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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!

Mineral Foundation: Nature Girls Delight

By Sherry Frewerd

Mineral foundation soothes your skin like silk to leave your face feeling baby soft. Touchable skin without lines or uneven textures allows you to glow in the sunlight. Come out of the darkness of glistening oily formulas with a glimmer of hope from mineral foundations.

When shine and drippy make up get you down, make you look like a clown, and steal away your confidence. It's time for a change! Wrap up those old heavily perfumed bottles of oily chemicals and drop them in the nearest dumpster marked "chemical waste" and refresh.

Natural cosmetics offer something better: Mineral foundation.

Luxurious satiny smooth skin radiates good health because the greaseless formula of mineral foundation allows your skin to breath. Velvety rich color looks and feels authentic as revitalizing minerals sooth your skin. Mineral foundation enhances natural beauty without the overwhelming cover-up of heavy make-ups. Just a touch of a brush and your complexion is dewy, soft, and delicately enhanced with color.

Mineral foundation bestows quality non-irritating coverage to even the most sensitive skin. Lasting color, without the irritating chemicals and perfumes used in most cosmetics, means less cost for the consumer. Multi-purpose mineral foundation powder can be applied as an eye shadow, blush, cover-up, or foundation. Used every day, one container will last approximately one year, making mineral foundation exceedingly affordable.

Delicate translucent colors awaken naturally exquisite features. A nature girl's delight, mineral foundation brings healthy color that lasts all day long. The dewy texture tones evenly across your skin hiding unattractive blemishes and blending discolorations for the perfect sun-kissed color models strive to achieve.

Heavy creams and oil-based foundations only weigh you down, increasing the pull of gravity, which results in saggy skin. Light as a feather, mineral foundation lifts you up, allows color to glide over the skin, and keeps that fresh, just-washed feeling all day long.

Mineral Foundation: Nature Girls Delight

Mineral foundations not only feel good on your skin, they are good for your skin. Micronized Titanium Dioxide effectively blocks both UVA and UVB rays without irritating chemicals. This naturally occurring mineral, one of the main ingredients in mineral foundation, provides a high SPF rating, helping to prevent tiny lines from developing.

Incidence of Melanoma is on the rise and mineral foundations assist in the prevention of this sometimes–fatal cancer by protecting your skin from sun damage. Maximize the benefits of healthy skin with beautiful appearance and the sumptuous feel of elegance.

An opulent glow is every woman's dream. Mineral foundation boosts beauty and fulfills the vision. For that china doll perfection of blemish free skin, opt for mineral foundation to enhance your complexion.

Natural cosmetics can be simply applied with a brush as you finish your morning routine, with no mess.

Dip the brush, tap gently to loose the excess powder back into your powder container and lightly puff powder onto your face. A light delicate touch layers just the right amount of translucent mineral powder onto your skin, allowing the natural glow of good health to shine through. Elegant brilliance appears with a light feathery touch charmingly applied.

Sherry Frewerd publishes websites on various subjects from recipes to mineral makeup to toddler learning. Stop over to

<http://naturalyoumineralmakeup.com>

for some helpful and fun natural remedies,

tips and product suggestions. Forget the Botox, talk to Mother Nature today!

Mineral Supplement

By Rolf Rasmusson

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Mineral Supplement - be healthy.

Why is mineral supplement so important? Minerals are key to maintaining a good health. But if you do not consume enough minerals with the food, mineral supplement would be the answer. Minerals play a number of roles in your body. For example, they help your body to use the energy from foods. You need to control the amount of minerals that you consume with food, since the shortage of minerals in your body can harm your health.

Mineral Supplement - sources of minerals.

Mineral Foundation: Nature Girls Delight

Mineral supplement is the answer when your intake of minerals is lower than the norm, but before using any supplements you should try to maintain a well-designed diet. There are many types of food that can provide your body with minerals. For example, fruits, vegetables, and animal products such as meats, fish, and poultry are the major source of minerals. Many health organizations suggest getting at least 5 to 10 serving a day of fruits and vegetables.

Mineral Supplement - reasons for taking.

Do you need to take some type of mineral supplement? Well, it depends on many factors. For example, if you have a known deficiency of a particular mineral or if you lead a busy and stressful life, then yes. But if you maintain a well designed diet and eat many food sources of minerals, then probably no. Always try to get the minerals from fresh foods before you turn to supplements.

Mineral Supplement - how to choose the right one.

If you decide to take supplements, consult with your doctor to make sure you don't take any which can be harmful. Then you need to create a good supplement program. For example, you need to be aware of all the ingredients. Also, many supplements work better when taken together, and others, when taken separately.

Additional interesting content at www.nutritional-supplement-4u.com



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