



The Youth Prescription:

Instantly Look Younger
with Simple
Lifestyle Changes

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The Youth Prescription

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The premise:

Take one ordinary person. Add a team of experts. In just 10 days, make that person look 10 years younger.

I was hooked.

The television program “10 Years Younger” aired in the U.S. and the U.K. for a number of seasons, and the results it achieved were nothing less than spectacular.

I was fascinated by the way a normal person could “un-age” right before our eyes. All it took was a makeover.

Not a cheap one, of course. The program didn’t disclose the total cost of the makeover, which usually included a trip to the dentist, dermatologist, hair stylist and fashion stylist.

Is it possible to look 10 years younger *without* the experts or the unlimited budget?

I believe it is.

In this report, I’m going to share with you what I’ve learned about looking younger *without* a team of experts or unlimited budget.

Instead of investing in pricey supplements, expensive procedures, and exclusive skin care products, you’ll be looking at how you can eat, sleep, smile and laugh your way to a youthful glow.

Your youth prescription starts with understanding what makes a person look old...

Why Do We Look Old?

Let’s bust one myth right away:

Getting older is NOT what makes you look old.



What makes you look old is not your age but *physical changes in your body*.

Everyone's body ages differently. Some of those differences are genetic—if your mother looks youthful in her sixties, you're likely to look great at 60 too—while other differences result from environment and lifestyle.

An observer would look at you and guess your age from factors like:

1. *Skin quality*
2. *Posture*
3. *Coloring*
4. *Facial expression*
5. *Energy levels*

We're going to discuss how each of these factors affects your age and what you can do about it in this report.

What I want you to know now is that you have a lot more control over these factors than you think, which means:

If you want someone to think you're a lot younger than you really are, then you've got the power to do it.

Not all of us exercise that power, though. Dr. Steven Masley, author of *Ten Years Younger*, believes we're aging faster than we need be.

He claims that nearly half of all Americans are experiencing *accelerated aging*, a speeding-up of the aging process. Our lifestyles and diet play a big part. He writes:

“Age is not just chronological. It's also a matter of lifestyle, health, activity, energy, weight, and the steps we take to further our own mental well-being.”

Given that we live in a time and place where nutritional foods are available year-round, gyms have sprung up in even the smallest towns, and the latest health information is at our fingertips, Dr. Masley's claim that we're aging faster than ever seems incredible.

Shouldn't we be healthier than ever?

Sadly, no.

America ranks 26th in the world on life expectancy, despite spending more than comparable countries on health care. Diseases of affluence are a big reason.



Stress, the standard American diet, and a sedentary lifestyle are making us look and feel older than we should be.

So, if you want to slow down and even reverse the aging process, your first stop isn't a plastic surgeon.

It's the grocery store.

Eating for Youth

By now, you know the story.

A diet high in animal fats, sugar, and processed foods is bad for you. Eating lots of fruits and vegetables, drinking lots of water, and making most of your meals from scratch will keep you healthy.

But what you may not realize is just how much *the foods you eat affect your skin*.

I've often observed how young people in their early twenties, who are away from home for the first time in their lives and enjoying the ability to eat and drink whatever they want, tend to end up with skin that's noticeably unhealthy. Their skin becomes puffy, spotty, or pasty.

Anyone who drinks soda pop, eats sweets, and enjoys alcoholic beverages regularly is going to look older than they should, whether they're 20 or 40.

The culprit is *sugar*.

Sugar is one of the major causes of skin aging.

Sugar consumption causes inflammation, resulting in redness and breakouts. It also triggers *glycation*, which is when sugar binds to protein, resulting in skin appearing less plump and elastic. Sugar even affects the quality of the collagen in your skin, making your skin thinner and more wrinkled.

Unfortunately, the aging effects of sugar are in direct proportion to how much you consume. The ideal amount is none at all.

One study got even more precise: "*For every 1 mm/liter increase in blood sugar, the perceived age of that person rose by five months.*"¹

¹ <http://www.dailymail.co.uk/femail/article-2125217/How-giving-sugar-20-years-looks.html>



The higher your blood sugar, the older you look. If you're diabetic, your fight against the visible signs of aging is going to be even harder.

So what can you do?

Adopt a diet that keeps your blood sugar stable.

This means choosing foods with a low *glycemic index*.

These are foods that convert to sugar less readily in the body. Think oatmeal, sweet potatoes, lentils, most fruits and non-starchy vegetables.

Dr. Christiane Northrup, author of *Goddesses Never Age*, is a big proponent of this approach.

A diet high in sugar and foods that convert easily to sugars, like refined bread and pasta, can cause food addiction and trigger cellular inflammation.

She adds that your body produces fewer digestive enzymes as you age, meaning that you literally “can't stomach” the foods you used to eat when you were younger.

What your body needs is whole foods that come from the earth, primarily in the form of fruits, vegetables, and unrefined grains.

But that's not all you need.

You also need fat in your diet.

Crazily enough, a no-fat or low-fat diet can make your face look noticeable *older*.

French actress Catherine Deneuve once said:

*“After a certain age,
you have to choose between your fanny and your face.”*

Either you can diet to keep the pounds off your bottom, or you can allow a few extra pounds to plump out your face, minimizing the appearance of fine lines and wrinkles.

One study on twins found that women over 40 who were slightly heavier tended to look younger.² The extra weight kept their cheeks firm and the skin around their eyes from sagging.

² <http://www.ncbi.nlm.nih.gov/pubmed/19337100>



But not all fats are the same.

The best fats to add to your diet come from plants or the sea. Enjoy small amounts of nuts, avocados, fish oil, flaxseed, and extra virgin olive oil.

You should still limit saturated fats from animal products and the trans fats found in many baked goods.

Including a healthy amount of fat in your diet has additional benefits.

Fat helps you feel full for longer, helping you eat less. It improves the flavor of food, meaning that you need less sugar to make it tasty. (Many no-fat or low-fat foods are packed with sugar.) And it's great "brain food."

One easy way to start moving away from a high-sugar low-fat diet is to start choosing natural, plain versions of full-fat foods instead of their sweetened non-fat varieties. For example, choose plain full-fat yogurt over vanilla non-fat yogurt. If you want more flavor, stir in your own flavoring, such as cinnamon or some berries.

No discussion of diet is complete without mentioning the importance of water to healthy skin.

Water hydrates the skin, plumping it up and reducing the appearance of fine lines. Just think of what you look like the morning after a party. Dehydration dulls the skin and makes you look older. It can also lead to increased skin irritation and acne.

So make sure to drink water—preferably the plain kind without additional sweeteners. Choosing plain seltzer water or ice water can make drinking water more palatable.

Other Factors Affecting Skin Quality

Diet isn't the only factor affecting how old your skin looks. Sun damage and smoking are the two biggest skin agers, hands-down.

But there's one other factor that we take for granted:

Skin care.

If your skincare routine hasn't changed since you were 20, it's time to look at it again.



Skincare has changed enormously over the years, growing increasingly complex with the addition of toners, serums, BB/CC creams, and the like.

Your skincare needs change over time. Skin becomes increasingly delicate with age. Harsh cleansers that worked to combat youthful acne can strip mature skin of the moisture it needs. Gentle exfoliation to remove dead skin cells becomes even more important. Eye cream is non-negotiable.

I've found that I spend more money on skincare now than I did when I was 20, and the results are noticeable. I like my skin better. Even though I've got crow's feet around my eyes and age spots on my hands, my skin glows. I've finally hit on the right combination of beauty products for my skin type, and it shows.

My philosophy is simple:

I try to feed my skin instead of embalming it with preservatives.

What we put on our skin gets absorbed into our bodies, but cosmetic companies are not required to provide safety information to the FDA.

Concerns over the possible toxicity of common beauty product ingredients such as phthalates, parabens and sulfates have encouraged many people to look for alternatives.

If you find that your skin has become increasingly sensitive, try choosing natural or organic skincare products.

Brands like Weleda, Avalon Organics, Desert Essence, and so forth cost a bit more but make up for it in the way they nourish the skin.

If You Can't Make It, Fake It

If you're a glowing natural beauty at 40, I hate you. (Just kidding!) The rest of us look terrible when we wake up in the morning, no matter how well we take care of our skin.

For us, there's always one salvation:

Cosmetics.

Cosmetics can be a double-edged sword. They can fake a more youthful appearance, but they can also cause skin irritation.



How? Well, when's the last time you cleaned out your cosmetics drawer?

If you're not throwing away your mascara every 3 to 6 months, or your foundation every year, then you could be applying harmful bacteria to your skin.

One study found that **70% of those surveyed used expired eye makeup**, much of which harbored high levels of pathogenic microorganisms.³

Most of us tend to find a specific brand we like and stick to it. If asked how old that lipstick is, or how old that eyeshadow is, we couldn't say. We use it until it's gone, and then buy a new one.

Not only should we be tossing expired cosmetics on a regular basis, but we also should be updating our makeup routine periodically.

I used barely any makeup in my teens and twenties. A lip gloss and some powder were all I needed.

These days, however, I need more than two products to achieve the same effect. My thinning eyebrows are nearly invisible. My lips have faded to the palest pink. Just 5-10 minutes in front of the mirror, though, and I'm back to my old self.

Cosmetics are a blessing, and there's never been a better time to explore the panoply of products out there.

Many women find a certain makeup style that pleases them and continue to use it for decades. But changes in your coloring (as a result of graying hair, for example) or facial composition can make your old cosmetics less flattering than they once were.

I'll be honest: the thought of watching makeup tutorials on YouTube fills me with dread. I didn't come of age in a time when beauty lessons were just a mouse click away.

But I also recognize that teenagers today can do extraordinary things with cosmetics. Contouring, for example, is one trend that can do amazing things for women of any age.

If you don't want to update your makeup skills from online tutorials (or getting a friendly teenager to show you the latest techniques), then department store cosmetics departments offer personalized tips to update your cosmetics routine.

Another option is Sephora stores, with their bewildering array of products, which can now be found in malls across America.

³ <http://www.ncbi.nlm.nih.gov/pubmed/23590385>



Exercising for Youth

The way you move provides big clues as to how old you are.

When you move slowly and carefully, coddling your stiff and achy joints, an observer would guess you're a lot older than you really are.

In contrast, an older woman who moves fluidly comes across as having the grace and poise of a much younger woman.

No wonder dancers never seem to age!

But there's another little-known benefit to exercise:

It keeps us from shrinking.

Yep, we shrink as we get older. About half an inch per decade.⁴ Our spines wear down. We start to hunch over. We end up shuffling like little old ladies.

Exercise helps. In particular, yoga has shown enormous promise in helping seniors achieve better balance, flexibility and posture. A skilled instructor can adapt yoga poses to any skill level and work around injuries.

Exercise also makes skin appear younger by changing skin composition. Even if you've never exercised before, starting up a regular exercise program can "reverse" your skin age. One of the researchers concluded, "*I don't want to over-hype the results, but, really, it was pretty remarkable to see.*"⁵

So, what exercises should you be doing?

Although a number of exercises benefit bone health (like lifting weights) or weight loss (like running), there are two types of exercise in particular that lead to a more youthful appearance.

As mentioned before, yoga improves posture, balance and flexibility, all of which are often lost with age. A regular yoga practice can help you breathe more fully and move more gracefully. As it helps you relax, it helps smooth those worry lines from your forehead. No wonder so many celebrities are seen leaving yoga studios with a rolled up yoga mat under their arms.

There's another kind of yoga that's on the cutting edge of anti-aging science:

⁴ http://www.health.harvard.edu/press_releases/osteoporosis_height_loss

⁵ http://well.blogs.nytimes.com/2014/04/16/younger-skin-through-exercise/?_r=0



Facial yoga.

Yoga teacher Danielle Collins popularized her Face Yoga Method as a natural alternative to face lifts. She describes it as “*a combination of face exercises, face massage, face acupuncture and face relaxation.*”⁶

Because of the way it increases blood circulation and boosts production of collagen and elastin, face yoga can give you a healthy, more youthful glow.

Another exercise that offers great anti-aging benefits is *dancing*.

In particular, many experts rave about Argentine tango, which may offer more benefits than ballroom dancing.

Studies show that tango can benefit people with Parkinson’s disease and Alzheimer’s.⁷ Because it encourages mindfulness and social touch, tango can also be helpful for those suffering from depression. Tango also helps strengthen core muscles, creating a flatter belly.

Don’t Fade Away

One of the things that really stuck in my mind from my research is the comment that aging involves *a loss of color and contrast*.

Our hair goes from its natural color to gray to white. Our lips fade from a rosy red to a pale neutral. Our bright white teeth become yellowed. Our eyebrows thin and fade.

We become colorless.

Even worse, as we grow older, we often become more conservative in our dress. We choose whites, neutrals, and blacks.

I’m fascinated by stylists offering color consultations, in which they help their clients ascertain whether they’re a spring, summer, fall or winter. Many women emerge from these consultations wearing gorgeous rich colors they previously hadn’t thought they could pull off.

But you don’t need a stylist to tell you to wear more color.

⁶ <http://www.faceyogaexpert.com/about-face-yoga>

⁷ <http://www.thenational.ae/arts-lifestyle/well-being/best-foot-forward-how-tango-dancing-can-aid-your-well-being#full>



You just have to give yourself permission.

Forget the old adage that black is slimming. Black is also aging. Start choosing stronger colors. Stand out. You'd be amazed at how easy it is to wear red, for example.

Consider boosting the color in your hair.

If your budget allows it, find a good hair stylist who's got a younger clientele, and let him or her help you find a modern, flattering style and color for your hair. Consider *balayage*, hair color that is hand painted to look as natural as you want it to look. Even a few highlights can give you multi-dimensional color.

Be cautious of home dye kits, especially if they contain bleaching agents. Your hair becomes more brittle and prone to damage as you age. Also, the wrong shade can make you look instantly older. Choosing the wrong shade for your skin tone is easy to do when you're trying to choose a home dye box from the drugstore shelf.

Another important part of "youthifying" your appearance is restoring the brilliant whiteness of your teeth.

Back in my "10 Years Younger"-watching days, I was amazed at how many participants got dental work done. Whiter teeth make you look younger. These days, it's easy to achieve with whitening toothpastes, home whitening kits, and dental services.

Lastly, introduce more contrast to your face with cosmetics. Make sure your eyebrows stand out, even if you have to fill them in with powder or a pencil. Wear lipstick, even if it's just a neutral shade slightly darker than your normal color. And *learn to contour*.

I wish I'd known about contouring when I was a teenager. Back then, I bemoaned my lack of cheekbones and big nose. I didn't realize that cosmetics alone could give me defined cheekbones and a slimmer nose.

Contouring creates contrast. It makes your best facial features stand out.

There are plenty of tutorials online and plenty of products in the drugstore to make contouring easy. All you need is a good brush and a darker shade than your skin tone. (Be careful if you choose a bronzer, as they can be too orangey.) You can also use a highlighter to add luminosity.

Although contouring can feel a bit too Kardashian for us grown women, we need it more than young people do. Our faces lose definition as we age. Makeup artists call contouring an "instant face lift."



Spending time on cosmetics can feel self-indulgent. At this age, you may feel you're past spending hours in front of the mirror. Caked-on makeup is a young person's game.

But cosmetics are fun, easy, and create remarkable results.

There are number of other makeup tricks that help you appear more youthful. Use lip liner to define your lip area. Choose a bright lipstick; avoid dark colors. Don't apply mascara or eyeliner below the eye; focus on defining your top lid. Use eye drops to keep the whites of your eyes bright. Fill in your eyebrows for a natural-looking thickness, and don't over-pluck. Don't forget the blush.

It sounds like a lot of work. And maybe it is. But it can also be a pleasurable act of self-care. It's nice to spend a little time on what you look like. It's even nicer leaving the house feeling great about what you saw in the mirror.

Are You Smiling?

I love seeing the crazy subjects scientists are paid to research.

One study published in *Psychology and Aging* found that **smiling people look on average 2 years younger**.⁸ (The study was paid for by NIVEA, a skincare brand.)

A sad expression, on the other hand, makes people look a year old than their actual age.

I was surprised that smiling makes such a difference. When I smile big, wrinkles burst across my face, making me—or so I always assumed—look my age. The only way to get wrinkle-free selfies is to smile politely with mouth only, or maintain a neutral expression.

How great to find out that even crow's feet can't make a dent in the youthifying power of a smile!

I wasn't surprised to find out that miserable people appear older than they really are. It doesn't take science to tell us that. Just look in the mirror next time you're feeling grumpy. Frown lines are aging.

How you feel inside affects how you look on the outside. But feeling good inside isn't as easy as it sounds.

⁸ <http://www.webmd.com/beauty/aging/20111111/smiling-makes-you-look-younger>



Although the wisdom of experience should grant us greater peace and serenity as we age, it doesn't always work that way. Instead, we often find that we have less patience. We're tired of dealing with all the crap. We just want life to be a little easier. Instead we find it's harder by the day.

That's why many anti-aging programs include **stress-reducing practices** such as meditation, mindfulness, or focused breathing.

But Dr. Christiane Northrup has an idea that doesn't require sitting still or counting your breaths:

Make more time in your life for pleasure.

Her research has uncovered the vital role that a molecule called *nitric oxide* has in health and longevity. Dr. Northrup considers nitric oxide to be nothing less than the physical embodiment of life force energy itself.

Pleasurable experiences trigger the release of nitric oxide, which relaxes the walls of blood vessels. It acts to boost circulation and improve blood flow in much the same way as Viagra. It also boosts immunity, helping us fight off disease.

Which means that pleasure is actually *life-affirming*. It not only feels good but keeps us healthy. Someone with a lot of pleasure in her life has a lot to live for.

But what is pleasure? Is it eating an entire chocolate cake? Is it a one-night stand? Is it winning the lottery?

Nope.

The kind of pleasure that releases nitric oxide is much more ordinary.

It's enjoying the sun on your skin. It's that first sip of coffee in the morning. It's a long bubble bath. It's any experience where time momentarily slows and you think, "Gosh, this is good!"

Experiences that leave you feeling icky afterwards, like blowing a lot of money you don't have or eating too much rich food, don't qualify.

With real pleasure, there's no price to pay. Real pleasure leaves you appreciating life. It gives you a glow that you carry for a long time afterwards.

So, if you want to look younger, make time for things that make you smile. Don't work yourself to death. Enjoy your down time. Start doing what *you* want for a change, even if it's "selfish."

The more pleasure in your life, the happier you'll feel and the more you'll smile,



convincing everyone that you can't possibly be as old as you say you are.

And if you like this idea and want to learn more about how pleasure can revolutionize your life, make sure to check out my latest book, [*The Pleasure Principle*](#).

Get That Youthful Vibrancy

The more tired you feel, the older you look.

It's unfortunate that something as minor as a bad night's sleep could have such an impact on appearance, but it does.

Lack of sleep plays havoc on your skin, causing dryness, redness, dark circles.

A 2013 study commissioned by Estée Lauder found that sleep deprivation leads to premature skin aging. It also impedes recovery from environmental damage, such as sun exposure.

To add insult to injury, the poor sleepers in the study felt themselves to be less attractive.⁹

The older you get, the more your sleeping position and bedding play a part as well. Habitually sleeping on your side can cause a tell-tale wrinkle to develop alongside your nose. Sleeping on your side also impedes circulation, causing puffiness.

The best position to sleep is on your back. Some experts suggest propping yourself up slightly with several pillows, so that fluids drain downwards during the night.

Switching your cotton pillowcase for silk also can help. One makeup artist advises "wash[ing] your pillowcases frequently, so you're not resting your lovely skin on top of bacteria nests for eight hours a night."¹⁰

But isn't it a pipe dream to ever believe we could get enough sleep? *No one* gets enough sleep these days. There aren't enough hours in the day.

⁹ <https://www.sciencedaily.com/releases/2013/07/130723155002.htm>

¹⁰ <http://www.goodhousekeeping.com/beauty/anti-aging/tips/a14912/sleep-beauty/>



Arianna Huffington writes in *The Sleep Revolution* about the way in which we've become a culture where sleep deprivation is a badge of pride. But we've paid the price. Our health is worse, we're less productive, and we don't enjoy our lives as much.

We've gotten hooked on a cycle of using caffeine to wake ourselves up and sleeping pills or alcohol to wind ourselves down, which leaves us foggy during the day and wired at night. Something's got to change.

Keeping electronic devices out of the bedroom is an important start. Don't leave your mobile phone charging in the bedroom. Don't have a television in the bedroom. Use the bedroom for sleeping and, at most, some light reading before bed.

As a parent, I'm well aware of the importance of a nighttime routine. Children need to know that, once the bedtime routine begins, they're going to be in bed in half an hour or so. Their bodies start to wind down, making falling asleep much easier.

But I have no bedtime routine whatsoever for myself. I don't have time. I'm doing jobs around the house until that final minute before I brush my teeth and fall into bed. And my sleeping patterns show it. It takes me ages to fall asleep.

I'd be wise to start my own bedtime routine, one that includes turning off all electronic devices a half hour before bed and using that time to wind down. Relaxing before bed isn't a luxury; it's a necessity.

One in three of us experience insomnia, the inability to fall asleep or stay asleep.¹¹ Stress, caffeine consumption, and poor sleep habits play a part. Those coffees keep us going, but they also stop us from falling asleep at night.

Staying up late is another addictive habit. There's always something else to look at online, or a television program to finish watching.

But going to bed at irregular times can disrupt your sleep rhythms. Start going to bed at the same time each night and waking up at the same time each morning. It's better for your body than not getting enough sleep during the week and making up for it on weekends.

¹¹ <http://sleephealthfoundation.org.au/pdfs/Insomnia.pdf>



The Invisible Saboteur

Most of the topics we've covered thus far shouldn't have been news to you. Of course what you eat affects how you look. Of course exercise and sleep make a difference. Of course feeling happy helps you look younger.

But there's one final aspect to looking younger that you may find surprising:

Your attitude towards aging.

What comes out of your mouth can make you sound old.

You may look half your age, but if you constantly talk about feeling over the hill or not having the energy you used to, people will believe what you say.

It's amazing how aging our thoughts can be. I have friends who are five years younger than me, but they act as if they're older than I am. They complain a lot about getting older. They don't understand young people these days, they've got all these aches and pains, and everyone around them is so immature.

As a result, I think of them as being older than me. I know logically that they're younger, but they don't act that way.

I have another friend who married a much younger man. She dyes her hair, loves health and fitness, and has always had a wonderful *joie de vivre*. I think of her as being my age, even though she's nearly a decade older.

Most people don't judge us based on our chronological age. They assign an age to us based on how we look and act. Even if they know how old we really are, their mental perception of us is remarkably resistant to change.

How old do you act?

Do you frequently talk about feeling over the hill? Do you complain about how your life has gone downhill since its youthful peak? Do you feel that your age is a prison from which you'll never escape?

Then change!

Stop complaining about your age. From now on, vow to not let another negative word about aging escape your lips.



If your life isn't as good as it used to be, then do something about it. Don't use your age as an excuse. You're not an old dog that can't learn new tricks. Life isn't over yet.

Traits like curiosity, passion, enthusiasm, optimism, humor, spontaneity, and always being up for something new give you the kind of youthful spirit that comes across in the way you look.

Negativity, seriousness, rigidity, apathy, and closed-mindedness make you come across as older, no matter what your actual age is.

You may have noticed how some women look years younger after leaving a dysfunctional relationship. They've gotten a new lease on life, and it shows. They're looking after themselves now. They're doing what they want to do. Endless possibilities await them.

If you can embrace life with enthusiasm and a positive spirit, then you'll maintain a youthful appearance much longer than your same-age friends who've allowed the drudgery of life to wear them down.

The Youth Prescription

There are always radical options to create a more youthful appearance. Plastic surgery. Facial peels. Expensive dermatological treatments.

But nothing can take the place of a "youthifying" lifestyle.

Eat to feed your skin. Include healthy fats, low-glycemic whole foods, and plenty of water. Avoid sugars and food or beverages that easily convert to sugars.

Exercise for grace and body awareness. Choose exercises that help you stretch your entire body and move more fluidly.

Embrace color. Introduce stronger colors into your wardrobe. Use cosmetics to create greater contrast.

Be happy. Adopt practices to manage stress. Take time for pleasure.

Sleep well. Prioritize rest, even if you're on a tight schedule. Keep electronics out of the bedroom, and give yourself a half hour of electronics-free time to wind down before bed.



Have a youthful attitude. Don't write yourself off because you're "too old." Act the age you want to be. Focus on life's possibilities. Engage with enthusiasm.

You can see now why your lifestyle matters so much more than the year in which you were born.

The choices you're making today, tomorrow, and the next day determine whether you'll look older with each year or shake off the aging effects of time.

Choose well.



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