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THE BEAUTY EXPERT

APRIL 2008

SPECIAL SECTION

LOOK YOUNGER NOW!

203 TIPS

The Best Wrinkle-Fighters, Stress-Lifters, Energy-Boosters & More

Shiny, Bouncy Hair

The Best Products, Styles, And Scissor Tricks

Clothes You'll Love

The Perfect Dress, Shoes, And Trench for Right Now



Mariah Carey

"We all have stories...
I have a miniseries."

IRRESISTIBLE NEW MAKEUP

Cool Shades for Spring

Greens First Products As Featured In...

Allure Magazine

The Beauty Expert April 2008

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Greens First Meal Replacement Kit

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Clock-Stopppers

You don't have to be older to be wiser about aging. Six top experts explain the latest news on looking young, feeling stronger, and thinking sharper at every age.

PHOTOGRAPHED BY GREG WILLIAMS

Clock-Stopppers

By Greg Williams

“6 Experts Explain The Latest News on Looking Young, Feeling Stronger & Thinking Sharper At Every Age”

4 Of The Experts Are...

• **Michael Rozen, MD**

Cleveland Clinic ; Developer of RealAge

• **Brian Kinney, MD**

USC Professor of Plastic Surgery

• **Jay Olshansky, MD**

Univ of Illinois Professor of Epidemiology

• **Jeannette Graf, MD**

Former Professor of Dermatology, New York University Medical Center

Allure Magazine

The article contained six photographs of top model Caroline Winberg including...

One photograph drinking a Greens First Shake



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- Mixes easily without a blender.
- Contains 49 super foods, extracts and concentrates including super greens, vegetables, fruits, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids, enzymes and lecithin.
- Sold through health care practitioners only.
- Each 1/4 gram scoop mixed with 6 to 8 oz. of water is proven to have the antioxidant power of 10 plus servings of fruit and vegetables.*

*Antioxidant activity determined using the ORAC (Oxygen Radical Absorbance Capacity) assay.

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"GreensFirst is the perfect nutritional foundation for almost every wellness, weight management, or therapy program."
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 Michael J. Fallon, D.C., Main-Line Medical, Milford, PA

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- Promote Normal Cholesterol
- Assist Weight Management
- Support Low Calorie/Low Carb Diets

GREENSFirst is good for the whole family and best of all, it TASTES GREAT!

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And another
photograph of her
taking an
Omega 3 First
Capsule

Complete Ultra Pure Omega 3 • 6 • 9
ESSENTIALS



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Because the body cannot manufacture essential fatty acids on its own, it is imperative that they are ingested either through food or dietary supplements.

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- Women's Health
- Skin Health

Flaxseed oil has been reported to help with cardiovascular health, joint health and women's health.

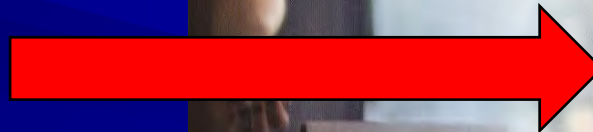
Borage seed oil has been associated with cardiovascular health and skin health.

EPA/DHA Fish oils have been associated with skin health.

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Complete Essentials Omega 3 • 6 • 9



Jeannette Graf, MD Was Asked...



What do you think is the most surprising thing that causes aging? Acidity: your body's PH level being unbalanced. An increasing number of physicians believe that excess acidity—from an overly acid-producing diet—accelerates aging by preventing cells from protecting themselves against metabolic damage. In your skin, an unbalanced PH will lead to bumps, wrinkles, gauntness, and poor skin tone and color.

She Was Also Asked...



What's the easiest thing you can do to **prevent that?** Raise your body's PH through your diet. Acid buildup comes most notably from foods you probably already think of as unhealthy—animal proteins, refined sugar, processed foods. Alkalinizing foods are fruits, vegetables, nuts, and seeds. Three quarters of your plate should be alkalinizing food, with one quarter acid-producing food.

And Finally Dr Graf Was Asked...



What do you do differently now because of things you've learned about aging? Every morning, I have an alkalizing cocktail to start my day—it's a bottle of water with one or two scoops of greens powder, one or two scoops of fiber powder, and a tablespoon of spirulina, which is a type of algae. Greens powders are just a concentrated form of vegetable juice—a single spoonful is equivalent to ten servings of fruits and vegetables. My favorite kind—Greens First—actually tastes sweet. It might look like pond water, but I actually enjoy it. And it gives me tons of energy.

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