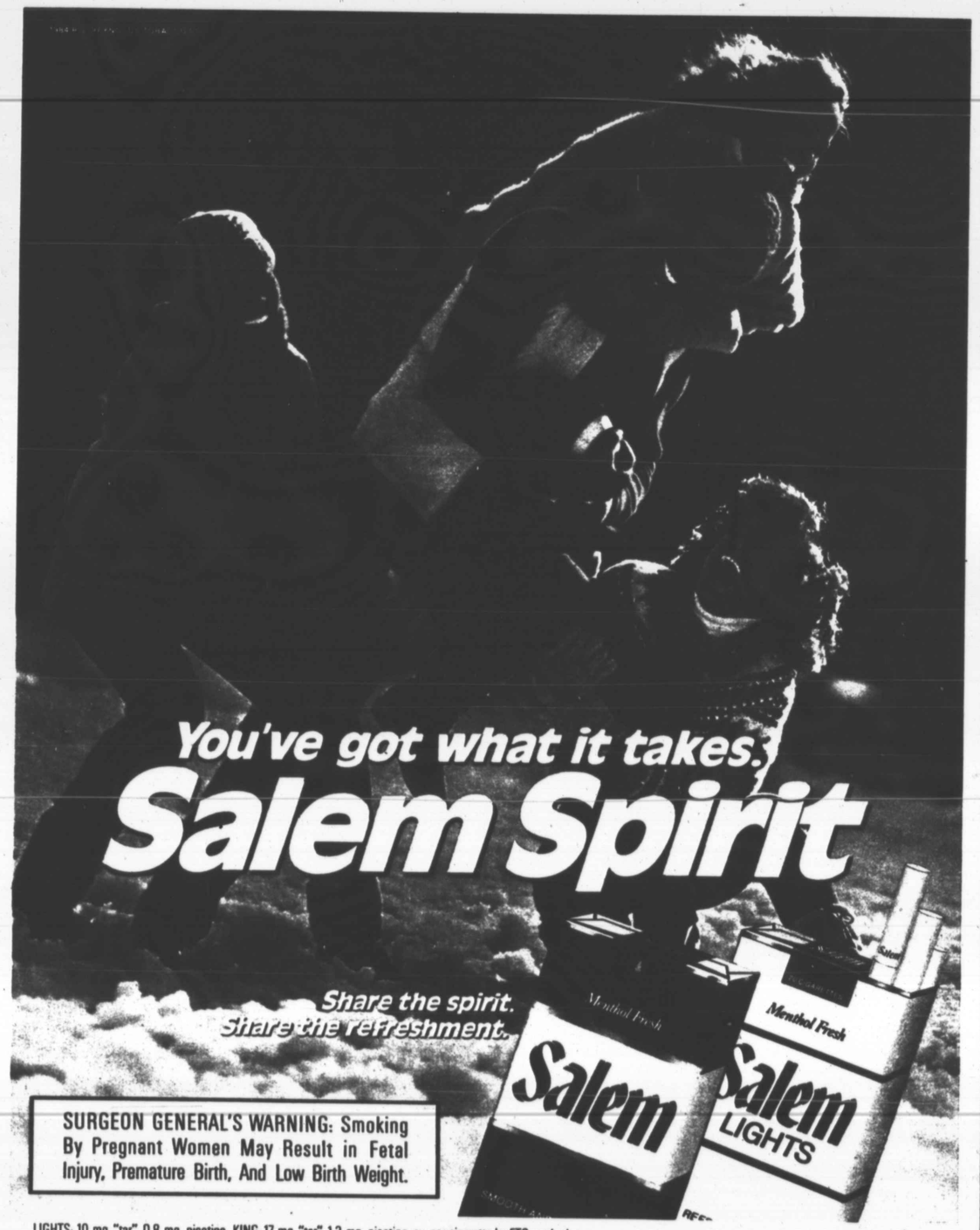

LIGHTS: 10 mg. "tar", 0.8 mg. nicotine, KING: 17 mg. "tar", 1.3 mg. nicotine, av. per cigarette by FTC method.

Your Beauty Consultant

Betty Guy Wills

"Can age really be retarded?" Joan W.—Baltimore

"Is there really anti-aging food, and other things to keep us from getting old?" Mrs. F. Johnston—New Orleans.

DEAGING

In consumption of food, to maintain youth, I suggest avoiding animal products, as much as possible—at least to the minimum. Sugars and fats are also forbidden; only those that occur in foods naturally.

Fats should make-up only 5 percent of the diet, with another 5 percent for protein from seeds and beans and the remaining 90 percent for complex carbohydrates from fruits and vegetables...regarded highly by nutritionists as "healthiest" food group.

What is permitted is a vegetarian diet of organically grown raw fruits, and vegetables, seeds and beans, and most important, bean sprouts (the best of the living foods).

It is my understanding that sprouts are vital for the restorative powers of the body....Food has the highest nutritional value at the moment of germination. It is better to eat lentil sprouts, than to eat the legume, itself.

Some other vegetables that are commonly sprouted are; buckwheat, chick peas, sunflower seed, radishes, sesame, etc. I suggest a visit to your health food store or the produce dept. in your nearest supermarket can tell you the rest of the sprouts available.

I have started to put alfalfa sprouts in my thin bread lunch sandwiches, in order to "get accustomed to the taste." Chiu-Nan Lai, a researcher at the University of Texas Cancer Center, applauds the nutritional prowess of sprouts.

Says Lai, "It is known in scientific circles, that sprouts of grains and legums can provide a source of easily digestible protein.

"During the germination process, the stored protein, in the seed, are broken down into amino acids. Bothe legumes and grains are very high in protein."

There is a drink made of winter wheat that is sprouted, grown into grass, and then juiced. Wheat-grass juice is supposed to be paramount against disease and aging. I have read that it's Gods' manna and drinking the emerald green chlorophyll-packed liquid daily will purify the blood and add nutrients to the diet.

Recent studies indicate that this substance can inhibit the activation of cancer-causing agents; if this can be shown to have the same effects inside the human body, perhaps this will be the start of a cancer preventive.

One other food...a drink made of sprouted whole wheat soaked in water, is a fermented drink that has a rather sour taste, like a yogurt with a hint of lemon flavor. This seems to fight off unhealthy bacteria in the digestive system.

So, the diet that will add years to your life, and make you feel and look younger, boils down to these concepts; One; eat living foods, lots of sprouts, Two; drink wheat-grass juice for its blood-cleansing powers and Three; Load up on the good bacterias like yogurts and wheys.

* * *

Many people who have had surgery facelifts have found that the face muscles have to be exercised or the face will "drop" the same way it did before surgery.

We use the "firm and form" cream that is very natural, and press it into the neck and face expression lines before we begin our exercises. The firm and form can be used daily to temporarily diminish face lines and wrinkles.

After prolonged use, many of the lines will actually disappear or become less noticed. The cream is very tacky and heavy, and you mix just a small amount on the finger-tips with a little mineral water-this makes the cream hydrous...Then press the mixture into the skin and spread over the face and neck.

(Continued on page 10)

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Vol. 13 No. 3

MARCH 1986

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