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

**Holding Back the Years**

**By Adrian Richards MBBS, MSc, FRCS (Plast)**

**Holding Back the Years**

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Maintaining a youthful appearance is a goal for many of us – both men and women alike – as the years pass by we look at ways of preventing the onset of inevitable signs of aging. Thanks to an established range of treatments offered by LINE BREAKER, specialist in the provision of non-surgical procedures you can prevent the visible signs of aging.

Founded by respected consultant surgeon, Mr Adrian Richards and Melanie Smith a specialist aesthetic nurse, the company is committed to preventing the visible signs of aging. The straightforward procedures, are in the form of Botox®, Restylane® and Juvederm® injections and a range of skin peel products including Obagi Blue Peel and Glycolic Peel. Also included in the range of non-surgical procedures are Isolagen® and IAL System.

Botox® is highly effective at treating forehead lines, crow's feet and frown lines. The virtually pain free process involves injecting a tiny amount of Botox® solution just under the skin, in sites on the area to be treated, using a very fine needle (the same type of needle that is used for premature babies). All in all, the treatment takes only 10 minutes, its effects last on average of four to six months and results can be expected in a little as fourteen days.

Botox® treatment has been used successfully for over 20 years and is backed by extensive clinical trials, with over 1400 medical research papers showing it to be safe and effective. The treatment, which is administered by a highly trained medical practitioner, works by the botulinum toxins attaching themselves to nerve endings and blocking the signals that would normally tell your muscles to contract. This releases the muscles and allows the skin to repair deep wrinkles from the bottom up.

Restylane® is a popular non-animal alternative to collagen replacement therapy and consists of a clear gel, which will smooth wrinkles and folds and give contours, as well as providing lip augmentation.

## Holding Back the Years

Juvederm® is a hyaluronic acid in the form of viscoelastic gel, which is transparent and homogenous and has emerged as a compound for filling in wrinkles. Hyaluronic acid is a physiological constituent of dermal tissue which maintains local moisture content and is gradually reabsorbed with time.

Obagi Blue Peel® is a procedure designed to significantly improve the appearance and health of your skin, as well as even out any pigmentary problems involving the face and other areas of the body suitable for men and women of any skin type and colour. It is ideal for anyone who wants to look better and reverse the appearance of the ageing process. Those who have blemish-prone skin, wrinkles, pigmentation problems, sun damage, or general poor skin quality will benefit the most.

Glycolic Peel is comprised of an all natural alpha hydroxy acid derived from sugar cane. Alpha Hydroxy acids occur naturally in certain fruits and foods. Of all the alpha hydroxy acids, Glycolic is the smallest in molecular size. This small molecular size allows it to penetrate the skin.

Treatment with Glycolic acid is gentler than chemical peels and is used to improve and smooth the

texture of the skin of the face by removing its damaged outer layers. Rejuvenation treatment unlike any other available today.

IAL System is a long acting bio-revitalisation programme to recreate a youthful appearance by restoring elasticity, firmness and hydration of skin. As we age, the level of naturally occurring hyaluronic acid in our skin decreases considerably, leading to the appearance of ageing skin and the formation of lines and wrinkles. IAL stimulates the production of new collagen, elastin and hyaluronic acid, all vital components of younger looking skin.

LINE BREAKER has a nationwide network of treatment centres. For further information or to find your nearest treatment centre visit

or call the information line on telephone number

0845 2300015 for specialist and sympathetic advice.

Note to editors

·Botulinum toxin A (Botox®) is a chemical produced by the Clostridium bacteria. Botox® is a protein derivative of the toxin.

Mr. Adrian Richards is a respected consultant surgeon and founder of Line Breaker, the company is committed to preventing the visible signs of aging.

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## **Is Fear Holding You Back?**

**By Al Martinovic**

### **Is Fear Holding You Back? by Al Martinovic**

Is fear holding you back? As a kid I remember playing ball once with a group of other kids. One kid in particular got angry with me for reasons I can't recall. But I do remember very vividly what happened next!

Standing only five feet away from me, he took a tennis ball, reared back, and threw with all his might at my face!

I calmly put my hand up and caught the tennis ball with my right bare hand ... only inches from my face. The kid was in shock as to how I was able to catch that ball as were five other kids standing nearby. Heck... I even shocked myself!

In amazement they asked how I was I able to catch that ball to which I replied: "I don't know!"

As I look back on it today, I now know the answer. I had No Fear! The slightest bit of panic and the ball would have surely hit me in the face. I had No Fear! That is why I caught the ball.

As you sit there reading this, ask yourself: Is fear holding me back in my internet business? Are there certain things I can do to make me more successful like participating in conference calls, calling prospects over the phone etc. but don't because of fear?

Fear is the biggest obstacle to your success! If you're new to internet marketing it is like that kid trying to throw a tennis ball at your face! Will you get hit? Or will you catch the ball? Hopefully you opted for the latter!

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