

Ageless Slim's



57 Better Beauty Secrets

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Ageless Slim's 57 Beautifying Secrets

The best part of beauty is that which no picture can express.

-- Francis Bacon

Welcome to Ageless Slim's 57 Beautifying Secrets.

Beauty is more than skin cream, lipstick, and mascara. Beauty's real secret is the confidence you gain in looking your best.

When you read a book or search online for beauty tips, it's easy to get overwhelmed with the number of voices out there. It's hard to tell what idea to try first, or whether it will work. Help is here! We've organized some of the most beneficial beauty tips into chapters covering skin, metabolism, aging, and hair and nails. This collection of ideas, tricks, and proven methods will help you look your best in every stage of life.

From eating a few Brazil nuts or pumpkin seeds to finding a face cleanser with the best ingredients, we hope you can work these quick and easy ideas into your daily routine. Finding the best

methods to help you maximize your beauty is all about finding what works for you. Take these tips and give them a try — these secrets are out.

Chapter 1: Secrets to Happy Skin

Everyone wants their skin to have a healthy, youthful glow clear of dark spots and blemishes. Sure, some of your skin's appearance may be due to genetics, but there are some tips you can use to help your skin look its best. They're simple, and the items you need for them may already be in your pantry.

Foods to Feed Your Skin

1. Bell Peppers: Their bright color is just one indication of the nutritional powerhouse these peppers pack. [Bell peppers](#)' secret weapon is Vitamin C, which of course is good for fighting colds, but can also make your skin glow. Eating foods with vitamin C and also some topical application of Vitamin C (like in a scrub or lotion) can [help your skin](#) combat sun damage. Vitamin C also plays a role in the creation of [collagen](#), which gives skin its bounce and structure. All fruits and veggies have some Vitamin C,

but you'll find it in higher concentrations in bell peppers, broccoli, Brussels sprouts, mango and citrus fruits.

2. Pumpkin Seeds: The zinc found in delicious pumpkin seeds helps skin [recover](#) from damage (like acne, wounds, or burns). There's even some [evidence](#) that zinc may be as beneficial for treating acne as some antibiotics. Pumpkin seeds come in several flavors now, and many are even pre-shelled. If you aren't a fan, zinc is found in many foods including oysters, beans, nuts, fortified cereals, dairy, and red meat.

3. Dark Greens: Foods with Vitamin A are key here to keep skin from getting dry and scaly. Especially if you live in a place where the winters are cold and dry, it's a good idea to search out this vitamin. Actual Vitamin A comes from animal tissues and is especially present in liver (yum?), but dark green or dark yellow plants, including carrots, contain substances that your body can [convert](#) to Vitamin A. Add a dark-green salad to your daily routine to help boost your levels of this vitamin.

4. Brazil Nuts: These are usually the largest nuts in that fancy 'mixed nuts' bowl you pick through at parties. If you're having a skin breakout, consider popping just a couple of these nuts a day,

which provide a big hit of selenium, so you won't need too many. Low levels of selenium have been seen in [studies](#) of acne patients. If you're just eating a couple a day, consider popping the bag in the freezer so the nuts stay fresh. Treat these nuts more like a supplement than a snack.

5. Sunflower seeds: The secret ingredient here is Vitamin E. Working in tandem with Vitamin C, Vitamin E can provide your skin with protection from sun damage — [scientists think](#) this trait may come from its function as an antioxidant in the body. Antioxidants help protect skin from free radicals, which can damage cells and lead to chronic disease. You can also find [Vitamin E](#) in almonds, hazelnuts, and spinach.

Herbs to Boost Skin Health

6. Chamomile: A popular, tasty tea often used to calm frayed nerves and upset stomachs, chamomile can also be used to [treat](#) several skin conditions and irritations. It's often used in Europe as a cream to soothe skin and possibly relieve dry skin and eczema.

7. Green tea: Your summer-afternoon iced tea could be your best weapon against sunburns. Topical and oral green tea extracts

have [been shown](#) to minimize UV sunburns due to the plant chemicals it contains called flavonoids, which physically stop UV penetration and help repair DNA. Enjoy the summer sun, but perhaps bring a pitcher of tea with you.

8. Red clover: This reddish-purple blossom known as the red clover is a wild plant native to Europe and Western Asia, but often seen across the globe. It's [traditionally used](#) in an ointment form to treat psoriasis and rashes.

9. Lavender: People love lavender for its calming scent that's applied to everything from candles to laundry detergent. But there's more than a pretty smell there. Many [herbalists](#) use lavender oil to treat topical fungal infections, acne, and eczema. It also may be helpful in wound healing. Be careful with the oil, it is toxic if taken orally.

Creams to Soothe and Restore

10. Aloe Vera: The leaf juice from this desert succulent plant is a [powerhouse](#) when it comes to skin treatments. Applied topically, it moisturizes and softens. It stimulates cell regeneration and collagen production (helpful for a youthful glow). It heals wounds,

burns, and it even has some antibacterial and antiviral properties. Aloe can also seal off cuts or scrapes, so it's great for preventing infections to open wounds. You can find it in the grocery store near sunblock and sunburn creams. Quick note: If you're applying it to a cut or burn, the area is best left uncovered in the open air.

11. Creams that boost collagen: Let's talk collagen for a minute. Collagen is the material that gives skin its structure and support. It makes our skin firm and young looking. Collagen levels decline as we age, leading to sagging and wrinkles. While some people choose injections of collagen to help fill in wrinkles and restore firmness, it may have a [similar effect](#) when topically applied — and no needle. Look for creams that include collagen-boosting ingredients. Collagen is also sold as a powder in some health food stores.

12. Antioxidant creams: Antioxidants are plant-based substances made of vitamins and minerals. They're sought-after for skin care because [they oppose "free radicals"](#) that can damage DNA and cause wrinkles, dark under-eye circles, and dry skin. While eating colorful plant foods is still a great way to get your daily antioxidant boost to help restore and repair skin, you

can also look for commercial products that include antioxidants like Vitamin C, green tea extract, and retinol.

13. Acai oil: The acai berry, native to Central and South America, is rich in antioxidants. Its oil can help [fight sun damage](#) and smooth wrinkles. It's a popular skin product ingredient currently, so it's easy to find in creams, masks, cleansers, and scrubs. Its rich, fruity smell can also leave you feeling energized.

14. Alpha-lipoic acid: This acid is manufactured by your body and is found in each and every one of your cells. It's another antioxidant that penetrates cell membranes and destroys free radicals. Commercial products containing this acid can help reduce pores and fine lines giving skin a [healthy glow](#).

15. Caffeine: Though more study is needed, [initial research](#) shows that topical skin creams with caffeine may shrink wrinkles, especially around the eyes. The skin cream may not say caffeine directly, but might mention green tea, green coffee, or chocolate.

Your skin helps you greet the world with a bright, fresh face. Treat it right and take care of it. Try different products and treatments until you find one that works for you. A dermatologist can help

provide answers on what your unique skin may need for optimal health.

Chapter 2: Secrets to a Good Metabolism

At some point, everyone's metabolism starts to slow down. But you can take an active approach by making small changes to the foods you eat. This chapter is all about what you can put into your body to help your metabolism be its best.

Food That Works With Your Body

16. Avocado: This fruit, along with olive oil, is one of the popular "good fats" — also called mono-unsaturated fat. Its level of fat (around 29 grams per avocado) and fiber makes avocados great for weight loss by keeping you full longer. Researchers have also seen [signs](#) that using avocado oil (clear and relatively tasteless) instead of your normal cooking oil can help reduce abdominal fat. It's also packed with nutrients. Consider adding avocado to your routine for a metabolism boost.

17. Tea: Any tea with caffeine works here including white, green, and black. The combination of caffeine and catechin, a compound

in most teas, provides a [metabolic boost](#) for a couple hours after consumption. Two to four cups of tea a day may help your body burn 17 percent more calories during exercise.

18. Coffee: Coffee comes with an energy and concentration burst, which is always a plus when it comes to our busy lives. It also comes with a short-term increase in your [metabolism](#). Increase its effect even more by working out after consuming caffeine. It can give you expanded energy and endurance. How about heading to the gym after that morning cup?

19. Berries: When you're trying to lose weight, a small serving of berries could go a long way in helping you resist that dessert. Fiber-rich raspberries, strawberries, and blueberries have just 50 calories a cup and can help level-out your blood sugar. Research even shows that berries [contain flavonoids](#) that increase the production of certain fat-burning hormones. So trade your after-dinner piece of cake for a cup of blueberries and your metabolism will thank you.

20. Greek yogurt: The secret to Greek yogurt's metabolism-boosting power is its protein content. Nonfat plain yogurt has twice as much protein as regular yogurt (and half the sugar). That

[protein](#) keeps you full longer. Plus, it's easy to add the berries in the previous tip to Greek yogurt creating a satisfying, metabolism-boosting snack. No wonder the popularity of Greek yogurt has skyrocketed!

21. Pistachios: The key here is to snack on in-shell pistachios.

[Researchers found](#) that people eating the in-shell pistachios consumed 41 percent fewer calories than those who ate already-shelled nuts. The pile of discarded shells may trick your brain into thinking you've eaten a lot more nuts than you actually have. The green nut is also a satisfying snack that has the protein to keep you full.

22. Protein: Many of the best metabolism-boosting foods contain protein, a vitally important nutrient. Protein keeps you full, and it also takes more work to digest, which means your body burns more calories while processing it. Replacing some of your diet's carbohydrates with protein can go a long way to [boost your metabolism](#). Look for this nutrient in meats like chicken, fish, and beef, and other products including dairy, beans, whey powder, and eggs. If you're going to use whey powder, look for one without a lot of added sweeteners or preservatives.

Herbs to Support Metabolism

23. Cloves: Individuals who have trouble with their metabolism (like heart disease, obesity, hypertension) as well as people who just want to keep their [metabolism in shape](#) can look to several herbs for therapeutic benefits. Clove, an Indonesian spice that's actually a flower bud, is one of these herbs. Try adding a little to your spice rotation to support a healthy metabolism.

24. Thyme: This herb is another plant that researchers have determined [supports healthy metabolisms](#). Other foods in this category include pomegranate, apple, cinnamon, bilberry, and bay leaves.

25. Oregano: This spice is easy to add to savory or salty dishes — especially Italian foods. Oregano has great antioxidant capabilities, more than many other herbs. Adding flavor to your food can help [boost metabolism](#) and help your body determine when it's time to stop eating.

Spice It Up

26. Cayenne and other fiery spices: Cayenne is one of the ingredients in a popular detox trend, but this chili pepper also is great for weight loss. [Studies](#) have shown that people who use cayenne pepper at breakfast ate less throughout the day. It can even aid in burning extra amounts of fat. Try it with avocado for a super satisfying snack. Actually, a sprinkling of any fiery spice can heat up your [metabolic rate](#). Though the effect is temporary, keeping spicy foods in your routine will keep those effects coming. Spicy food works up your metabolism by increasing your oxygen consumption. Any hot spice [works here](#): red chili pepper, mustard, cayenne — experiment to find one you like. Bonus: Eating spicy foods earlier in the day, like at lunchtime, can help you feel energized during the afternoon.

27. Cinnamon: This spice is actually the inner bark from certain tree species. It's easy to sneak cinnamon into your diet in coffee, breakfast, or fruit. Cinnamon has been shown to help [stabilize blood sugar](#), which helps promote weight loss. Some research suggests that consuming cinnamon can reduce blood sugar by as much as 10 percent. It does this by affecting the body's insulin, which regulates sugar in the blood. Plus, it's pretty tasty.

Keeping your metabolism in good shape is all about the choices you make. Diet and exercise make a huge difference in how your body responds to food. Add in a few of these tips to an already-balanced diet to keep your metabolism humming along. Food is fuel for your body, so make sure you fuel properly.

Chapter 3: Secrets to Fighting Signs of Aging

There are many factors in how we age. The food we eat, our hydration level, stress, what we choose to do on a daily basis — all of it can affect our outward appearance. Things like meditation, making sure you drink enough water, and trying to protect yourself from physical and mental stressors can all make a big difference in how old you look. This chapter includes a few tips that can help you look as young on the outside as you feel on the inside.

Food, the Real Fountain of Youth

28. Colorful fruits and veggies: In general, the richer the color of a food, the more nutritional power that food has. Dark greens, red tomatoes, and rich blueberries all are packed with antioxidants. These chemicals can help your vision, keep your

skin young-looking, and help fight off pesky free radicals that [damage healthy cells](#). Different colors all contain different chemical compounds, so try adding a variety colors to your diet. You should try to get five to nine servings of brightly-colored produce daily.

29. Fish: Fatty fish and other seafoods offer anti-aging benefits through their Omega-3 content. Omega-3 is an unsaturated fatty acid that your body can't make on its own and is generally found in fish, nuts, and some cooking oils. Omega-3 [protects](#) your cardiovascular system, lowers your risk of having a stroke, and could help protect you from Alzheimer's disease. Two servings a week of fatty fish including salmon, tuna, mackerel, or trout is a good level.

30. Dairy: If you tolerate dairy well, it's a good source of Vitamin D and calcium. These substances [work together](#) to help your bones stay strong and prevent osteoporosis. If you are lactose intolerant or just have some digestive problems with dairy products, look for milk alternatives that are fortified with calcium and Vitamin D. Some plant-based foods like spinach also have high calcium levels.

31. Protein: You'll want to make sure you're getting [enough protein](#) for many reasons including energy level, satiety, and to stay strong while aging. Look to make sure your protein totals around 5 to 7 ounces, depending on your lifestyle and activity needs. You can look beyond meat here to dairy, nuts, seeds, or beans.

32. Whole grains: Keeping your cardiovascular system healthy is a big advantage as you age. Eating fiber-rich whole grains (like oats, quinoa, rice, and barley) can help you stay full and lowers the chance of developing type 2 diabetes. Around three servings of whole grains a day is a good level to shoot for. Steer clear of the “white” grains like white bread and pasta, these have been processed more and won't have as many nutrients.

33. Dark chocolate: Bet you're surprised to see chocolate here. Dark chocolate contains flavonoids that can promote memory and cognitive health as you age. There's also [evidence](#) that it can lower blood pressure, increase "good" cholesterol, and balance your blood sugar levels. Plus, it's delicious and decadent. Dark chocolate is key here (more than 55 percent cacao). It contains more of these flavonoids than milk chocolate and generally contains much less sugar. The higher the percentage of cacao,

the more actual chocolate (and its benefits) you're getting. Feeling dangerous? Try an 85 percent chocolate bar with some almond butter.

34. Nuts: The anti-inflammatory and anti-oxidant qualities in nuts like almonds, hazelnuts, and walnuts can help you stay healthy inside and out. In a [study](#) of people ages 55 to 80, participants who added 30 grams of nuts to their daily diets had a reduced risk of disease. It's easy to go overboard here, as nuts are fatty and delicious, just be aware that one handful can give you the benefits without a huge amount of calories.

35. Healthy plant oils: Switching out some of your cooking and salad oils with olive oil may help keep your arteries young. And when you feel healthy on the inside, your outside looks better. Extra-virgin olive oil is cold pressed from ripe olives while other oils are sometimes created with chemical solvents or high heat. The cold pressing protects the healthy effects of this oil. Olive oil is a big part of the Mediterranean diet, which focuses on vegetables and healthy fats. [Research](#) has shown that older people on a Mediterranean diet may be protected from heart disease and diabetes.

Herbs to Help You Feel and Look Young

36. Spade leaf: Spade leaf is rich in a lot of [good stuff](#): amino acids, fatty acids, beta carotene, and a lot of plant chemicals found to stimulate collagen growth (helpful for fighting wrinkles) and stimulate new cell growth (keeps you feeling energized). It's potent as a topical skin treatment, and when it's taken internally as a tea, it can boost memory and relieve anxiety. That's a lot for one little leaf to do.

37. Basil: Full of [antioxidants](#) and flavonoids, basil can wake up your skin and help fight signs of aging. Dark purple basil has the most antioxidants (and flavor!) and is usually used in the same manner. It might be a bit harder to find, though, so look for it at farmers markets or try growing your own.

38. Sage: This multipurpose herb is easy to grow and tastes great, but it also can help your body inside and out. The antioxidants contained within help fight signs of aging, heart disease, and Alzheimer's disease. Its [anti-inflammatory nature](#) can help reduce skin swelling when used topically and throat swelling when made into a tea. As a bonus, sage in the form of essential oil can help improve memory, mood, and alertness.

Drink Up for a Youthful Glow

39. Red wine: Another crowd-pleaser here! [Resveratrol](#) in red wines can protect arteries and dampen inflammation throughout your whole body. High amounts of resveratrol may even counteract cell death in your brain and heart. That doesn't mean downing a whole bottle is a great idea, though. Stick to five ounces a day or fewer to get the benefits while avoiding some of wine's negative effects.

40. Coffee: Rejoice, morning coffee drinkers. Having a few cups of coffee may help you avoid type 2 diabetes, Parkinson's disease, and heart disease. Coffee also has a few of those antioxidants that may protect your body from the effects of aging. It may be able to help your brain age better, too, as some [research suggests](#) that people who consume more caffeine score better on mental function tests into their senior years.

Fight Aging Effects with a Dash of Spice

41. Turmeric: Golden-yellow turmeric has been shown to extend the lifespan of fruit flies by up to 20 percent. Now, you're not a

fruit fly, but this power spice has been used for centuries to treat all sorts of ailments. The active antioxidant in turmeric is called [curcumin](#), and it has been found to have anti-inflammatory and anti-cancer properties. It's not a common spice in the Western world, but try it in soups, curries, and sprinkled on roasted vegetables. You'll find it on supermarket shelves by its bright yellow color, which will transfer onto any food you use it on.

42. Black pepper: This kitchen workhorse is actually quite high in [antioxidants](#). It's the oxidative stress that antioxidants work against that causes the perils of aging such as heart disease, cancer, impaired immune system, and many more ailments. Scientists are studying the levels at which spices like black pepper may fight the signs of aging, but certainly a few more cracks of the pepper grinder won't hurt.

Remember, looking young is more than about what nutrients you put in or on your body. It's also about how you carry yourself, how you treat yourself, and your outlook on life. Strive to feel young on the inside, and these tips can help you match your look to that inner glow.

Chapter 4: Secrets of Hair and Nail Beauty

It's easy to forget about your hair and nails and skip right to the skin when starting or maintaining a beauty routine. But there are some simple tips that you can use to focus on the health and shine of your hair and nails. Many of these tips are things you can add to your diet or apply directly to your nails or hair. Every person's body is unique so, as with all of these tips, experiment to see which ideas you benefit from.

Dial in Shine and Strength with Food

43. Kelp: Thyroid function helps maintain normal hair growth and your body's iodine level is a major factor in [thyroid health](#). Iodine isn't often found in food sources, but kelp and seaweed is one place you can find a large amount of this nutrient. You won't need to eat much seaweed to absorb enough iodine for happy hair, just a small amount every so often. Grocery stores sometime sell sheets of dried, flavored seaweed, and it can also be found in capsules or as a spice. Sounds like a good excuse for seaweed-wrapped sushi.

44. Selenium: Brazil nuts appear again on your tip list because they're really a superb source of selenium, which isn't very

common in the rest of the diet. Research shows that people with low selenium have [poor hair growth](#). A couple Brazil nuts a day can ensure your follicles have enough selenium to be strong and healthy. Other sources of selenium include wheat germ, liver, butter, fish, garlic, and sunflower seeds.

45. Calcium: Every day we lose calcium when our bodies use it to grow nails, skin, and hair, and many Americans aren't consuming and absorbing enough in their diets to replenish that [deficit](#). Foods containing calcium, like dairy, spinach, and fish (when you consume the bones as part of the fish) can help your hair and nails grow strong.

46. Fatty fish: Calcium [works in concert](#) with Vitamin D3, so pair the items from the tip above with foods with Vitamin D3 (fatty fish, fortified dairy products) or get some sunlight (your body absorbs Vitamin D3 from the sun). Calcium is poorly absorbed in the body without the vitamin, so getting enough of these two nutrients can really help your hair and nails shine.

47. B vitamins: You'll often see a "B-complex" bottle in the vitamin aisle. This set of vitamins is [necessary](#) for healthy skin, hair, and nails, and your body can't store them, so you'll need to

find them in supplements or foods. Whole grains and cereals are often enriched with B1 (thiamine), and it's also found in rice, legumes, blackstrap molasses, and pork.

48. Spinach: If your hair is falling out and thinning in areas, you may want to examine the [iron levels](#) in your foods. Dark leafy greens like spinach, sea vegetables, and whole grains will contain a good level of iron to support strong, full hair.

Herbs for Great Hair and Nails

49. Horsetail: This traditional herb dates back to ancient Roman medicine when it was used to stop bleeding and heal wounds. Now it's sometimes [suggested](#) to help bone health issues and brittle, chipping nails.

50. Cat's claw: If your nails are discolored, ridged, or just don't look how you'd like them to, Cat's claw may be something to [explore](#) with your healthcare provider. The herb has several antibacterial and antifungal effects, but be cautious as it can interact with several medications.

A Glass Full of Nail and Hair Health

51. Water: Often forgotten about in favor of coffees or juices, water is essential to your hair and nails. Drinking around six to eight glasses a day is [suggested](#), but remember you get some water from the foods you eat. Drinking enough water should be included in each chapter as it nourishes skin, ensures a functioning metabolism, and supports healthy aging. It's included here, though, because it's so often forgotten when it comes to hair or nail health.

52. Green tea: Using an extract or drinking a few cups of green tea daily will help you stay hydrated, but will also [calm the inflammation](#) that can interfere with nail and hair growth. It also boasts some antibacterial and antifungal effects, which can especially help nail health in those areas often covered up (toenails!). Creams and lotions with green tea can also be effective in helping nails look their best.

Oils and Supplements for Healthy Nails and Hair

53. L-Lysine: Low levels of this essential amino acid may be a culprit in [hair loss](#). Your body [can't manufacture it](#), and you're constantly using it to build proteins throughout your body like

muscle. Though L-Lysine is often sold in supplement form as a capsule or liquid, it can also be found in soybeans, tofu, eggs, and parmesan cheese. Parmesan omelet, anyone?

54. Fish oil: One or two capsules of a high-quality fish oil daily can help thinning hair in men and women by reducing [inflammation](#). It's easy enough to supplement orally with either a capsule or gel, but you can also find the oil in fatty fish.

55. Tea tree oil: This strong-smelling topical oil is often used in all-natural clarifying shampoos to treat flaky scalps due to its antifungal properties. For nails, [dabbing a bit](#) on an infected/fungal nail three to four times a day should clear up the affected area. It's usually sold in the health food or essential oil section and also can work to clear up athlete's foot.

56. Coconut oil: This oil is quickly becoming the darling of the health world. Topically, it moisturizes skin, nails, and hair. It's highly stable when you cook with it, meaning it won't fill your kitchen with smoke like other oils can. [Research suggests](#) it can help promote hair growth when mixed with fennel flower due to its lauric acid, which can easily get into individual hair follicles to promote growth and vitality. Rather than slathering it on your

scalp (it's very thick), look for a shampoo that includes it as an ingredient.

57. Olive oil: This oil has been considered a health food for much longer than coconut oil, and you probably already have the oil around for salads and cooking. Pull it out of that dark cabinet, because you can also use it for several hair benefits. [Mix it](#) with equal parts of lemon juice (a few tablespoons should do it) and rub it on your scalp to help with dandruff. Use it as a finishing oil or even in place of a regular conditioner.

When your hair and nails are beautiful, you feel beautiful everywhere. Even if your hair and nails don't suffer from any abnormality or infection, they can still benefit from some care. A few of these easy tips can really help give them shine, length, and strength.

Chapter 5: Secrets to Getting Started

Ready, Set, Go!

Reading about these tips is like preparing for the big race. You know what needs to be done, and what methods you can try to

come out ahead. Now pick and choose a few to try out on race day. Not all 57 at once! Rather, choose a few for this round of self-experimentation. Maybe you'll want to try a bunch of tips all from one chapter. Maybe you'll do two from each chapter. Keep track of which ones you're trying in a journal or planner.

On race day, it's time to put them into practice. Give these ideas a chance to work their magic. Evaluate them after a period of a few weeks and see what progress you've made. The ones that work for you can become part of and make a big difference in your daily or weekly beauty routine.

What You Need to Succeed

We've outlined 57 tips to make your skin glow, to boost your metabolism, to fight signs of aging, and to give your hair and nails everlasting shine. These chapters focus on feeling and looking good inside and outside, because how you feel inside makes a huge difference on your mental outlook and physical appearance.

And guess what? You have everything you need to succeed already. Sure, maybe you'll make a trip to the grocery store or pharmacy to try a few of these tips, but what you really need is

the confidence and knowledge to put yourself and your beauty first.

Go get started!