



# Anti-Aging & Beauty

By Ron Tracy, Organic & Natural Enterprise Group

IT IS ALL ABOUT  
PERSPECTIVE

Why are we doing this to ourselves? What benefit is there in striving for something we will never obtain? Why is it that the males of our species seem to physically glide through life not beating themselves up, and the females worry themselves silly over every wrinkle and pucker? Does the phrase Anti-Aging even make sense?

We age. We have to. That's the way it was written. It used to be that humans found value in their character and the way they refined their character over time into something solid and shining, like a precious gem that starts out looking like any old rock and ends up a ruby or sapphire or diamond. How many of us would give up our wrinkled, plump grandparents for tight-faced counterparts with tummy tucks and liposuction? Would we love Grandma and Grandpa any better? And what if Grandma was competing for *your* boyfriend?

Come on, everybody, let's get real! Get real for our health, our well-being, our joy of life, and

for the message we send to others, especially our children.

Does that mean we don't take care of ourselves and let ourselves go, like the house on the block with chipping paint and a yard full of weeds? Quite the contrary. It means that we need to do the things that give us a bountiful, meaningful, healthy, and joyful life, while respecting our bodies and the neighborhood.

*It used to be that humans found value in their character and the way they refined their character over time into something solid and shining, like a precious gem that starts out looking like any old rock and ends up a ruby or sapphire or diamond.*

## We need to...



**Discover** what makes us tick: our unique gifts, talents, and passions that we develop for our own happiness and to help others.

**Praise** each other for the efforts that lead to our good choices and accomplishments, not the way we look.

**Be the best** we can be, and make the most out of what we have naturally been given, and not find our self-value in the way we look, or glorify others for something they really didn't have much to do with.

**Respectfully and gratefully care** for the earth in a way that sustains and adds to its glory and beauty, not destroys it. This kind of mindful living brings peace and contentment, not restlessness and boredom.

**Identify** our own style and colors that make us feel comfortable in our own skin and wear them with pleasure and confidence.

**Honor** our amazing bodies by choosing unadulterated food and products that make us strong, limber and vital, and stay fit by exercising in a way that makes us feel satisfied and alive.

**Get up** every morning, get ready for the day, and then do what we love most without giving another thought to the way we look — limit mirrors!



*We need to **get real!***

“People say you've got to be fake to get to the top, to the top. And that we're never gonna have what it takes. So we might as well stop - but we're not!”

- Jamie Houston, Songwriter

What exactly does getting real mean? Once again we can look to nature for the blueprint.

Nature in all its glory — botanicals, herbs, trees, birds, animals — is simplistic, peaceful, beautiful, and accepting. There is a natural cycle in nature that synthetic chemicals try to eradicate. The seasons. Spring, Summer, Autumn, and Winter exemplify our lives whether we want to accept it or not. In Spring we burst forth so fresh, smooth and delicate, and with such possibility, the whole world wants to embrace us.

In Summer we bloom bright and beautiful and with such strong potential and possibility, it takes the breath away. In Autumn we begin to change, but with such grace and loveliness, people want to bask in the sheer joy of our experience and calm. And in Winter, we get to rest, reflect, rejoice in the life we've built, taking it all in with the wisdom and sagacity of one who has been there and *knows*, and can now sit back and simply enjoy.

This is nature at its best. This is what is available to all of us if we would simply embrace it.

This is aging gracefully, the antithesis of anti-aging.

### SYNTHETIC CHEMICALS

What is interesting, and worth pondering, is that the artificial, synthetic chemicals and processes used to try to prolong or redesign beauty are the culprits in many diseases that shorten lifespan. Let's take a look at just a fraction of the synthetic chemicals used in hair, skin, and personal care products, remembering that chemicals are not simply washed out of the hair or off the skin, but some are absorbed into the body and stored in body fat, and that we are potentially exposed to hundreds of chemicals each day through products, food, and the environment.

### Cocoamide DEA (diethylalomine) TEA, MEA

A detergent that causes allergic reactions, including eye problems, dryness of hair and skin, and can be toxic if absorbed into the body over a long period of time.



This is nature at its best. This is what is available to all of us if we would simply embrace it. This is aging gracefully, the antithesis of anti-aging.

### Propylene Glycol

A petroleum derivative and industrial antifreeze. It is so toxic that the EPA requires workers to wear protective gloves, clothing, and goggles. Because PG penetrates the skin so quickly, the EPA warns against skin contact to prevent consequences such as brain, liver, and kidney abnormalities.

### Sodium Lauryl Sulfate (SLS) Ammonium Lauryl Sulfate (ALS)

Used in car washes and engine degreasers - and in 90% of products that foam. Animals exposed to SLS and ALS experience eye damage, central nervous system depression, labored breathing, diarrhea, severe skin irritation, and even death. It is frequently disguised in semi-natural cosmetics with the explanation "comes from coconut."

### Benzyl Alcohol

Irritates the upper respiratory tract and depresses the central nervous system. It can cause headaches, nausea, vomiting, dizziness, and drop in blood pressure.

### Ethanol

Found in fabric softener, dishwashing detergent, air fresheners, nail products, and paint and varnish remover and is on the EPA Hazardous Waste list. It can irritate the eyes and the upper respiratory tract and cause central nervous system disorders.

The question to ask is if "conventional beauty" is worth the risks. Is striving for beauty at any cost really worthwhile? Does it satisfy? Is there a point in time when a person finally feels beautiful and says, "I have arrived. I can stop seeking beauty now."

No. People will never be satisfied with the way they look on the outside, and it only gets worse as we age — unless...Unless we grasp the meaning of true beauty as described in the points above.

Take the time to stop and smell the roses—but what if that delicate, silken red rose was brushed over with red paint and sprayed with irritating artificial fragrance?

As we age, nature supplies us with fresh and vital plants that harmonize with our skin and hair

and make us feel good—and lovely. Wrinkles are a sort of journal recording all of our victories and struggles—in a script all their own! Even turning gray helps to compliment our softening skin tone. And if we have lived right, if we have grown and learned and become gentler and wiser — shining like a gem — wrinkles and gray hair and all the other signs of aging we try so hard to exterminate say to the struggling young that we are worthy counselors, ready to help nurture, guide, and ease their growing pains.

It has from the beginning of time surrounded us with its love and care. It is always available — unless reckless people wipe it out — willingly sacrificing its life for ours.

Nature, in the form of things that grow, is a living and thriving example of selflessness and grace that we would do well to imitate.

### Here are some worthy "graceful-aging" friends:



### Herbs and Botanicals

Nature's medicine chest. Their different properties help to heal, strengthen, restore, revitalize, soothe, beautify, and perfume the entire body.



### Avocado Oil


Known for penetrating the skin more deeply than other plant oils. It contains high concentrations of vitamins A and E, as well as B1, B2, and D. It soothes the skin and restores luster to the hair, hydrating dry and damaged ends.

### Myrrh

In essential oil form is obtained from the resin of the Myrrh tree and has excellent anti-aging and anti-wrinkle properties. It is astringent, tones the skin, and promotes new cell generation.



With an arsenal of spectacular ingredients like these growing right outside our front doors—and many of them could even be growing in that neighbor’s weed garden—why would anyone want to use harsh, often irritating, artificial, lab-generated chemicals on and in their body? Toxic chemicals get in the way of nature doing its job to help you age comfortably and be the best that you can be!

All 'natural' and 'organic' product labels aren't created equally. Make sure that your supposedly natural ingredients are pure—certified organic—so as not to add pesticides, herbicides, insecticides, bleaches, and other possibly harmful elements to your aging and beauty choices. 

### Fennel

Has a tightening effect on the skin and increases the elasticity of the connective tissues, helping to diminish wrinkles.



### ABOUT ONEgroup

**Organic and Natural Enterprise Group** (ONEgroup) is an Australian based company that creates and manufactures the world's first Certified Organic skin care, hair care, personal care, health care, and cosmetic products. ONEgroup's range of MIessence products stand in a class all their own by being independently certified to international food grade standards by some of the world's most respected organic certifying organizations, namely, Australian Certified Organic (ACO), U.S. Department of Agriculture (USDA), and IFOAM (Europe).

ONEgroup's vision is to be an outstanding enterprise of inspiration, conviction and integrity that is a force for change towards ethical and ecological business practices while making a positive difference in the lives of their Independent Representatives, customers, employees, and their families throughout the world. Their innovative product ranges of unrivaled purity and effectiveness, combined with an ethical, unique and versatile business model, rewards all associated with them through a financially stable, soundly managed company. Visit their website: [www.miessence.com](http://www.miessence.com).

### Carrot Extract

Soothes dry skin and is useful for the treatment of dermatitis, eczema, psoriasis, and wrinkles by revitalizing the basal layer.



### Shea Butter

Naturally rich in vitamins, especially vitamins A, E, and F. Its moisturizing properties help to even out skin tone, ease irritation, and restore luster to skin and hair. It penetrates deeply into skin to help restore elasticity.



### Yucca Juice

Contains natural saponins that gently cleanse and repair damage to cell membranes of the scalp and skin, helping to prevent nutrient loss.



June Special  
Healthy Hair Pack  
20% OFF!



miessence®

unrivalled purity,  
potency & freshness

certified organic



#### Certified Organic

Miessence® is the world's first skin care range, certified organic to food standards by an independent third party certifier.

The benefits of certified organic products and processes are:

- Independent third party guarantee of quality and purity of ingredients
- Safe, clean and potent plant extracts of high vitality
- Sustainable agriculture that respects, supports and nurtures the complete ecology and energy of our planet
- Authenticity and integrity of 'organic' and 'natural' claims
- Prevention of damage to the environment and humans by the poisonous chemicals used in conventional agriculture

#### 100% Beneficial Ingredients: Potent and Active Products

We are proud to say that every ingredient in every certified organic Miessence product is beneficial to you and your body. Only certified organic, cold-pressed oils, herb and flower extracts and essential oils are used.

#### Cold Formulation: Bio-Available Nutrients for Your Skin

Only cold formulation offers superior, quality, active ingredients unaltered by heat and synthetic emulsifiers. Only cold formulation provides your skin significant quantities of bio-available nutrients that literally feed your skin.

#### Made Fresh: Shipped Fresh

All products are shipped directly from the factory shortly after manufacturing. This ensures their freshness and potency.



For more information:

[www.aestheticstrends.miessence.com](http://www.aestheticstrends.miessence.com)