

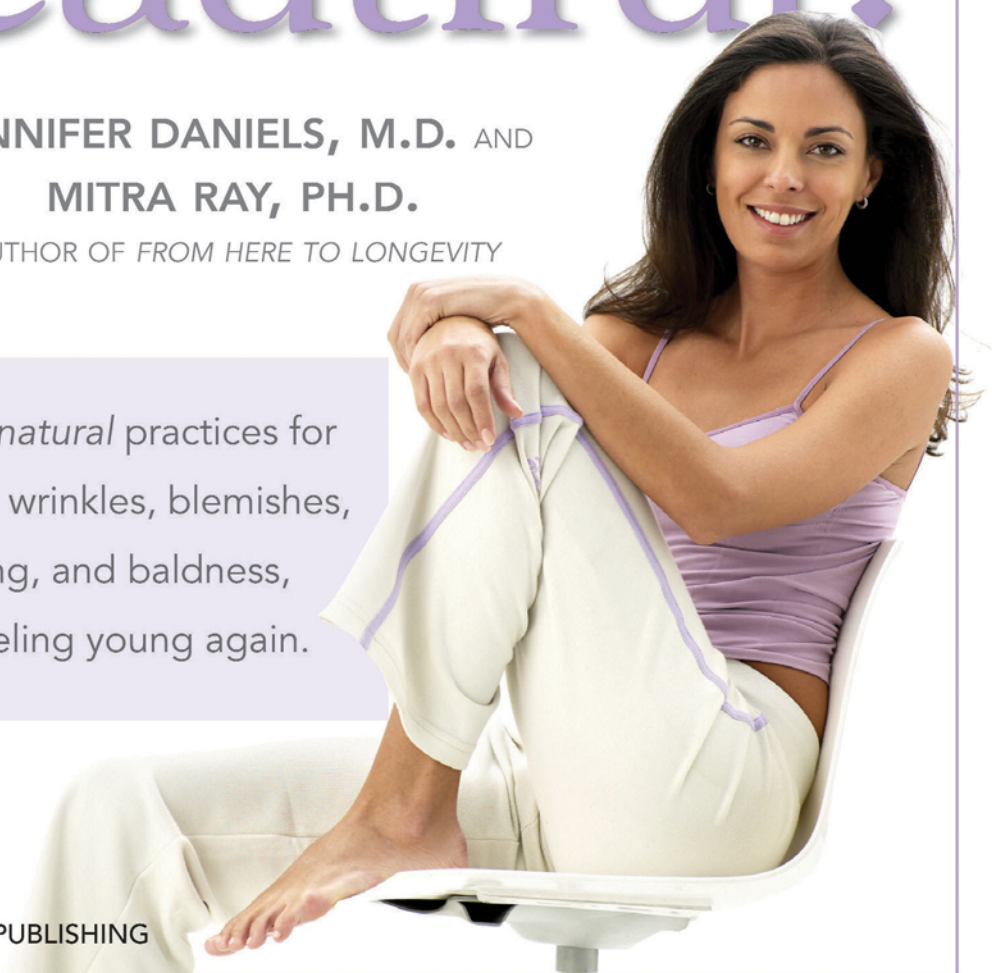
# Do you have the guts to be beautiful?

JENNIFER DANIELS, M.D. AND  
MITRA RAY, PH.D.

AUTHOR OF *FROM HERE TO LONGEVITY*

Simple, *natural* practices for  
reversing wrinkles, blemishes,  
graying, and baldness,  
and feeling young again.

SHINING STAR PUBLISHING





## HEALTH

- Facials with 100% edible products that improve your looks immediately
- Lifestyle practices for erasing blemishes and wrinkles
- 100% natural practices for reversing graying and balding

"I have spent over 30 years searching for 'simple' health. Thanks to *Do you have the guts to be beautiful?*, I have never felt more alive and energized! I appreciate the weight loss as well—14 lbs in the first 35 days! Thank you to Drs. Ray and Daniels for sharing this timely, 'self-care' message with everyone. You have truly blessed your readers!"

—Judy Strickler, R.N., Clovis, California

"Drs. Daniels and Ray not only understand that beauty is actually a sign of inner health, but also that inner health is reflected in the only areas of our body exposed to the outside world—namely, our skin and hair. I look forward to passing on their insightful and very practical advice to my patients and family alike."

—Frederick A. Coville, M.D., Plastic and Reconstructive Surgeon  
Worldwide Lecturer on Skin and Beauty, London and New Jersey



**DR. MITRA RAY** received her Bachelor of Science from Cornell University, and her Ph.D. in Cell Biology from Stanford University Medical School. Her research has been funded by the National Institutes of Health and the American Cancer Society and published in prestigious journals. She is an author who is passionate about educating people on how to take control of their own health. She lectures around the world.



**DR. JENNIFER DANIELS** received her undergraduate, pre-medical degree from Harvard University. She attended medical school at the University of Pennsylvania, where she simultaneously completed an MBA at the Wharton School of Business with a focus on healthcare management. Today she runs a fasting clinic in Panama, where one can go to rejuvenate, and learn the beauty practices within.

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## *Important Practices for Beautiful Skin: Facials*

Let's say you are doing the best you can to be healthy and beautiful: you eat a WFPB diet, fast once a week, eat only one or two meals a day, drink the Green Drink, drink plenty of distilled water, do the enemas on a regular schedule, and maintain a positive outlook. So, you've done the best you can. You may be a little shy of perfection, but you have made changes. You have seen results, but would like to see quicker results, or more improvement. Or let's say you have a big date or a wedding to attend and you are eager to look your best. If any of the above applies to you, the facial is your salvation. *If you are adhering to the program described above, over time, you will not need a facial.* The facial is truly an intervention that becomes necessary when you have made your best effort, but are not able to do everything perfectly. The facial can bridge the gap between what you know you should do and what you actually do.

Dr. Daniels developed her own facial over years of going to spas and getting facials herself, reading Ayurvedic and Japanese

beauty books, and experimentation at home. One philosophy behind her facial is not to put anything on the face that you wouldn't eat. If you wouldn't put it on your plate, then don't put it on your face! This is critical because the face absorbs material just as if you had eaten it. So, if you would not put a spoon in your moisturizer jar and eat it, or use it as an ingredient in a dish you would serve to your family, then you should not put it on your face. As we discussed earlier, chemicals that you put in your mouth are absorbed into your blood and reach your skin where they are deposited. When you put these chemicals on your skin, they are absorbed by your skin cells into the blood, and therefore into the body. Furthermore, some chemicals can enter skin cells immediately, creating visible deposits (age spots/ blemishes), and can worsen the skin conditions you are trying to improve. And again, makeup can damage your skin to the point that you are embarrassed to show your face in public without applying makeup. It's a vicious cycle – but it can be broken.

*Mother Earth* magazine reports:

The Environmental Working Group (EWG) found that 80% of the products they tested were contaminated with one or more substances linked to cancer and other health concerns. A recent EWG study of 15,000 cosmetics found that 22% of them were contaminated with 1,4-dioxane, which the U.S. Environmental Protection Agency classifies as a probable human carcinogen, and a known animal carcinogen. The Campaign for Safe Cosmetics ([www.safe-cosmetics.org](http://www.safe-cosmetics.org)) says many of these chemicals are easily absorbed into the body because they're applied directly to your skin. And while the chemicals in any single product may not be a concern, repeated exposure from a variety of sources can be detrimental to your health. EWG ([www.ewg.org](http://www.ewg.org)) has a searchable database called Skin Deep ([www.cosmetics-database.com](http://www.cosmetics-database.com)), to help consumers choose better, safer personal care products [including natural and organic items].<sup>14</sup>

Dr. Daniels never wears any makeup. For very special occasions, Dr. Ray will wear lip gloss and eye liner made from edible products. If you choose to wear makeup sparingly, buy your makeup from local health food stores. Be sure to request an ingredient list first to find healthy products with edible ingredients, and check the database mentioned above.

## *Dr. Daniels' Natural Beauty Facial*

Remove any makeup before doing a facial. Apply castor oil and gently remove with soft tissue or cloth and simply wipe the makeup off. Note that you don't have to worry about the myth that you rub in an upward direction to prevent skin sagging. Diet and hydration are key, not what direction you rubbed your skin during a brief facial.

Here is an explanation of the ingredients used in the facial. Note that they are all edible and thus safe for your face. In fact, you want the nutrients to be absorbed by the skin.





**Vitamin C** will help kill bacteria on the skin and breaks up sebum – the greasy, waxy deposits. The scientific literature also shows that vitamin C enhances collagen production and repair when used topically. Vitamin C is an antioxidant that acts as a scavenger of free radicals, so it can decrease fine wrinkles and age spots. Vitamin C has also been promoted for topical prevention of skin damage caused by UV radiation.<sup>15</sup> Sun block is often recommended for prevention of UV damage to the skin. Sun block has the disadvantage of blocking valuable rays that promote vitamin D production and prevent breast cancer, arthritis, and osteoporosis. Using topical vitamin C may provide UV protection without sacrificing the benefits of vitamin D.

**Rice bran** is created by removing the “brown layer” of brown rice to create white rice. It has B vitamins, minerals, and fiber. The grittiness from the fiber exfoliates dead cells, diminishes blemishes on the skin, and removes the sebum and waste loosened by the vitamin C treatment. Dermabrasion is the term used to describe the removal of the top layer of skin. This process is proven to be a good and safe method to treat the scars of acne.<sup>16</sup> Microdermabrasion is a popular cosmetic procedure for skin rejuvenation that is achieved by mechanical abrasion of the skin at a superficial level. Small crystals are used to remove cells in this procedure. It has been shown to improve fine wrinkles, dullness, pigmentation, large pores, yellowness, and increase brightness.<sup>17</sup> Rice bran is

the consistency of sand when it is dry. It is mildly-abrasive and can be expected to yield benefits similar to microdermabrasion. Some skin cells are removed as you gently rub your face with the softened rice bran mixture.

The scientific literature shows that with dermabrasion, benefits are seen when the top layer of cells is removed, even when no nutrients are provided. Rice bran removes cells in a similar fashion, with the added benefit of nourishing the skin with B vitamins, vitamin E, and minerals. The noticeable difference is that it helps to “plump up” the cells, which makes the wrinkles less apparent. Each time you do a facial, wrinkles diminish and your youthful appearance is restored.

**Lemon** soaks up the toxins while the bioflavonoids are absorbed, and this fortifies the cells so that they are not so fragile. The lemon also has a bleaching action on age spots and acne, and acts as an astringent, bringing the skin cells closer together. You will pull out toxins and wastes that were loosened by the vitamin C and rice bran, and “seal” the pores. It also tones and nourishes your skin. Studies show that topical application of citrus flavonoids inhibits sebum production in hamsters. This same mechanism may explain the beneficial effect of the lemon on acne.<sup>18</sup>

**Grapeseed Oil** (or *Jojoba oil* if you are over 40) is used to moisturize your skin. The oil takes away the tight feeling after the lemon step, but preserves the taut and silky smooth

surface that was achieved.

#### ITEMS NEEDED:

- 1 WASHCLOTH
- WARM WATER
- 1 HAIR-BAND OR BANDANA TO PULL HAIR BACK
- 1 HAND TOWEL TO DRAPE OVER YOUR CLOTHES TO PROTECT THEM  
(YOU MIGHT OPT TO DO YOUR FACIAL IN THE SHOWER. BE SURE TO RINSE SHOWER CAREFULLY WHEN YOU ARE DONE TO PREVENT BACTERIAL GROWTH.)
- LIQUID VITAMIN C
- 1 TBS. RICE BRAN
- 1 LEMON CUT INTO WEDGES WITH JUICES SOMEWHAT SQUEEZED OUT. CUT LEMON TO HAVE MAXIMUM EXPOSURE TO WHITES OF THE LEMON RIND
- 2 TBS. OF ORGANIC GRAPESEED OIL  
(JOJOBA OIL IF YOU ARE OVER 40)

#### FACIAL STEPS:

- Drape your clothes and pull hair back with headband.
- Rub the liquid vitamin C onto your face and neck, making sure to avoid the eyes. Wait 1-5 minutes before the next step.
- Add warm water to the rice bran and make a paste with about 2 Tbs. of the warm

water. Wait a minute or two for it to soften so it will be gentler on your skin. It is not necessary to rinse off the vitamin C before applying the rice bran. Gently rub the paste into your skin and massage to exfoliate and nourish the skin. Do less rubbing over areas like the cheeks and forehead where the skin is naturally thinner.

Wait several minutes while the nutrients are absorbed.



- Squeeze the juice from the lemon. Press the pulp against your skin. Use circular motions. You will feel a tingling sensation. The tingling is the astringent action of the lemon tightening your skin and removing wrinkles, so don't rush this. Leave lemon juice on for 3-5 minutes. When Dr Daniels' wrinkles were especially severe, she left the lemon on overnight. You may use the edge of the lemon as a "razor" and remove the rice bran from your face. Do this cautiously as essential oils are released and may irritate your skin. The lemon also has a bleaching action.
- Place your washcloth in very warm water. Then squeeze most of the water out and place it over your face. Press it gently on your face and keep it on until it cools. Then use the damp cloth to remove lemon pulp and rice bran particles from face. Rinse the

cloth in warm water and wipe again. It may require several rinses to get all of the particles off your face.

- Finish with grapeseed or Jojoba oil; put a few drops on your hands, then spread it gently on your face. This will not plug up your pores because you have already sealed the pores with lemon as an astringent. Blot off excess oil with a clean dry towel.

As long as you feel comfortable when you do this, you may do it safely once a day for about a week, and then cut back to once or twice a week to maintain. If you have any discomfort, wait two days before repeating, or skip the step that causes discomfort.

#### SHORTCUTS:

Sometimes you only have a few minutes in the morning before you have to rush out the door. What do you do? Just wipe your face with a damp cloth, apply the organic oil and then wipe the excess oil from your face and go! If you have a little more time, you can do any one of the steps prior to the rinse and oil step – that is either the vitamin C, or the rice bran, or the lemon wedge step.

#### VARIATIONS:

- 1 DRY SKIN: If you have very dry skin and you have no acne or infections on your skin, then you can actually use avocado instead of organic oil. The avocado is not a uniform fruit. You want to use the more

oily green part next to the avocado skin, rub it on your skin, and leave for a minute. Remove excess to leave your face with a beautiful glow.

- 2 ACNE AND OILY SKIN: You can substitute the rice bran with finely ground up red lentils. It is important to grind up the lentils to a powder like consistency and not use any larger bits that will damage the skin. Also, instead of massaging it in, it is better to pat it on and let it dry slightly on the face. This step pulls out excess oils. If the smell is too bothersome, you can use some fresh squeezed orange juice instead of water to mix with the lentils. Then gently wipe off the lentils and throw into the toilet for easy disposal.

- 3 AGE SPOTS: In the spring time, you can slice the stem of dandelions to get to the white sap inside. Put this sap directly on individual age spots. If you can, let it stay on overnight. Gently peel it off the next day (or it will come off with your facial) and the age spot will come off with it.

