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How to Stay Young without Pills or Lotions

By Doug C. Grant

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**HOW TO STAY YOUNG WITHOUT PILLS OR POTIONS**

by Doug C. Grant

Here's an anti-aging success secret that's virtually at your fingertips.

It works almost instantly to make you feel younger, relaxed, stress-free and happier.

## CARE TO GIVE IT A TRY? DO THIS!

Take a paper and pen and write the word "joy". Look at it. Write it again. Look at it some more. Write it a few more times

Now examine yourself. Notice the small upsurge in spirit you've experienced. Nothing wahoo. No fireworks or ground trembling. But there's a definite mood swing toward the positive.

That's the power of a written word...a word that you write. Which brings us to the anti-aging secret.

## YOU'VE PROBABLY HEARD OF JOURNALING

That's the process of putting your thoughts down on paper. Perhaps you've always considered it an intellectual's past time. Or maybe you think it's too much of a bore and bother. Besides, you doubt if any of your thoughts are worth putting on paper.

## BACK UP AND TAKE A SECOND LOOK

Journaling is one of the most powerful 'feel-good' tools you own. When properly used, it can be a great alternative to pills and potions.

However, the Empowered Maturity approach overwrites many of the unwritten rules for Journaling.. And herein lies its effectiveness. Consider these differences.

1. You can use any old notebook or even just a piece of paper. (I like to use those small 'class-note' booklets available at any discount store. My wife prefers the full size spiral notebooks. The thicker the better.)
2. Never write for posterity. I seldom ever read past entries. They belong to yesterday. That's because I'm not keeping a diary or record of events. I'm primarily writing about feelings.

(I know that a dedicated journalist will have heart seizures over this approach. They have bookshelves lined with leather covered volumes. They not only enjoy rummaging

through the pages of their past but feel they are writing for future generations. I write with no such pretensions. Besides, I use so many abbreviations and shorthand symbols that no one else could even begin to break the code...or want to. I trade speed for readability.)

3. Neatness doesn't matter unless scribble really bothers you. The important thing is to get your thoughts down quickly. At best, your brain will always outrun your pen.

4. Write yourself questions and then write the answers. This is one of the important keys to Empowered Maturity Journaling. Let me give you an example.

This morning I felt fine until I woke up. Immediately I

noticed I was uptight. No particular reason. Just a new day. And I knew by the way I was feeling, I could look forward to some tension and irritations.

I immediately went into my home office, grabbed my current Journaling Book and wrote this question. "Exactly how do I feel right now?"

I wrote out a complete description. What muscles were tense. How my stomach felt. I did a top to toe analysis. I didn't bother asking why I felt the way I did. Even if I could pinpoint the problem I wouldn't reinforce it by writing it down.

NEXT, I WROTE, "HOW WOULD I LIKE TO FEEL?"

I really gave this question a workout. I wrote about feeling enthused, relaxed, full of vitality. I painted a verbal picture of marvelous health and well-being. I filled several pages of scribble about how tremendous I felt.

Notice, I didn't use future tense. I wrote as though my condition of well-being was now.

How did I feel when I was done? Better. Not great but definitely moving in a more positive direction. And, as the morning progressed, the good feeling kept getting stronger.

THIS IS ONLY A START ON EMPOWERED MATURITY JOURNALING...

BUT A GOOD ONE.

If you do nothing but write answers to the 'how do I feel' and 'how would I like to feel' questions, they can substitute for a lot of pills and potions. Use them whenever you feel a mood slipping toward the negative. Instant action can reverse the slide.

Use these Empowered Maturity Questions for at least 27 days. They will then become a habit that can lift your days and help keep you perpetually young..

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Facts, techniques and more for helping the over 50 crowd (or even the under-50 crowd) live healthier, happier and more productive lives. Subscribe FREE to Doug Grant's bi-monthly e-publication, THE EMPOWERED MATURITY PAGE at: <mailto:empoweredpage@smartautoresponder.com>

Doug C. Grant retired from a successful career as a nationally recognized business writer & marketing consultant. He now helps members of the 'Over-50', crowd (or any age) live healthier, happier and more productive lives through his Empowered Maturity Web Site (<http://www.dougcgrant.com>) and an on-line interactive seminar.

## **A Quick Look At Sunless Tanning**

**By Oliver Turner**

Sunless tanning, also known as indoor tanning, is becoming much popular these days. As the term implies, sunless tanning is the process of attaining a suntan by sunless means. The main reason behind the popularity of sunless tanning is that there are several people who live in a place where constant sunshine is not available and most of the people cannot afford such a vacation every month to top up their tans. Another reason why people are more attracted with sunless tanning is that the regular and constant exposure to the sun rays increases the chances of contracting skin cancer. Sunless tanning offers several harmless and easy ways for people to achieve the desired result.

Sunless tanning can take the form of tanning lotions, tanning sprays, tanning beds, and tanning pills. The results and efficiency of these methods differs from one another. Let us look on the four main sunless tanning methods:

### **Sunless Tanning Lotion**

Majority of the sunless tanning lotions come with the bronzing ingredient dihydroxyacetone (DHA). DHA is a colorless sugar which can interact with dead skin cells resulting in a color change to that skin.

## How to Stay Young without Pills or Lotions

Generally this change in color lasts for five to seven days from the initial application. Using sunless tanning lotions is a well liked method for sunless tanning. However, the only drawback is that, getting an even tan is very difficult.

### Spray Tanning

Spray tanning is also the same as tanning lotion; the only difference is that tanning solution used here is a spray. Spray tanning can be done manually by a spray gun. If you wish to use it automatically then you can go for a tanning booth. A recent development in spray tanning is the colorless tanning solution. The solution does not have bronzer and affords a less streaky, more even tan.

### Tanning Beds

Tanning beds, also known as sunbeds, feature fluorescent tubes to tan the applicants' skin by emitting UV (Ultraviolet) Rays. Though, tanning beds are considered as an efficient sunless tanning method, continuous use of this method can cause skin cancer and skin aging.

### Tanning Pills

Tanning pills usually comes in three varieties - pills which contain carotenoid pigments, pills which contain tyrosine, and pills with no active ingredients. Tanning pills which contain carotenoid pigments when consumed internally saturates the fat layers just below the skin, which results in the change in skin color. The other two varieties of tanning pills are not proven to have any desired effect on the color of the skin.

The cost of sunless tanning methods differs from just a few bucks to \$100 or even more for one or more visit in a tanning salon. However, with sunless tanning you can easily achieve that beautiful bronzed look without damaging your skin.

We have made a research to find the best tanning methods. Find the results only

. All about sunless tanning on

LeanderNet –



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