

Sent: Saturday, June 01, 2002 7:41 PM

Hmmm....I hate to sound "smug"...but I am going to be 41 in July...and I am LOVING IT! 😊 No one thinks I am my age. I think that my "attitude" has a LOT to do with it, though...and not just "good genes", as a lot of my friends tell me! 😊 I don't take things too seriously, am somewhat "immature" at times (😊) ...and I love everything about EVERY age! I feel much "wiser" now...than I did during my "foolish" teens and 20's...and would NEVER make the kinds of mistakes I made back then. ...but ENOUGH about how "great" I feel....we need to get you guys MOTIVATED and....out of your RUT, for that is what I think you all are in (those of you that feel "down" about 40's!). For some....it takes an EXTERNAL CHANGE to spur things on!this is true for me.... IF I don't look good....I don't feel good! 😊 For others, the change needs to be INTERNAL first....if they don't FEEL good...they don't LOOK good. So...if you are like me....GET A MAKEOVER FIRST...then work on the INSIDE. If you are the other way around....get some SELF HELP BOOKS, or start on a nutritional program change....then, get the physical part going! 😊

Why don't you go to a Spa....and get a TOTAL makeover???? If you don't like what you see now...it can ONLY get better! Get a NEW hairstyle...a NEW color....a PAMPER DAY from head to toe! If you are a "beige nails on hands and toes" kinda girl...then, why not go DARING RED!!!! 😊or bright PINK! or whatever! Color works WONDERS!

If your clothing looks a littlefrumpy? Then...go shopping! Don't spend a TON...but buy at least ONE FAB FAB outfit! That makes you feel GLAM!

Body not as "tight" as it used to be????? Then, hit the ORGANIC markets for some HEALTHY FOODS! Now is the time for FRESH FRUITS AND VEGGIES! 😊 Get some HEALTHY cookbooks! 😊 Make some YUMMY Smoothies! 😊 You ARE what you EAT! Stay away from Processed foods, heavy starches (like white bread and pasta) and SUGARS (causes BLOATING, and lethargic feeling after sugar high has passed!). For pastas...try "Soba Noodles" made from buchwheat, sweet potato, etc! Very yummy and NO FAT! Stay away from GREASY FOODS...they make you sluggish..and FAT! 😊

GET a NEW perfume! Throw out the OLD stuff!if you can't wear perfume..then try a lightly scented body lotion!

Get a TAN! ...not a REAL one....but a bottle tan --- if your skin looks a bit flat, dead in tone...or sallow!

Get MOVING! Buy some free weights...they are ONLY \$1 per lb! So two 5lb dumbbells are only \$10! Get PUMPING!

Try some St John's Wort! My friend...who was going through a Mid Life CRISIS....SWEARS by it! Get it at GNC!

Take an evening class!in something you REALLY are interested in! You'll learn something...and MEET people! 😊 ...or, if you have a significant other....take a class together! 😊 Or just DO something TOGETHER. If "he/she" IS part of your feeling "down in the dumps"....then, take a CLASS ALONE! (that should turn things around 😊)

I really hope and wish that EACH one of you who is feeling a little blue about 40's will SOON be feeling as HAPPY and GREAT as I do! Learn to LOVE your age! You cannot go back...so you might as well LEARN to be the BEST 40 that you can be! 😊and the best 50...and the best 60, and so on!

A FAB makeover, new perfume, new nutritional plan, new exercise plan, new friends....a NEW OUTLOOK on life! That's what you need to turn this gloomy rut around! Do it now!things CANNOT change...unless you do

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SOMETHING DIFFERENT. Right?

Good luck to all of you! I hope that you will see that 40, 50, 60, and so on...are as MAGICAL as your teens, 20's and 30's! For me...my 40's are BETTER! I feel more "centered" and secure in myself....and THANK GOD I don't have to worry about "dating"! 😊

Pam too 😊

Paging Pam too: your beauty secrets?

😊 Swissmom!!! 😊 Thanks! You are very sweet! 😊

Beauty secrets, eh? Well...I posted them before...and they seemed "controversial" to some Buzzers...but they have WORKED for me! 😊 Since my teens...I have SWORN by the Buff Puff for "exfoliating dead skin cells" on my face and body...every day. And...no wrinkles yet! 😊 So...I say...IT WORKS! And I use an anti-bacterial soap on my face and body (any kind that does NOT contain any moisturizers or oils...because my skin is VERY oily). I have not had any breakouts ...since I was 13. Before "anti bacterial" soaps came on the market...I just used plain old IVORY Soap...and my skin did REALLY great! But, I am a GERM freak....sort of! 😊 So, I really love anything ANTI-BACTERIAL...and my skin seems to LOVE it, too!

I use a BHA every day: Stridex Extra Strength Medicated Pads (since I was a teen!) ...didn't know it was a BHA back then! That's a fairly new term! 😊

And if on RARE occasion I do break out with ONE pimple (if I am HIGHLY stressed during my period)...then an extra rubbing of the Stridex...or good ole Clearasil (😊) will clear it right up! Benzoiol Peroxide (in Clearasil) and Salicylic Acid products (the BHA in Stridex) have been tried and true for over 25 years. 😊

Sometimes, I will use an AHA ...especially when I use to sun tan a lot! 😊 And I LOVE the one by Skinbiology. www.skinbio.com I use the CP Serum (copper) and the Glycol Serum (AHA). I don't use these all the time...but when I do need them..they work! 😊 They also make a FAB hand/body lotion called "Protect & Restore". I use it on my hands! And my hands look VERY young, I think because of this product! 😊 You can usually tell a woman's age by her hands! 😊

I don't wear any liquid foundations. I only use a blotting powder...and rely on sunless tanning products for my "color". I will use a sheer color face pressed powder for "special occassions". But this has REALLY kept my skin CLEAR, IMHO. Foundations were a real PROBLEM for me...and I've tried many....NONE do well on my skin. They feel too heavy, and clog my pores.

I do drink at least 6 glasses of H2O per day...usually try for 8. I do drink bottled water...though, I am not sure IF that matters...but, I try to avoid ANYTHING with a lot of chemicals in it. And tap has a LOT of chemicals! 😊

I eat almost totally ORGANIC, and have eaten this way since I was a "teen" ...when the ONLY stores that carried these foods were known as "hippie shops"! hee hee! 😊 I really do try to avoid ALL processed foods...as much as possible.

I don't drink any sodas/carbonated drinks...though, I have been tempted to try that new Vanilla Coke! 😊

I really watch my FAT intake. I try to get my "fats" from monounsaturated fats...like Olive Oils, Canola Oils, etc. I rarely eat red meat anymore (though I do LOVE steak! 😊). I eat mainly fish, shellfish, and chicken/turkey...and TONS of organic fruits and veggies. I get a lot of my protein from Protein Shakes, though...as I am NOT an "egg"

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person...and therefore, have a HARD time eating foods for breakfast. I try to limit the amount of STARCHY CARBS I eat...as they cause BLOATING (water retention).

I do eat 5 times per day: 3 meals + 2 snacks. And I do weight training about 3 days per week (GREAT stress reliever...as well as the ONLY way to keep your body tight as you get older!...and keeps your metabolism going the same as when you were younger!), and do cardio about 3 days per week (great for your heart...and to burn off fat). I usually take a break one day per week. We have a home gym..so, it makes working out pretty easy for me. I do supplement my nutrition with a Multi Vitamin!

Something that I do SWEAR by (not a hair product, either! 😊) is "FACERCISE" by Maggio ...it's a book on facial exercises! This type of thing has been debated here ...many times. And I have NEVER gotten into the arguments over it...because it WORKS...for me! I don't believe it causes wrinkles....this book goes to GREAT lengths to show important hand placements to PREVENT creasing in the skin. Plus, oily skin wrinkles LESS than DRY skin...so, maybe I have an added buffer! 😊 But, in any case, I LOVE LOVE LOVE this book! I learned about it several years ago...and I have done the exercises about once per week or every other week only...since I don't have any wrinkles or sluggish skin yet. But I can still feel the "taughtness" after I do the workouts...and it lasts! ALL my friends use this book! And you can SEE the difference in some almost IMMEDIATELY. In others....in about 3 or 4 weeks. The more FAT you have on your face...the less visible the results, though! So, nutrition is KEY! Like anything in Physical Fitness....if you begin BEFORE there is a problem...you will keep your TOP CONDITION. If you wait until you have a problem (like lots of wrinkles)a fitness routine will IMPROVE your physique..but, you can't expect IMMEDIATE results...it takes time. So,...it's BEST to start the Facercise NOW....before major lines and wrinkles form. IMHO. If your face seems "sluggish" or lacking in muscle tone and firmness....GET THIS BOOK!!!! 😊😊😊 It's a GOD SEND!

I think my "philosophy" about EVERYTHING in life...whether it be beauty routines, or nutrition or fitness or mental outlook ...is "MODERATION and BALANCE". Smokey Eyes...nude lips, no foundation! 😊 Eat balanced meals of protein and carbs (though I am NOT fanatical about it....but just so that everything BALANCES out by the end of the day is good enough for me!). And, I try to be a GOOD PERSON...and treat others the way I would like to be treated. That's the MOST important thing for me. I try not to do anything that I might REGRET later...but I ALSO realize that one cannot make EVERYONE HAPPY. And so, I don't drive myself CRAZY trying to please everyone. I think THAT alone has been a MAJOR factor in keeping me "looking young". I think I was a LOT more "INTENSE" as a teen and in my early 20's! 😊 Everything was a "potential crisis"! Every problem was the "end of the world". I spent soooo much time trying to be the BEST for everyone else...that I missed out on being the BEST for ME! 😊 ...and now...well, I just say "que sera...sera!" And, it has worked WONDERS for me! Of course, having a FAB FAB FAB husbandwho tells me that I am "the MOST beautiful woman in the Universe" every day...really helps! 😊 (he knows NOT to add the "to me" part!!! 😊ah! ...if ONLY my little puppy SEDONA, could be trained as well! 😊). Really, my husband being my BEST FRIEND, as well as my lover, etc.....has kept me YOUNG! Nothing is more DRAINING and AGING than being in a BAD marriage! I know! ...I was married for 2 hellacious years to a horrible man!...and I looked OLDER in those years (late 20's) than I do now! 😊 I would much rather be "on my own and HAPPY" than with "someone else...but miserable"! Serenity and Peace are my fountains of youth! 😊

Ok...well, I don't know if any ONE thing has helped me to look the way I do...at almost 41! 😊 I tend to think it is a combination of all of the above! But, the "mental/emotional" aspect of it is KEY...for me, anyway! Worries, stress, unnecessary emotional baggage...all of those things "AGE" a person, IMHO...and makeup CAN'T hide emotional turmoil! 😊 Learning to "enjoy MY life for what it is", and "not worrying about what it is NOT"....has really kept me feeling (and I think...LOOKING) YOUNG! 😊

For "pure protein" powder...I use "Designer Whey Protein" in Strawberry. This is ONE time that Chocolate is NOT the BEST pick! 😊 The choc is horrid! blech! The strawberry is yummy! Get it at GNC...and get the canister...not the huge jug! Way too big..and can go bad fast!

I usually just mix it with skim milk, and pour over ICE. But, if I want a smoothie (to incorporate carbs), I'll throw in bananas and strawberries and put in a blender. Then add over ice. I find that putting ice IN the blender with everything else...just makes it too watery (with the skim milk). But usually, I just have the protein shake...by itself. The carbs from the milk are enough. What I really want the shake for is an alternative to proteins from an animal source....due to the saturated fat in animal proteins.

I also like Myoplex Shakes by EAS. They are GREAT! I love the Balanced Pre-Mixed Shakes...in CHOCOLATE! 😊 They come in small cartons...and have 20 g protein : 20 g carbs. I have them for lunch....if I am on the road...or am LAZY! 😊

I use to be a bit "fanatical" in my younger days...and would make CRAZY things like "add protein powder" to a glass of water, or oatmeal...or pancake mix, or muffin mix, etc...but YUCK!....now, I just EAT HEALTHY, but try to have "delicious" foods. I just don't feel the need to eat "yucky" tasting protein concoctions anymore 😊 I've learned to NOT be so "black and white" in my nutrition regime anymore.... How I ate some of the stuff I used to...is just amazing to me! 😊

Pam too 😊



Well, as I said ...I use it to "keep" the firmness I have. Not to get rid of any sagging....at least ...not yet! 😊 But I can FEEL the difference! You can feel the muscles of your face being "pumped up" ...just as the rest of your body's muscles. I mean...some of the facial muscles will ache a bit the first few days. Then, you'll just notice "tightness"! For example, when I first did the Brow Lifter....after the first 7 days of doing this (when I first started...I did the routine for about 3 weeks STRAIGHT!)...I FELT as though my eyebrows were being PULLED up on my forehead. The muscles on your scalp feel like they are TIGHT! It gives your eyes a REALLY "alert" look! It's AMAZING! Really! 😊

Also the Eye routines are FAB FAB FAB! I cannot really explain it...but, if your eyes ever seem "droopy" or puffy in the morning....these routines give them an INSTANT lift! Everything just feels and looks TAUGHT! and smooth!



The neck exercises were a PAIN...literally! I have a thin neck..and it took a while to build up those muscles..but everyone says I have an awesome neck (funny compliment, eh? but, hey! I'll take whatever anyone wants to give me! 😊).

The LIP exercise is FAB FAB FAB! Remember the Lip Pump that I posted about? ...if you saw that one! Well....these exercises will make your lips REALLY FULL....almost like the pump...but just not as HUGE! 😊 The only BAD thing about me is that I am pretty "forgetful" about the Face exercise...because I do it to "keep what I have", not to reverse anything. So...I tend to forget to do the routines! But if I could remember...then, I'd always have FULL lips! You need to do these for about 3 days before really seeing fuller lips! But I usually think about this JUST before I have a party to go to!, so I just reach for my Lip Pump! 😊but do these!

I will warn you about THIS, though: the whole "mind/body connection" thing is REALLY important here! If you are a "sceptic" about how the Mind can influence our physical self...then, FORGET about getting this book! It won't work for you! These exercises really only work IF you are able to "visualize" your muscles of the face MOVING, etc. It really calls for you to be "in tune" with your body! It takes some getting used to.....if you are not a "new age" type of thinker! 😊 My hubby just CANNOT do them! He pokes fun the WHOLE time...and he was IMPOSSIBLE to do these with! I actually just FORBID him in the room while I do these! 😊 Seriously.....when you do the exercises...do them EXACTLY as she instructs you to. It's like with body building...you cannot just "go through the motions"...you need to VISUALIZE your pecs or your delts or your lats MOVING and working the weights. It's funny, because my hubby is a weight lifter....and has NO problem with that concept...when it is in regard to the BIG muscles of his body. But he cannot seem to grasp the fact that FACIAL MUSCLES are just like any other musclesin that VISUALIZATION and concentration on movement is KEY. He is hopeless! ...but he DID see

the results! ...and he does AGREE with the concept of facial muscles NEEDING to be exercised.

In many ways, this WHOLE philosophy is a quite old one. Remember hearing your grandmother tell you about saying "A, E, I, O, U" every day...to keep you looking young? Well, this is basically the SAME concept! The mouth movements needed to recite the vowels moves many of the facial muscles! Try it! You'll see! Facercise is just a MORE thorough scientific approach! 😊

Ok...I cannot rave enough about this book! It's the "Aphogee Treatment for Damaged Hair/PM Supercharged" of the facial realm! 🤖 Get the book!

I have the OLD one...it has a peach-ish cover...with a photo of Carole Maggio on it. get that one...if you can. I don't know about the newer ones. As products grow from "underground" to "mainstream"...I think they begin to LOSE a lot of their SUBSTANCE...and fall into the COMMERCIALISM maze. They just don't seem to ever be quite as good...as the ORIGINAL. But, who knows?

TIP: Don't do these exercises in front of anyone.....unless you feel VERY comfortable with them! 🤖 You WILL look very WEIRD doing them!and please do them in FRONT of a mirror! ...so you can see what you are doing!

Oh...about "jowls"! A friend of mine...who has a nice figure (size 10) ...not petite or skinny...but NOT fat, either! ...had a problem with jowl pooches on her jawline! She seems to gain weight ONLY in her face...for some reason! Anyway....she did the jaw movements...and in about 3 weeks....her jowls were GONE! That's without dieting...as her body weight was GREAT for her height (5'10"). She did eventually lose weight by working out...to a size 8 now...and of course her face is really angular! She looks FAB! ...but just remember that if you have a LOT of fat deposits in your face...the facercise's results will be covered! Facercise TONES the underlying muscles...which also help tighten the skin...but, it does NOT get rid of fat. You must do that through diet...if you have this problem. It's kind of like doing tons of CRUNCHES...but not changing your diet. You'll have ROCK HARD AB muscles...but the surrounding fat won't let you SEE your results. Same thing.

Another thing....you MUST do ALL the exercises! Don't be like ONE of my friends...who only wanted to "pick and choose"! 🤖 She only wanted the Eye ones! Well, the eye ones...also benefit from the forehead and cheek ones, etc etc. So, do them ALL! These, like my Conditioning Recs....are Cumulative! They all depend on one another for the TOTAL benefit.

I am excited for you! Let me know how you do! For fun...take a before pic! Then,...in about 3 weeks...take an AFTER pic! See if you can see a difference! 😊 Back when I first started, I didn't have a digital camera! If you have one...it'll be a great one to gauge the results!

...another thing...I sometimes get headaches from my jawline ...it's something to do with where my jaw connects...and I have to do mouth stretching exercises. Anyway, when I do these jawline exercises...it REALLY relieves the pressure! It's fab! 😊

Pam too 😊

