

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Elina Fedotova: High Skin Care**

**By Boyd Martin**

**Elina Fedotova: High Skin Care by Boyd Martin**

Immigrating to the U.S. from Russia with her husband in 1991, Elina Fedotova found herself smack-dab in the middle of the Deep South. "When I came over to Mississippi, no one knew what a health food store was. I couldn't even buy chamomile tea!" Elina said, with a light, infectious laugh. "Of course, that was before the big natural revolution. Now it's everywhere."

As her husband, Igor Fedotov—a renown viola player—followed career opportunities, they ended up in Kalamazoo, Michigan, where a music professorship opened up at the Western Michigan University. Elina hit the ground running, converting a charming residence into a laboratory/spa for her therapeutic skin treatments and research.

Elina trained in Moscow in herbology and cosmetic chemistry at a center of natural healing in Moscow specializing in problem skin conditions using herbal therapy. Repulsed by what she found in modern cosmetic ingredient lists, Elina made it her mission to produce effective skin care products using only natural herbs and strictly non-toxic substances.

As her research progressed, Elina discovered liposome encapsulation during her studies in Sweden. Liposomes are microscopic scientifically-created spheroids of fatty acids with water-based solutions inside. These tiny spheres are allowed completely through the skin, where water-only solutions, or oil-based substances cannot penetrate. This is because the skin has what is known as a "phospholipid" membrane. This kind of barrier uses one of Nature's supreme strategies for protection: oil vs. water. Under a microscope, phospholipids have a tiny water-containing orb, followed by a tail composed of fatty oils, or lipids, pulled together by molecules of phosphorous. These phospholipids line up tail to tail, repelling oil because of their water content, and repelling water because of their oil content. The idea is to put an herbal formula into the phospholipid's orb, or "carrier bowl." When skin contact is made, these herbal phospholipids immediately penetrate all layers of the skin.

"My products are truly transdermal," cites Elina. "They go through the skin into the cellular level, and they can really impact the collagen. The majority of products on the market are not transdermal, and because of that they can't have any serious effect. The skin is a protective organ, protecting you from

everything—including cosmetics and skin care. Most products cannot penetrate deep enough. If they can't get below the surface there is little effect. The majority of skin problems happen at the collagen level. If you don't give support at that level, you don't really get any anti-aging effect."

Because this transdermal property of phospholipids is scientifically well-known, some companies make the transdermal claim when, in fact, all they have done is include outsourced plain liposomes in the formula as a separate ingredient. Thus, the formula never actually makes it through all layers of the skin. "They just put it in the formula—like, one percent or two percent—like an active ingredient—into their plastic formulation. It's like drinking one teaspoon of coffee in a glass of water." muses Elina. "My liposomes are carrying the entire blend of the formula listed on the label, so that's a totally different effect. When you use a product like that over and over on the face, neck and body, you can take a blood test and find the herbs from the products. Because of that, I don't ever use any toxic

preservatives. I use natural ones. All of my products are emulsified with 100% soybean phospholipids, so I don't use any other emulsifiers. It's a very tight encapsulation that gives the good transdermal effect. Liposomes are like little carrier bowls. If you look at my products under a microscope you'll see them as very tight and small."

#### Bioenergized by Vital Force

After solving the skin penetration issue, Elina took her formulas to a whole other level, using Dr. Yury Kronn's Vital Force subtle energy technology (the same technology used by products on this website). "I sent Dr. Yury some of the ingredients from my formulas to pull off the energies in each one," says Elina. "I then put those energies in with the formula and it makes it a hundred times more active. Each of my products has a formula of several energies."

Elina also treats hormonal skin problems such as acne, psoriasis, eczema, and rosacea. "You can't penetrate it topically only. So Dr. Yury's ionic mineral formulas for internal use, I find very, very helpful. I created protocols using my topical products and his minerals for internal use. I am the only company doing transdermal-bio-energized products. I am unique in that area."

At Elina's clinic, she offers a wide array of services: nutritional counseling, hot stone massage, craniosacral work, manicures and pedicures, herbal body rubs, salt glows, cold lasers, and will soon be doing consultations using such equipment as "EAV" or Vega Testing. "We will have everything a any spa has. We don't take the skin as a separate part of the body. We treat the whole person. People initially come to us with skin problems, but there is usually something else going on. We have some clients that just want to be beautiful naturally—not with plastic surgery"

Elina has clients from ages 2 to 92. Parents bring their children with skin problems and allergies, and although most of her clientele are women, Elina also has a program for hair loss in men.

When asked what she feels is the Number 1 health problem in America, Elina says, "Diet. Because the skin is an eliminating organ. If you toxify the body, it's going to come through the skin. The majority of skin problems are related to improper diet. I try to encourage my clients to avoid foods that are incredibly processed and high in fat and yeast. For example, even if you stay on a yeast-free diet for a week, rosacea and acne—just from diet—will see a difference."

Elina is generous in exporting her well-earned knowledge. "For those people or businesses who want to use my products, I will train them for free," She say. "I will show them how to make their own masks and treatment products. But what I've found is that if those people are concerned mostly about profit, it never seems to work. However, when someone comes from a spiritual or loving place, it is always successful. So I'm always looking for people who are healers, who have some depth. They are the best ones to work with."

GRAPHICS: <http://www.subtleenergysolutions.com/newsletter-elinafedotova.html>

Boyd is the webmaster of [www.subtleenergysolutions.com](http://www.subtleenergysolutions.com) and the newsletter writer for that site. He enjoys a wide range of experience both in the ways of the internet, alternative health, environmental issues, and in freelance writing. An active, professional drummer, Boyd performs in the Portland area with several area blues and R&B bands. Boyd is also an avid, daily practicing Bikram Yoga student.

### **She Shared This Success Principle Just As The Clouds Parted**

**By Keith Matthew**

Laura and I just returned from a 10-day getaway to Disney World and I have to say – I feel GREAT!

I love to help people start businesses and live their dreams – so much that sometimes I forget what it's like to play : )

During the plane ride back from the place where "Dreams Come True," our 6-year old, Elina, suddenly turned around and dropped a success principle on me that Walt Disney himself would have been proud of!

Pay attention here because a 6-year old is about to teach us all something about success:

Ready? Elina practically whispered this into my ear:

"You know, sometimes there are foods I don't really like. I just don't like to eat them. But I do. And over time, I start to get used to them. Eventually...it's not so bad."

I sat there and just stared at her in amazement. Elina had just shared with me a success principle that I knew I just had to pass on to you as soon as we got back to New York.

Like all things in life, this principle can be either an 'Achilles Heal' or a panacea for dramatically increasing your personal development and success this year.

It's what you do with it that makes the difference.

You see, many of us are doing things we don't want to be doing; things that don't bring us joy and a sense of accomplishment.

Many of us are doing things we don't want to be doing. Things that don't bring us joy and a sense of accomplishment.

Don't let yourself stay stuck in a job, relationship or situation that you KNOW isn't good for you. That doesn't bring out your passion for life and it certainly won't uplift the people around you.

Sure, over time you may come to see it as "not so bad."

But at what price?

Life goes by too quickly to settle for working a lousy job, or being in an unfulfilling relationship.

Don't settle.

Be honest with yourself too. (I've come to realize that a lot of my discontents stem from WITHIN and not from my partner).

Don't settle for less than what's great within yourself.

When you push yourself to be greater than you were yesterday, a lot of times your work, family and other relationships will 'Magically Transform.'

That brings us to the other side of the coin with this success principle.

All successful people do things that need to be done but no one else wants to do.

Can it be uncomfortable?

**ABSOLUTELY!** You bet it can!

Carving out a space for your dreams and aspirations from a day that's already filled to the brim can be like eating that vegetable you never liked (mine was spinach).

But I can assure you it gets easier.

Just do the right thing: again and again and again.

Then watch for results.

Over time, you'll see: it's not so bad. It's even pretty good!

You'll begin to believe...I can do this!

Then you'll start succeeding in a BIG way.

Keith Matthew

Keith Matthew and Laura Roman Lopez have been teaching wealth attraction techniques for 12 years. If you're ready to double your income this year, then go to

and sign up for a Free 7-Day Success

Workshop.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**