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Advice from Japanese Grandmothers on How to Be Beautiful

from: *Inner Peace, Outer Beauty: Natural Japanese Health & Beauty Secrets Revealed*
by Michelle Dominique Leigh

Protect your skin from the sun.

Drink pure water, breathe good air, live in a clean house.

As you grow older, don't envy the fresh blossoms of spring

To have clear, smooth skin, care for it diligently by cleaning it completely, protecting it with loofah vinewater, and keeping a relaxed mind.

Good skin comes from a clean body, so make sure to eat foods that purify the body.

Eat the peels, rinds, and skins of fruits and vegetables.

Too much makeup pollutes the skin.

If your bad skin is inherited, you can change its condition by eating properly.

Sleep at least eight hours a night, and go to bed before eleven.

Be in love. Be active. Get exercise. Enjoy your life.

Don't sit around worrying.

Control your desires. Don't always want what you can't have. This unsatisfied-yearning habit makes a woman ugly.

Accept your age and the changes in your beauty. A beautiful old woman is beautiful because her mind and spirit are wise and graceful.

At the age of forty, the mind is visible on the face.

Practice facial massage every day to prevent wrinkles and age spots, and to keep the skin fresh and supple.

Eat a wide variety of foods.

Don't complain; don't be envious; don't be irritated. Your health will deteriorate and your skin will look terrible.

If your shoulders are tense or stiff, you will have lines and wrinkles on your face. Practice massage.

Enjoy lovemaking. You will have glowing, shiny skin and a relaxed face.

Enjoy nature. Be tranquil and calm. Eat simple foods.

You can tighten your skin by massaging it: face, head, and neck.

If you breathe deeply, you'll become strong and healthy, and more attractive.

If you are tired or suffering from stress, you must exercise.

Everybody gets wrinkles, but try to prevent ugly wrinkles by controlling your mind and emotions. Wrinkles are a reflection of your thoughts and feelings.

Clean skin, not makeup, is the secret of beautiful skin.

If you just cleanse, nourish, and massage your skin, it will function well and look good.