

“Secrets to Healthy Aging & Endless Beauty”
Review 2-28-09

When I began to read, “Secrets to Healthy Aging & Endless Beauty”, I thought I was getting the usual beauty information and tips, but what I got was a refreshing study. It captured more than my mind, at moments, it captured my soul!

When the preface started with all the ‘self’s’ I thought it was one of those ME books, until I realized the author actually deals with selfishness (which is unattractive) as a final goal, which I was hoping came in a body lotion or cream!

It was in the **preface** where I was enticed to read with my full attention:

Secrets to Healthy Aging & Ageless Beauty isn't about losing 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.

Getting to know yourself and becoming selfless has many Health & Beauty benefits, but in addition to Health & Beauty, one of the most important benefits is that it becomes easier for you to be in control, and stay in control of your life.

Also, you'll find that your needs and wants naturally decrease – in other words, you'll need and want less for yourself and more for others. Acquiring this virtue will make aging a very positive experience for you, as well as for your loved ones. Selflessness is your key to Healthy Aging and Ageless Beauty.

Later in Chapter 2 **“Favorite Days”**, I found great depth. I have to admit that reading one of her childhood stories took me back to some of my great childhood moments and DID give me sense of inner peace and joy! In fact, I remember as a child my grandmother saying “Christina, you are happy go-lucky”. But as life has unfolded with many unpleasant occurrences (in my life and the world), my happiness seems to be few and far between—thus aging me! My question is: how do we go back to our childhood and still be a responsible adult? Maybe the lesson here is to reflect more often on our GOOD childhood memories to help us experience what she refers to as “complete Mind & Body harmony”—thus we can be more at peace and live a life of freedom!

I may have to interject my opinion here: I think what gives us “spiritual freedom” as a child is our purity! When our mind, body and soul are pure we can then have true inner peace! This I have experienced as an adult those few times I have lived a pure life in both soul and body, when I have done what is right no matter what, and when I have had the privilege to laugh and love. I frequent that place when I look at the purity and innocence of my children, the wholesomeness and motives of animals, the beauty and sounds of nature, the humility and forgiveness of others, the nobility and courage of heroes, and the mystery and mercy of God! I think that is why scripture teaches us to meditate on what is **true, noble, just, pure, lovely, of good report, virtuous, and praise worthy!**

Later in the book, the author addressed the health and beauty industry and its endless attempt to promote the latest product or program. And just like the health and fitness industry (an area of my expertise) it is a billion dollar industry that will sell you anything, including quick-fix schemes and false promises.

The three areas that she discusses to help with beauty are quite interesting:

1. Foundational Health
2. The Microdose
3. Mind & Body Balance

But in the end I love this quote from the author, “the radiance of Spirit, together with a balanced Mind, Body and Soul, is what makes one naturally beautiful”.

As a woman in the fitness industry, I agreed with her idea of what women want:

“Women of all ages, from the moment they are old enough to look in a mirror, until the day they no longer look, want to look good, feel good, have lots of energy, do the things they want to do, and not have major stress in their lives.”

And wholeheartedly approve of her summary of what is actually happening:

“Americans are actually “sick, tired and fat”!

How can that possibly be? In this modern age, we Americans are known for our ability to solve the most difficult of problems. In my opinion, I think it's because of the prosperity of our nation, and because we usually get most of our needs and wants met very easily – too easily perhaps. Our country has adopted a motto, “more is better”. This mental message permeates everything we think, feel and do, and marketers capitalize on our insatiable demands by giving us Biggy Sizes of food, Extreme Sports, Bigger and Better products, Multimedia experiences that make our heads spin, the Mega-Dose supplement philosophy, Super pharmacies, and Do-It-All pills. As you would expect, these words and expressions are now part of the American vocabulary, and sadly the American mindset.

As I enjoyed the premise and the theories in this book, I kept awaiting the practical application—what can I implement into my life to attain this “Healthy Aging & Endless Beauty”? What I found at the end is a 7-Step Program (with their related summaries)!

- STEP 1 Self – EVALUATION
- STEP 2 Self – IMPROVEMENT
- STEP 3 Self – PERCEPTION
- STEP 4 Self – INDULGENCE
- STEP 5 Self -EMPOWERMENT
- STEP 6 Self -CONFIDENCE
- STEP 7 Self -LESS-NESS

I am eager to start my 7-steps so I can become more beautiful on the inside, thus radiating to the outside!

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