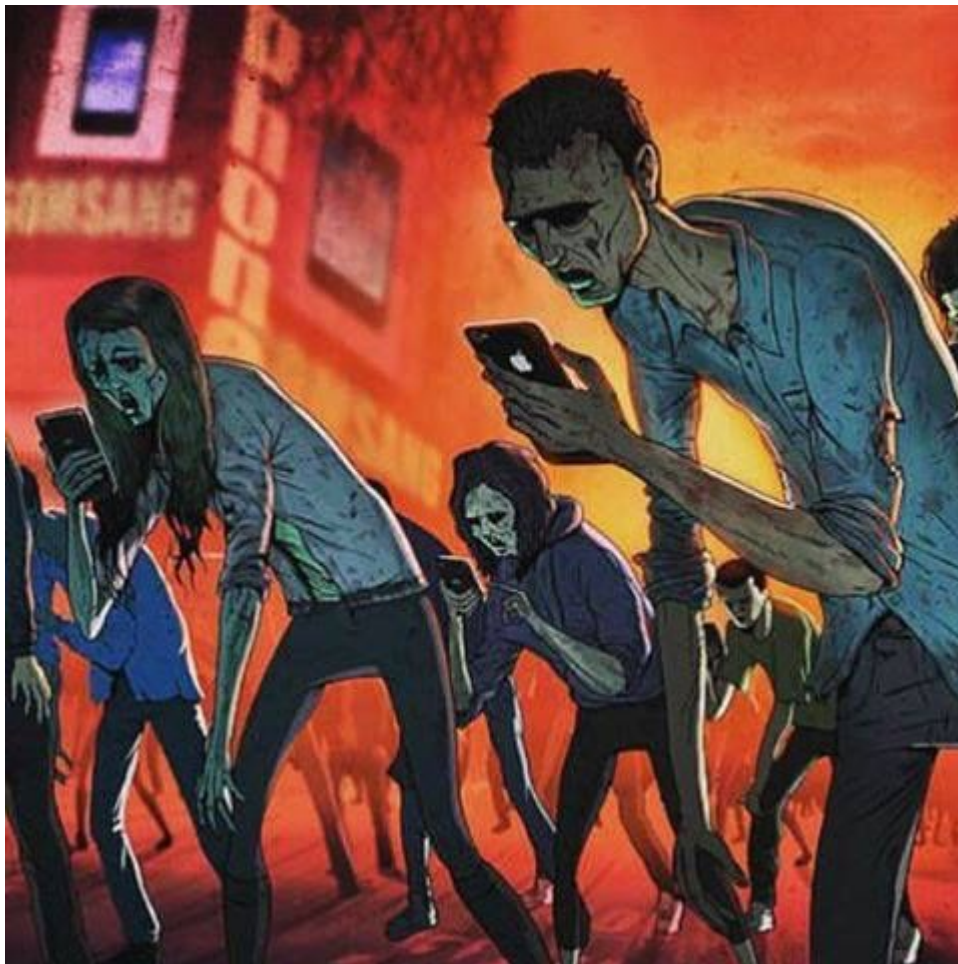


‘The Face Lift Diet’, aka ‘The Beauty Cleanse’

I think the show ‘The Walking Dead’ is seriously based on the current situation. Not only is everyone hobbling around with their faces buried in a cell phone, but now their skin is so loose and discolored that they are actually resembling zombies. Seriously, look around next time you are in a crowd, we are not supposed to appear this way, all broken with chronic dark circles and bags or as my mom would say ‘half bagels under the eyes’ or as my dad would say, a mouth that looks like a ‘puckered asshole.’ We are supposed to slowly and gracefully age with slight changes in our skin as the years pass. I could go on and on about lifestyle factors responsible for this today, ultimately the stress load, aka the stress bucket, which I touch on a bit later, but for the purpose of the article, I am going to mainly focus on nutrition.



Skin health is very near and dear to my heart because of my relationship or maybe better called obsession with the sun. I grew up on the beach, vacationed to the beach, worked as a beach attendant, played beach volleyball, and surfed, which I still do, and I currently live at the beach. All my hobbies and

lifestyle were and still are geared around the beach and sun. Therefore, my sun exposure is probably equivalent to what ten people will experience in a lifetime. I am not trying to look younger at this point, I am just trying to look my age, and this is not any easy task with so many years of abuse. That is not to say that you can't look younger, which I will explain below, but if you are anything like me, you've got an uphill battle. So, my current situation, along with literally my whole friend groups fascination with a younger appearance has driven me to create the 'Beauty Cleanse.' I have used this cleanse off and on for a few years now and for the first time EVER, I am seeing dramatic improvements in my skin and have even gotten compliments and inquiries on my skin health.

Yes, I am pulling out all the stops. I can't believe I am really rubbing colostrum and apple cider vinegar on my face weekly, but again, I am not trying to look like an old blown out loafer, and this stuff is actually working pretty well. Now let's get back to nutrition.



The Alitura Facemask:

https://www.amazon.com/dp/B00NEP1VXI/ref=mp_s_a_1_3_a_it?tag=xrproducts-20.

Real Quick... I am not a dermatologist, nor do I play one on the internet and this information is not intended or to be construed as a prescription or medical advice. Everybody is different and can experience different effects due to their specific genome. If you have special conditions, food sensitivities, or allergies, or other limiting factors, this program may not be suitable for you. This plan is just what I would do or have a family member do if they wanted their skin to look badass.

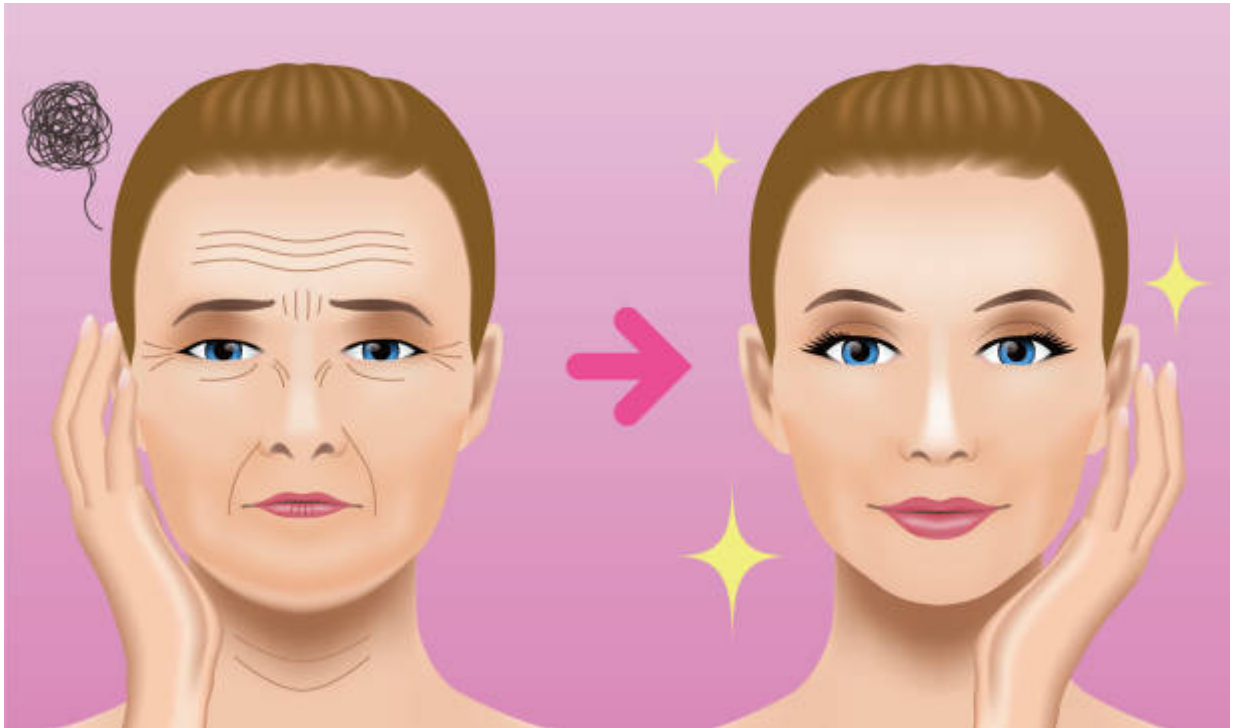
Yes, you can grow younger if your cells start working better. As they say, beauty is skin deep. Your skin is a snapshot into your overall health, - scary! So, if we address the issue at a cellular level, the cells can heal and regenerate to become healthier and optimally functioning cells. With healthy cells, skin can tighten, and your natural colors can return and/or be enhanced. All imperfections can be improved upon if you minimize the cause or underlying issue, which is ultimately stress induced deficiencies, and capitalize on rebuilding the tissues with optimal nutrition. That is my goal with this program.

My audience has made it very clear that they could care less about the science and to just show them what to do. But here is a quickie on our cells anyway, very short and sweet... Almost every cell in our body is rebuilt every five to ten years. **Yes, you will essentially have a new body in this time**, which is very cool if you take control of this. Autophagy is the process of clearing out the old and damaged cells in order to regenerate newer and healthier cells. When autophagy happens, which it always is, you have the chance to build healthier cells and eventually a new body. The new cells are built partially with the food you have on hand along with water, air, etc. You can really take advantage of autophagy or it can really work against you. Think of it like this, after eating cheesy nachos, your cellular membranes become made up of these cheesy nachos and you are essentially part cheesy nacho for years. These cheesy membranes are now compromised and cannot allow proper nutrients into the cells. This eventually damages the cells causing inflammation, possibly resulting in premature wrinkles. Now, imagine if the cheesy nachos were wild salmon and berries. The cells will be made from the essential oils from the salmon that allows proper permeation of nutrients into the cells. So, the antioxidants can flow right into the cell and quell whatever inflammation could be forming, thus preventing a wrinkle from ever forming.



Here is common example of how the typical person exists and becomes a human, Shar Pei, zombie, hybrid, and then kicks total ass, reverses the aging process, and continually grows younger and healthier. You live off of fast food, soft drinks, and alcohol in your twenties. Then add, caffeine, stress, and sleeplessness in your thirties. In your forties, you were lucky enough to meet Eddie Henry who got you experimenting with some healthy nutrition and lifestyle factors. In time, you dial this in and find out exactly what works for you. You now own your fifties, the kiddos are gone, and you can start really

taking care of yourself with things such as proper exercise, bodywork, excitement, beauty sleep, hobbies, vacations, and good nutrition, like this program.



So, in the above example, you started with a toxic body. You were existing on a toxic diet in your earlier years and consequently built new cells with toxic junk. But as you figure things out, rid your body of the toxins, and incorporate in healthy foods, the body starts to come back to life. You are ultimately growing younger at this point and feeling and looking better by the year. Side note, you are not really supposed to lose your metabolism, hormones, and skin elasticity as you age, you just have such a toxic burden from so many years of abuse, that the cells can't function properly anymore.

Think of this abuse like a toxic bucket. The more you fill this bucket up with toxins, the more the body must work to clear it. In time, the body gets tired and resistant to clearing the toxins and they begin to overflow into our system, clogging up our lymphatic system and downregulating our hormones. This causes massive inflammation and accelerated aging, leading to almost every disease prematurely. This happens from years and years of processed foods, unnecessary medications and antibiotics, dirty cosmetics, dirty electricity (the rise of 5G), pesticides, pollutants, etc. But if you can empty out this bucket and begin to fill it full of the most nutritious elements on hand, listed below, the body can not only begin to rebuild new cells optimally, but the body won't have to work very much to find the nutrients. You will have an excess waiting for use. This allows the body some much needed r and r., which is what we really need to become better. This is how we grow younger as we age. Every part of you can look and feel better.



Or



Which pic would you rather build your body with? In reference to that, I always look and feel my best when on beach vacations, specifically in desolate areas. Though my reasoning is anecdotal, it happens to most that travel to similar areas. Let's use coastal Costa Rica as an example. You sleep like a baby and your stress load is nonexistent. You spend the majority of the day outdoors in nature. Hopefully you go for a swim in clean saltwater at least daily. Clean salt air fills your lungs and fresh fish and local produce is the majority of foods consumed. The days are exciting and spent with good people which minimizes screen time. Your cosmetics are also minimized. I could go on and on, but the bottom line is that you will most likely look awesome after a week or so of this, mainly because you are minimizing stress and toxic junk and filling your bucket with the good stuff like the bottom pic above. Now, ideally, you just take this example and create a similar plan here at home. We have a beach and good local food is available, right? I wish it was that easy. But since it isn't, and the toxic bucket can take hold at any time, there is some hacking we can do. Insert 'The Beauty Cleanse.' Enjoy!

The Program:

The Beauty Cleanse is designed to last one to three days depending on your goals. I have seen people go on a week straight, but I feel other elements should be added in this case that I will discuss later. Clients typically use this cleanse either once a week as a cleanse day or a multi-day cleanse prior to an event like a wedding or vacation to look amazing. I like to end 'The Superhero Diet' <https://xrlifestyles.com/blogs/news>, and transition to the Beauty Cleanse for a few days to lean out prior to going on a maintenance phase.

Depending on your starting point, you will lose a considerable amount of weight, especially if you do a multi-day cleanse. I do advise everyone to proceed with caution and make sure you are healthy enough to start a cleansing protocol of this nature. It is common to feel discomfort due to the release of toxins within your body. Furthermore, the supplement list below is critical for this reason. You want to give the body the ability to excrete the toxins when released so they are not just reabsorbed into the body.

Though the cost of the following list seems a bit spendy, this is a 30-day supply. So, you are only looking at about twenty dollars a day. Since you will only be doing this a few days a week at the most, the initial investment could last up to a year. Once you get rid of your ridiculous coffees and processed crap, you will probably be saving money anyway.

This nutrition is based on effectiveness and convenience. You need to be able to do this program one hundred percent. For this reason, the days are fluids that can be taken with you on the go. The only meal you must prepare is dinner. If you see that you are not around for dinner, pick a different time to beauty cleanse!

Supplement List:

There are thousands of supplements marketed to do certain things. Some are good, most are crap. To further complicate the industry is the fact that we all respond differently to everything. The products below are some of my top picks for skin health and sleep. If you have already found what works for you, by all means, stick with it. But these may be worth a shot if you haven't found your silver bullet yet.

1. Organifi Glow: https://www.amazon.com/Organifi-Supplement-Certified-Hydration-Superfood/dp/B07T5X711M/ref=mp_s_a_1_1_ssapa?tag=xrproducts-20
2. Alitura Revitalize: https://www.amazon.com/Adaptogenic-Herbal-Supplement-Alitura-Naturals/dp/B01HT8U4ZG/ref=mp_s_a_1_3?tag=xrproducts-20
3. Quinton Isotonic Water: https://www.amazon.com/Original-Quinton-Isotonic-Seawater-Electrolytes/dp/B008J6OWF6/ref=mp_s_a_1_3?tag=xrproducts-20.
4. Collagen: https://www.amazon.com/dp/B005KG7EDU/ref=mp_s_a_1_3_a_it?tag=xrproducts-20.

5. Kion Aminos: https://www.amazon.com/Kion-Essential-Supplement-Recovery-Servings/dp/B078RW4K1B/ref=pd_bxgy_121_img_2?tag=xrproducts-20
6. Quicksilver Scientific CBD Synergies - SP: <https://www.quicksilverscientific.com/all-products/cbdsynergies-sp/>

Food list:

I have kicked this horse to death, but food matters. You are what your food eats! What I mean by that is, what the animal ate is ultimately what you are eating. If the beef you are having for dinner lived off of gmo corn and soy pellets, then guess what, so are you. If your 'organic berries' are heavily sprayed with pesticides, they are doing much more harm than good. If your water is in a plastic bottle, guess what, you may be ingesting hormone disrupting elements. Make sure you are doing your homework on sourcing. If you have local and trusted sources of the below items, then have at it. But if you are uncertain, just stick with the following links.

1. Bone Broth: https://www.amazon.com/Kettle-Fire-Friendly-Approved-Collagen/dp/B06XY7DZ4L/ref=mp_s_a_1_4?tag=xrproducts-20.
2. Salmon: <https://www.vitalchoice.com/product/wild-alaskan-sockeye-salmon-skinless-boneless-6-oz-portions?cat=280>.
3. Organic berries: Depends on locality...
4. Pellegrino water:

*** A good shaker bottle is necessary. You will need to put a few products in them for convenience while on the go.

These foods contain the following ingredients that I feel are necessary for optimal skin health. If you decide to go at this with different products, make sure they contain these ingredients

1. Adaptogens and anti-inflammatory agents including; Schizandra, Spirulina, Turmeric, Gynostemma, He Shou Wu, Reishi Mushroom, and Ashwagandha.
2. Properly sourced collagen and broth.
3. Essential amino acids that are responsible for building every tissue in the body.
4. Superfoods including; lemon powder, raspberry powder, Camu Camu, Boabab, Amla powder, Tremella, Rosehip powder, pomegranate extract, and Aloe Vera.
5. Anthocyanins found in the berries.
6. Salmon containing essential fatty acids, B vitamins, potassium, selenium, and astaxanthin.
7. Sea minerals which literally charge your cells and allow for optimal hydration.

The Day:

Wake up and hydrate, aka, **replenish**. Then at some point, find a way to sweat. Low impact cardio like walking or elliptical training is going to be most beneficial. Then we must **restore** with the Glow, Kion, and collagen. After consuming this drink, more hydration is necessary. Then you must **rebuild** with the optimal dinner. Last and most importantly is sleep, when we **regenerate**. Below is a step by step guide for the Beauty Cleanse.

*** You will consume approximately 80 oz of fluids daily. Plan to have bathrooms near. If you are in excess heat or sweating in excess, more fluids may be necessary.

*** If you already have low bodyfat levels and your goal is not weight loss, I would recommend having a serving of the Kion Aminos pre-workout as well.

1. Upon waking: Pour one Quinton Ampule into a 25 oz glass Pellegrino. Drink over the course of the morning. Sorry, coffee is not permitted during the Beauty Cleanse.
2. Late morning through early afternoon: Have one serving of Organifi Glow with two scoops of collagen protein and 1 scoop of Kion Aminos with approx. 20 oz of purified water in a shaker bottle. This is a bit tart but just think of it as tart is 'tightening.' I like to sip this over the course of an hour or so. Take two capsules of Alitura Revitalize with this drink. In the event that you don't have a good filtration system, here is the best pitcher filter I know of:
https://www.amazon.com/Seychelle-Pitcher-Regular-Filters-Included/dp/B01CGT22VM/ref=mp_s_a_1_8?tag=xrproducts-20.
3. Midafternoon: Pour one Quinton Ampule into a 25 oz glass Pellegrino. Drink until early evening. Try to be finished up an hour prior to dinner.
4. Dinner: 6 oz of Vital Choice salmon with a cup of bone broth and small handful of organic berries. Try to consume this a few hours prior to sleep.
5. Before bed: Take CBD Synergy

This is what a small handful of berries should look like.



- Exercise should be low intensity on 'Beauty Cleanse' days. Small muscle groups with low impact is perfect. Work up a small burn and a mild sweat and get on with you day. I prefer activities like barre class and walking. High intensity impact activities like dumbass burpees are not a good idea while low calorie!

The maintenance program of the Beauty Cleanse should look like a whole food based, low carb version, of the Mediterranean Diet.

- While on a maintenance program, C60 Rejuvenate should be taken with your first meal of the day for optimal skin health; <https://c360health.com/product/rejuvenate-for-women/>.
- While on a maintenance program, 'Beauty Cleanse' once a week.
- While on a maintenance program, drop to one ampule daily of Quinton.

This maintenance program is where 'The Face Lift Diet' came from. The longer you continue this lifestyle, the easier the programming gets, and the more dramatic the results will be. The first few months are ok, but realistically, in a few months, you have only regrown a small fraction of your cells with optimal ingredients. But after years, almost all of you body will have been regenerated. At this point, you will have a whole new energy and clarity from optimally functioning cells. This is when consistency gets so damn effortless and fun, because your body is working how it is supposed to, maybe for the first time ever! Collagen is a great example of this. Take it for a few months and you will feel and look slightly better. But after a few years, you have a whole new matrix of collagen in your body and everyone will be asking your secrets. Consistency is the real secret!!! Ok, enough blabbering...

Good luck and for all other questions, check out the website at www.xrlifestyles.com

Or screw it and just go braless...



