



SECRETS to
Healthy Aging
&
Ageless Beauty

*Making Life ...
Simple, Beautiful,
Complete*

ALIE JAMES

women; it helps us transform (or, “Make-Over”) our lives and reach our goals of *Healthy Aging & Ageless Beauty*.

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Secrets to Healthy Aging & Ageless Beauty isn't about *loosing* or *giving up* more of yourself than you already have; instead, it's about *finding*, and *getting to know* yourself – your **true** self – so that you can “truly” become selfless.

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The proverbial UGLY DUCK – We know how this story ends – beautiful swan, graceful in its metamorphosed state. In case you're thinking that I'm implying you need my few humble words to escape an *ugly* life, or that I am implying in any way that you are physically *ugly*; this couldn't be further from my intention. The reference to the *Ugly Duck* is simply a metaphor about life – how we are beautiful from the moment we are “hatched”, and that beauty emerges as a natural result of getting older. Just like in Andersen's story of The Ugly Duckling – it took time for this *ugly* duck to reach its full potential, and grow up, and into a *beautiful* swan.

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I plan to give new meaning to the old expression – “Age Before Beauty”. I want to show you how beauty naturally evolves as you “grow up, and into yourself” – like the *ugly* duck that **naturally** and **effortlessly** grew up and became a *beautiful* swan; in fact, this was the duck that got to

experience the first “Ugly Duck Makeover”. (Hmm, sounds like the first Lucky Duck!)

Explaining how we can experience the same *natural* and *effortless* transformation is the emphasis of this book and *The Ugly Duck Makeover*®, and it’s the reason I wrote them. I want to share with you what I’ve learned about *Healthy Aging* and *Ageless Beauty* over the last 25 years, and I’m hoping that these ideas will make it easier for YOU to get the most YOU can, out of the rest of your life.

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Even though I wasn’t quite old enough to actually have become a flower child, I do have the distinction of living a lifestyle of excesses – like many members of my generation. We got used to living this way when we were very young. It started in the late 40’s and 50’s when our parents doted on us – we were given whatever we wanted and usually had their full attention in a “Leave It To Beaver” sort of way. In the 60’s, we broke through the few restrictions they had put on us to *fully* indulge ourselves. In the 70’s, we grew up a bit and began acquiring our “big girl” and “big boy” toys. In the 80’s we acquired *lots* of things, even bigger and better than before, and declared it was *our right* to have them. In the 90’s, we couldn’t get enough of Starbucks and Botox; we expected coffee hours and youthful looks to last forever.

Now, as we end the ’00 decade, we are reaping what we’ve sown. We are feeling, and very much looking, our age.

Certainly, our bodies show the evidence of our past lifestyles (and maybe our minds do, too). We are now asking our loved ones, our therapists, and ourselves to what purpose our life has been (and is). We especially want to know how to reverse the negative effects of our past in regards to our Health & Beauty.

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Luckily, I began asking those exact same questions about 25 years ago, before I reached an irreversible Health or Beauty problem. I found the answers after much research, study and experimentation, and soon began practicing what I had learned. I got such great results that over time, I created my own Health & Beauty program. (*The Ugly Duck Makeover*® is the nickname I've given my Health & Beauty course, which is technically known as *The 7 Week Foundational Health & Beauty Program for Women*®. I'll be using both of these names interchangeably throughout the book.)

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... women have been trying to grasp **it** for centuries. However, today's women are embracing the quest as though it were something completely new. They are desperate to know the same secrets as their favorite people know. They want to have effortless, successful lives just like Oprah, Carrie, Tiger and Johnny. They want to discover how to optimize their Health & Beauty. They want to live well, be well and love well every day of their lives. They want to be FREE! They desperately want **it**, and they want **it** now!

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Getting back to **it**, let me sum it up, yet another way: *It helps us get the most out of life, no matter what age we happen to be, and ultimately, helps us find the freedom within ourselves to age – naturally and effortlessly; and in doing so, becoming beautiful, healthy women.*

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The secret to *Healthy Aging* and *Ageless Beauty* is Spirit – your Spirit, which is the **It** everyone is looking for. This incredible resource exists deep within *you*, just waiting to be rediscovered! **It** helps make life the best it can be, makes aging effortless, and imparts the “first and last impressions” we make in life. **It** allows us to “do Health & Beauty”, exactly the way we were designed to do it, which is *our* way.

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I was free, simply because I was me ...

Whatever I wanted to do, I was able to do.

If I thought it, my body would do it.

I was fearless and courageous,

and living was absolutely effortless.

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What I remembered about my favorite days were feelings of *absolute health* and *total freedom*, maybe even a sense of timelessness – like a feeling of being “forever young”.

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The Ugly Duck Makeover® is about “doing Health & Beauty” a completely new, revolutionary way. You’ll learn how to do it, “your way”, because I believe *your way* will ultimately lead to the place within yourself, where FREEDOM exists (a place where *self* merges with the vastness beyond self; thus, a place where selflessness exists.)

Let’s be patient and prove that we can soar above the sameness of every day living and enjoy many more favorite days, just like we did when we were younger. Let’s get back to living in a way that puts our minds and bodies back into balance. Let’s refocus our life’s journey to include Health and Fitness, before it’s too late. And finally, let’s rediscover what Beauty *really* is, and relearn how to let our own unique Beauty shine. This is what we *really* want – and we’re calling all of it, *The Ugly Duck Makeover*®.

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The Foundational Health philosophy is built upon this same truth; positive health occurs as a result of laying a proper foundation in the cells – cleansing, nourishing and protecting them, and such optimization of cell function

ultimately leads to balance – the healthy integration between Mind & Body.

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To summarize the Microdose theory: When a minimum amount goes into, or is done to the Mind & Body, maximum Health & Beauty should follow. How does this happen? My theory is that the Microdose provides the necessary ingredients and/or catalysts for the Mind & Body to naturally reconnect to each other, which leads to balance (or harmony) between them. Not only does the Mind & Body begin to function better, but also, Mind & Body Balance lays a “foundation” for the Soul to reawaken. As your Soul begins to reawaken, you notice how *little* it takes to stimulate your senses - sights, sounds, scents, touch and tastes are once again able to be experienced to their fullest extent, again proving that “less is more”.

Eventually, because of the gentle reconnection of Mind & Body, and the reawakening of the Soul, the man-made door to Spirit’s cage is once again able to open. Spirit soars, as it is finally released from the “iron bars of life’s cage.” At last, Spirit can resume its role as your guide. Spirit knows you, and knows what your Mind, Body and Soul need, all of the time, even when you don’t.

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I believe *the release of Spirit* is the most important secret that I can share with you about *Healthy Aging* and *Ageless Beauty*. In fact, I believe the **most important secret in all of life** is to know ourselves - completely - Mind, Body, Soul *and* Spirit. Knowing ourselves - this is how I think we “grow up, and into ourselves”. Spirit is the part of us that has *all the answers* to *all our questions*. Also, it might just be that *Spirit IS freedom*.

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Even though I was in the midst of an explosive Health & Wellness and Anti-Aging revolution, ignited by the aging (and aching) Boomers, I was not seeing consistent, positive health results that you would expect from such a life-changing shift of lifestyle and focus. In fact, the direct opposite was happening. Since I knew something was wrong, I created *The Ugly Duck Makeover*® - combining the philosophies of Foundational Health, the Microdose, and Mind & Body Balance.

A possible explanation for the inconsistency that I just described might be because there are massive numbers of Health & Beauty products and services constantly being introduced into the marketplace - a place that is already filled with thousands of other products and services demanding our dollars. This is quite overwhelming, and I

believe causes mass confusion. One of my goals is to bring clarity back into the Health & Beauty marketplace.

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My vision for *The Ugly Duck Makeover*® is twofold. First of all, I would like to help you, as well as help my friends, family and women all over the world learn how to optimize their own Health & Beauty. I want everyone to get an *Ugly Duck Makeover*®. The second part of my vision is to reintroduce Spirit into the Health & Beauty equation ...

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The *Ugly Duck* has also been featured throughout this book. What we learned about *the ugly duckling* as kids is even more applicable today. I used it to teach you about change; you found out that transformation can really be a beautiful thing - if you learn how to “get out of the way”. (We call this “getting out of the way, so that we can experience transformation”, *The Ugly Duck Makeover*®.) You learned that the unfortunately labeled *ugly* duck simply had to (naturally and effortlessly) “grow up, and into” exactly what it was meant to grow up to be - a *beautiful* swan. The happy ending to the story of *The Ugly Duckling* reminds us that getting older simply means we have the *good* fortune to experience the old saying, “Age Before Beauty”.