be achieved and if your goals are reasonable. Look at before-and-after pictures of patients who have a similar physique and problems.

Know what the costs and extras are and whether it a covered benefit with your health insurance.

Always establish a healthy lifestyle through a nutritious diet, an exercise regimen, and smoking cessation before undertaking any procedure. Use the time prior to the procedure to improve your physical and mental health and overall well-being in the best possible way. This will help you be better prepared for your recovery and better able to maintain your results as well. Be prepared for the short-term and long-term maintenance to ensure the best results.

You have a lot to consider when deciding on plastic surgery. Take the time to prepare yourself, and you will ensure the best experience possible.

## BOTOX AND DERMAL FILLERS



*A beautiful lady is an accident of nature.  
A beautiful old lady is a work of art.*

—Louis Nizer

It's no secret that aging leaves its impression on our skin. Through years of being in the sun, smiling, laughing, and just growing older, the tissue in our skin becomes worn and damaged. Botox and filler procedures are nonsurgical procedures. They are intended to diminish the signs of aging by softening facial lines and creases, as well as plumping deep wrinkles and restoring volume to the face.

Wrinkles can be caused by repetitive contractions of your facial muscles, which occurs every time you squint, smile, laugh, or frown. The forehead and frown lines can be softened by using Botox injections to relax the muscles causing the repetitive action and diminish the wrinkles. This also can be done to soften or eliminate smile lines around the eyes also known as crow's feet. Botox is also implemented to give the eyebrow a lift and shape. If you get Botox, wait two weeks until your new brow position takes place and then shape.



In some cases, you lose volume in your tissues, leaving you with lines, wrinkles, and a deflated appearance. Dermal fillers can be used for temporary restoration of lost volume. Fillers can contain synthetic or natural substances, similar to collagen or hyaluronic acid naturally found in skin. A few examples of fillers are Juvederm, Voluma, Restylane, Radiesse, Sculptra, and ArteFill.

Using an ultrafine needle, small amounts of product are injected into areas that have aged or lost volume over time. The procedure usually takes less than an hour and is performed using local numbing anesthetic in your doctor's office. You can typically resume normal activities immediately.

You should see an immediate improvement, but it usually takes approximately a week before you see complete results. The length of results varies and may last over a year with dermal fillers and approximately three to four months with Botox. However, after several treatments, while the wrinkles may appear again, you will notice they get softer with each treatment.

## BEAUTIFUL HANDS AND FEET

*A beautiful woman uses her lips for truth,  
her voice for kindness,  
her ears for compassion,  
her hands for charity, and her heart for love.*

—Jolly Rutten

Many products are offered to maintain youthfulness for your hands. These include those that will fade brown spots, peel away dry skin, smooth and hydrate your skin, and protect your skin against UV rays. As with everything else, always try prevention. Use lotion with sunscreen. Wear gloves when active, cleaning, and gardening. Avoid washing with hot water, rinse with lukewarm water.

### Manicure/pedicure tips

File your nails in one direction. The shape of your nails should follow the shape of your cuticle. Push back; never cut cuticles. Make certain the salon disinfects the basins and sterilizes all the tools between uses.

Prenatal vitamins and biotin are excellent for restoring nail health. Cuticle moisturizers are also very helpful for the harsher-weather months. Avoid wearing polish all the time to give your nails the time to breathe without nail polish. Keep your nails short and clean to limit the bacteria and germs that accumulate underneath them.

Your feet do incredible work throughout the course of your lifetime, moving you up to 100,000 miles by the time you reach age fifty. Be sure to go the extra mile to pamper your feet, and pay attention to the shoes you wear. Maintain foot function over fashion. If you have frequent foot and back pain, your shoes might not be providing proper support. Look for cushioning under the balls of your feet and arch support to balance your weight and remove the strain on your knees.

## COMBAT CELLULITE

*In order to change your body, you must first change your mind.*

—Anonymous

For many women, even the best diet and exercise program leaves them with cellulite. Can you really make that cellulite go away?

It is important to understand that it is normal to have cellulite. Most women (85 percent) have cellulite because of how the skin, tissues, and fat are genetically engineered. Your fat lies in between your skin and the underlying muscles. Your skin is connected to the underlying tissue by firm connecting fibers. The fat is dispersed between these poles of connecting fibers. Cellulite results when your fat cells bulge through the skin between poles of skin-connecting fibers.

When you gain weight, your fat cells increase in size and sometimes in number. When the fat cells increase in size, they tend to bulge outward toward the skin for that added room; hence, you will see more cellulite or dimpling because the fat cells have grown larger in size. It is due to the pincushion effect of the strong connecting fibers with your skin and bulging fat around.

Another contributing factor to pronounced cellulite is the decrease in skin quality, tone, and thinning that occurs with age. Less supportive skin will be more likely to give to the pressure from the underlying fat cells.

Sun damage, significant weight changes, and poor nutrition and lifestyle habits also weaken the skin. The effect is the tendency of fat to bulge even more noticeably.

Reduce your body fat. Weekly aerobic exercises and weight training have been proven effective in reducing cellulite.

Stay hydrated for healthy skin. Self-massage can stimulate the microcirculation to your skin and lymphatics while relaxing connective fibers and underlying muscle.

Depending on the location of your cellulite and skin quality, you may be a candidate for liposuction. Some people have genetically predisposed localized fat deposits that are resistant to exercise and diet. Liposuction aims to remove localized fat deposits that have not responded to a healthy dietary and exercise routine.

## **EASY MAKEUP TIPS AND TRICKS**



*Whether I'm wearing lots of makeup or no makeup,  
I'm always the same person inside.*

**—Lady Gaga**

Here are some fabulous makeup tools, tips, and tricks that any woman can use to enhance her natural beauty. First and foremost, remember to recognize and love your natural beauty!

# Beauty and Fashion

## Essential tools

- Triangular wedges to blend your foundation
- Medium-sized brush for blush, and a large, super-soft brush for powder
- Square-angled bristles and a medium eye-shadow brush for accentuating eye shape and features
- Sharpener for pencil eyeliners and lip liners to define borders

## Makeup tool care

Change or wash your brushes with antibacterial soap routinely, and store with bristles facing up. Makeup is the one case where the “sharing is caring” rule does not apply. If you get pink eye or a cold sore, throw away whatever has come in contact with the affected area(s).

## Conceal and kill the circles.

Apply a concealer one shade lighter than your foundation to cover up dark circles.

Dark circles can have many causes and need differing treatments. Puffy eyes may be due to water retention, thyroid issues, or a medical cause such as bulging eye fat. Products containing green tea, chamomile, caffeine, or witch hazel may temporarily decrease the darkness and swelling. Avoid powder under your eyes and shimmery eye shadow if you have wrinkled skin, as it will make your wrinkles more prominent.

## Foundation

Match the color to the back of your hand in natural outdoor light to determine the best color match for foundation. Blend with a triangular wedge in a gentle upward and outward motion, one inch under your jawline.

## Blush naturally.

Try to match your natural blushing color; pinch your cheeks to find your best color. Opt for something that adds just a hint of color. Smile with your mouth closed to accentuate the apples of your cheeks for application.

## Contouring 101

Dark color is used to shade and give depth; apply to areas you want to recede. Use a brighter, lighter, iridescent color to make a feature more pronounced and stand out.

Finish with a puff of powder.

Loose powder applied with a large, soft brush sets the foundation and provides a smooth appearance to your complexion. Powder your T-zone or blot with tissue to absorb the excess oil at midday or to set foundation. Add bronzer for overall glow.

## Striking, beautiful brows

You can keep them full or thin, but one brow is not terribly sexy. Avoid over-plucking or making brows too short, as they may not grow back. When shaping, first create boundary dots with your eyeliner pencil. Hold it parallel along your nose, and mark the beginning brow edge. Then hold it along the corner of your nose, aligned with your outer eye to mark the outer brow edge. Finally, dot a point at the outer edge of your iris to mark your brow's high arch point. Tweeze the strays from the center outward, always staying under your arch. A standard complementary shape is club-shaped, narrowing toward the outer edge of the eye.

## Eye shadow and eyeliner

Use a light, medium, and a darker shade of a color group. Apply the lightest shade toward your inner eye and just underneath the eyebrow to brighten your eyes. Use the medium color to shade from the center to the outer eyelid. The dark color is then added just above the eyelash line and into the crease for depth and definition. If you have saggy eyelids, avoid iridescent shadows, which will show wrinkles. Brighten and enlarge small eyes with bright shadows.

## Luscious lips

Pick one feature to accentuate—your eyes *or* your lips. Always start by sharpening your lip pencil.

Line your lips, not your mouth. Avoid wearing a liner that is much darker than your lip color. Filling in your lips with liner adds longer-lasting

color. If your lips need balance, line your thin lip just on the outer edge of your lip line, and line your thicker lip on the inner edge of your lip line to balance. Put a slightly brighter shade on your thinner lip, and go a shade darker on the fuller one. Dab on a bit of gloss to accentuate your pout and add volume. Berry shades bring out the white of your teeth, while peaches and creams make your teeth look more yellow.

Look in the mirror, and smile—you look beautiful!

### HEALTHY HAIR



*And forget not that the earth delights to feel your bare  
feet and the winds long to play with your hair.*

—Kahlil Gibran

#### Healthy-hair dos and don'ts

##### Do

- Incorporate essential fatty acids and B vitamins into your diet for hair health.
- Rinse your hair with cool water after conditioning, and add a leave-in serum for smoother, shinier hair. If it tends to be dry, shampoo less often to avoid removing your natural oils.

- Handle and treat your hair gently. Massage your scalp for one minute before you go to bed to produce blood flow to your roots and to relax you.
- Avoid tight hair bands.
- Blot your hair and head rather than rubbing, when towel-drying your hair.
- Use an ionic dryer and ceramic brush to minimize heat damage and drying time. Keep your blow dryer six inches away to avoid heat damage. Add lift to your roots and your crown by drying in the opposite direction you plan to style. Add volume to the back by tilting your head forward while drying.

#### Don't ...

- put serums and creams on the roots of your hair. Instead, focus on the ends.
- wash your hair in very hot water or too frequently, as it strips your hair of its natural oils.
- pull your hair back too tightly when wearing headbands or ponytails. This leads to breakage and hair loss.
- use all-in-one shampoo and conditioners. They create buildup.
- always use one type of shampoo. Rotate different shampoos to prevent residues from weighing down your hair.

#### Getting a new hairstyle

Take time to think about what statement, if any, you would like to make. Look at your old pictures, and identify likes and dislikes about how you look in that hairstyle. Cut out photos of people with your same facial shape and hair type in styles you desire. Choose a haircut that fits your facial shape and is manageable daily.

## DRESS FOR YOUR SHAPE



*When life throws you curves, learn how to use them.*

— Marilyn Monroe

What shape are you?

Pear? Apple? Hourglass? Boyish?

We have all seen makeover shows that turn the ordinary person into a fashion model. She usually starts out looking about thirty pounds overweight and ends up looking forty pounds lighter. The stylists who perform her makeover know that you must dress for your body type. First, figure out your body shape.

Dressing your pear shape

Your upper body is perceptibly smaller than your lower body. You have narrower shoulders, a small bust, and full hips and thighs. You gain most of your weight below the waist.



### The goal

Widen the shoulders and increase the bust size, while giving the lower body a slimmer look.

### Do wear

- fitted tops with patterns and detailing.
- high-cut tops with wide shoulder straps.
- halter or square necklines.
- scarves, large necklaces, and accessories.
- textured, boned, and bright-colored shirts.
- dark, fitted, solid colors on the bottom.
- structured jackets with wide sleeves.
- waist-length jackets, ruffled shirts, and layers to add volume to your upper half.
- wide-leg pants and low-rise jeans.
- wrap or empire-waist dresses.

### Don't wear

- body-hugging skirts.
- tapered jeans.
- bottoms with embroidery.
- high-waist pants or flashy belts.
- jackets or shirts that crop at the widest part of your hips.
- clunky shoes, which will shorten your legs.

### Dressing your apple shape

Opposite of the pear shape, you carry most of your weight in your upper body, and you are noticeably smaller in your lower body. You have a larger bust and narrower hips and legs.

### The goal

Create the illusion of a long upper body, a smaller waist, and wider lower body.

### Do wear

- wrap sweaters and fitted tops.
- belted jackets that enhance the waist.

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- darker solid colors on the upper body.
- patterns and brighter colors on the lower body.
- jeans with a flared leg.
- pants with flaps or embroidery on the bottom to create more of a butt.
- skirts and shorts that accentuate your legs.

### Don't wear

- ruffled or baggy shirts.
- tight or tapered jeans.
- shoulder pads.
- front-pleated pants.
- fitted suit jackets.

### Dressing your hourglass shape

You have curves. You have a definitive waistline, and you gain weight evenly through your body.

### The goal

Emphasize the shoulders, bust, waist, and hips, while elongating the body.

### Do wear

- V-neck tops that elongate your upper body.
- jeans with a slightly wide or flared leg.
- tailored pants.
- long or tea-length skirts.
- belts that accentuate your waist.
- dresses, shirts, and jackets that are cinched at the waist.

### Don't wear

- baggy clothes.
- large prints or ruffles.
- short skirts.

### Dressing your boyish shape

You are straight up and down and lack curves. You gain weight evenly throughout your body, maintaining the straight lines.

The goal

Create a curvier frame, and enhance your great legs and chest.

Do wear

- ruffled shirts.
- jackets with a bias cut or cinched waist.
- fitted jeans that accentuate a shapely rear end.
- jeans and skirts with a low waist.
- chokers, scarves, and belts.

Don't wear

- loose clothing.
- vertical lines.
- high-waist pants and skirts.
- straight-cut jeans.
- clingy blouses.

Always add your fun jewelry. Embrace the shape you were born with, and accentuate all the beautiful parts you have. Remember, it's not what you wear; it is how you wear it. Let your beauty from within shine, and walk with confidence.

## FLATTER YOUR FIGURE

*Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That's relativity.*

—Albert Einstein

Some women have things about their figures that they wish were different. Maybe you want longer legs, a smaller waist, a flatter stomach, or a better butt. We all come in different shapes, and we all have something that we can accentuate.

Are you short?

Stick with a single color palette to give an illusion of a taller stature. Avoid wearing baggy clothes, drawstring waists, and cropped pants.

## Beauty and Fashion

Choose pants with hems that go straight to the ground to elongate your silhouette.

Wear heels to boost your height and make you appear taller. Focus on lengthening your frame. Knee-high boots over jeans will make you look shorter.

Do you have large hips?

Avoid jeans that have a high waist or taper at the ankles. You don't want to wear shirts that cut off at the waist. Avoid clingy fabrics or shirts that fall right at your hips.

Embrace the beauty of your hips by wearing pencil skirts and tailored jackets. Pick clothing that accentuates your waistline and shows the sexy lines of your hips.

## BREASTS AND BRAS



*I think the quality of sexiness comes from within. It is something that is in you or it isn't and it really doesn't have much to do with breasts or thighs or the pout of your lips.*

—Sophia Loren

Use a soft tape measure, and wrap it around your rib cage, under your breasts. Take your number and round up to the nearest even number. This will be 32, 34, 36, 38, etc.; this is your band size.

Then measure around the fullest part of your breasts. This is your cup size.

Third, see how many inches are between your cup size and your band size. Each inch difference is equal to one cup size. Difference of 1 inch = A cup; 2 inches = B cup; 3 inches = C cup; and 4 inches = D cup, etc.

It is important to realize that different manufacturers cut and label their bras differently. Always try a size above and below what you think it should be to help determine the most comfortable fit and identify the right choice. Get measured although this varies between bra manufacturers.

A good fit is comfortable on the last hook, so as it stretches out you can gradually tighten the band. The bra straps should similarly be fully adjustable and not at maximum tightness so when they stretch they can be further tightened. Constricting bras can cause back pain. Be certain that the underwire is touching your rib cage. It should not buckle or push away from your chest. The cup should naturally fit each breast's location.

If you have heavy breasts, choose a more firm cup for added support. Stay away from thin, nonsupportive materials. Test your bra by looking in the mirror with your bra on. Take one strap down and compare with the other side—is the bra adding support? What is the difference in cleavage? If there is no visible difference then tighten your strap until your breast appears lifted and are supported. Alternatively, to get a better fit consider: a different style bra; a different cup or band size; or a more supportive material.

If your band rides up in the back, and your breast doesn't get lifted, then the cup or band size isn't sufficient to hold your breast. If you have shoulder, neck, and back pain from large breasts, then you may be a candidate for breast reduction.

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Do you have a small bust?

Luckily, almost every store sells push-up bras; these help to support a proportioned figure.

Boning, padding, and ruffles help add volume. Turtlenecks and higher necklines also help the illusion. Fill your closet with fitted tops that have frills and ruffles. Horizontal stripes, patterns, and color also add volume. Fitted tops, halters, and cut-away sleeves are also great, as they broaden your shoulders.

Avoid loose-fitting tops or plunging necklines.

### Breast augmentation

Some women consider surgical breast enhancement or breast augmentation to increase or restore the size of their breasts. Breast augmentation uses silicone or saline implants, which are placed under your tissues to provide balance to your figure. Similarly, breast augmentation can address breast asymmetry, congenital breast deformity, acquired breast deformity (such as breast cancer reconstruction) and help clothes to fit better in a more proportionate figure. If you are considering breast augmentation surgery, consult with your plastic surgeon, and determine if that is the right approach for you.

Do you have a large bust?

Certain bras will minimize the size of your breasts. Alternatively, if you are overweight, losing weight should decrease the size of your breasts as well.

### Breast reduction

Sometimes women have breasts that are disproportionately large for their bodies. They may suffer back pain, neck pain, and shoulder grooving, as well as skin infections due to their large breasts. If this is your case, and you are near your ideal body weight, then a breast-reduction surgery may be an option to consider, which may be covered by your health insurance.

## ABDOMEN AND LOWER BODY



*I think that whatever size or shape body you have,  
it's important to embrace it and get down!*

—Christina Aguilera

Wrap shirts, V-neck fitted tops, and low scoop necks are all good choices to accentuate your waist. Find clothes that separate your neckline from your bustline and that have belts. This will also create the illusion of a small waist and fantastic-looking curves. Avoid big, wide belts, ruffles, tank tops, clingy fabrics, baggy tops, and short-capped sleeves.

Do you want to create more curves?

Accentuate your womanly curves with contoured clothes. For more pronounced hips, wear jeans with embroidery and funky designs. Hip-huggers will also create curves, as will prints and shiny clothing. Avoid wearing loose, baggy clothing.

Do you have a large stomach?

When trying to hide a larger waist, wear monochromatic clothing, and avoid lots of patterns on your upper body. Wear more empire tops and sheath dresses, which flatter your bust-line and bring less attention to your tummy. Single-breasted coats should be your staple items. Avoid

## *Beauty and Fashion*

low-rise jeans, cropped shirts, clingy fabrics, and dresses that are cut on the bias.

### Tummy tuck and abdominoplasty

Some women consider surgical reduction and restoration of their abdomen after pregnancy or weight loss. A tummy tuck is designed to assist women of all sizes in restoring a flat abdomen and waistline. The excess skin is removed, and the abdomen muscle fascia is tightened to restore a flat abdomen and hourglass shape to the figure. Similarly, it is used to address the excess skin after massive weight loss and help with clothes fitting better in a more proportionate figure.

### Buttocks and the jeans solution

Larger pockets without too much space in between make your butt look smaller. Decreasing the space between your waistband and pockets also creates the illusion of a smaller butt. If you don't have much of a butt or want it to look fuller, then consider smaller pockets and a V-shaped yoke or double seam.

### Premium denim

Splurge on premium denim for jeans that will keep their shape, snug fit, and fresh look. A longer inseam will elongate your legs. Add a flare at the bottom to balance thick thighs or wide hips. Avoid skinny or tapered jeans.

### Details

If you have assets you want to accentuate, then purchase jeans with "bling" and stitching. Otherwise, keep the details simple.

Dress in attire that makes you feel comfortable and reinforces a healthy self-image. Your self-esteem and self-confidence will be supported by accepting and appreciating all the physical attributes you have. More important than the clothes is your physical health.

Remember, a beautiful healthy body is a staple to every outfit and is the most powerful fashion statement.



## *Beauty and Fashion*

Take care of the beauty that is under your clothes. Make conscious actions to respect your body through healthy diet and exercise habits. Prevent harm, and protect yourself from anything that may cause premature aging or be harmful to your physical and mental health.

It is your time and your only life to experience all the beauty within you and around you that you are blessed with. Treasure and share your unique blessings with the world.

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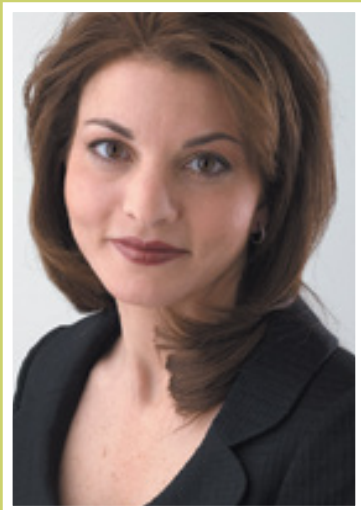
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We all desire to present the best outward appearance as a reflection of our well-being and individual success. Our health and beauty is integral to our day-to-day affairs. *Simply Beautiful*, by author Dr. Mariam Awada, helps you strengthen your self-confidence, rejuvenate your appearance, restore your vitality, and look as beautiful as you feel.

Based on her work as a plastic surgeon, Dr. Awada helps you achieve bliss through beauty—lifelong happiness you create for yourself. In *Simply Beautiful*, she gives advice for:

- discovering your gorgeous, vibrant self;
- having fun while achieving success;
- empowering yourself and enhancing your inner and outer beauty;
- building your self-esteem naturally and boosting your mood;
- conquering your fears;
- enjoying the healthy, long-lasting romantic relationship, friendships, and business partnerships you desire;
- and cultivating love for yourself, the people in your life, and your job.

Dr. Awada encourages you to take action and put your best foot forward. Have fun as you enhance your beauty, master the science of sexy, and unveil your true self.



## MARIAM AWADA, MD

is a plastic surgeon who has helped thousands of women look, feel, and achieve their best. With more than a decade of experience, she has maintained the approach to unveiling beauty from the inside out as well as the outside in.