



HOW TO LOOK AND FEEL FABULOUS AT 50



Health & Wellness Coaching

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IF YOU'RE OVER 50 AND READY TO STOP FEELING FRUMPY ...THEN YOU'RE IN THE RIGHT PLACE!



I'm a health coach who shows women over 50 how to look and feel fabulous, so they can feel young, sexy and alive without surgeries, crazy diets or tons of supplements. The beauty, health and wellness market is saturated with expensive products and promises that might be doing you more harm than good as you try to look and feel your best over 50. But what if I told you that much of what you read or hear out there is empty hype? And that there are NATURAL ways to avoid the anti-aging mistakes that so many of us make? Before I share what I have found to be the top 10 anti-aging mistakes that I see my health coaching clients make, let's take a quick look at why HOW you age actually has more to do with your LIFESTYLE choices than your genes. Experts agree that although your genes do play a role, almost 90% of HOW you age is actually due to external or extrinsic factors like exposure to sun, smoking and pollution. What this means for you is that you have way more CONTROL over how you age than you thought you did! YES!! With that in mind, let's dive into my top 10 mistakes to avoid so you can start taking control over the aging process and feel fabulous over 50. Here we go.....



The Top 7 Mistakes To Avoid So You Can Look Fabulous Over 50.

MISTAKE #1 TRYING TO HYDRATE WITH SODAS AND ENERGY DRINKS



How these drinks age your body:

As the years go by our bodies literally dry up from the inside out. Our skin just can't continue to retain moisture like it used to back in the day when we were plump infants with juicy flesh that stored water like desert succulents. Diet sodas and energy drinks may quench your thirst on the spot but they don't hydrate your system in the long run like good old H₂O does! Why? Because they are jam packed with artificial flavors, sugars, chemical preservatives and acidifying agents that can lead to cancer, heart disease, diabetes, osteoporosis, tooth decay, organ stress and lowered immune system.



**What you can do
to make a change:
DRINK WATER,
DRINK WATER,
DRINK WATER.**

Drinking water is the true fountain of youth! It is all your body needs to stay hydrated. How much water should you drink? A good rule of thumb is to drink between 64 ounces and 0.67% of your body weight per day. For example, if your body weight is 150 pounds, then you need to drink anywhere between 64 ounces and 100 ounces (0.67% x 150) of water per day.

MISTAKE #2 GETTING SUN EXPOSURE WITHOUT SPF PROTECTION”



How this ages your body:

It is common knowledge that ultraviolet (UV) rays is harmful to your skin because it damages skin fibers called elastin, which makes your skin stretch and sag like a dry old rubber band that you use tie a bunch of mail together



Think sunkissed, not sun dried

Vitamin D is vital for healthy gut, bones and blood. So go out in the sun and enjoy, but if you're going to be outside for longer than 15 minutes then wear sunscreen with an SPF of 30 or higher—preferably one that is chemical free and contains natural ingredients.

MISTAKE #3 UNDERESTIMATING THE VALUE OF HEART-HEALTHY FATTY ACIDS

How this ages your body:

The older you get, the harder your body has to work to pump blood to your heart and brain because age slows down the body's functioning and puts strain on your heart and immune system. So the good news is that Omega-3's found in fatty fish such as wild salmon, lake trout sardines, mackerel and tuna are nature's gift to anti-aging! Here's why..... Omega-3's are known to significantly reduce inflammation in the body, which is a symptom of many chronic age-related diseases. For example, Omega-3 supplements are known to lower triglyceride (blood fat) levels that can otherwise put you at risk for heart disease. And some research suggests that Omega-3's even protect against Alzheimer's disease and dementia. And aside from eating fatty fish, what is the best way to get Omega-3 fatty acids?



MISTAKE #4 OVERDOING YOUR MAKE-UP & SKIN CARE



How this ages your skin:

Many many chemicals and toxins are used in our every day skin products. Let your skin breathe whenever you can! Instead of foundation use a tinted moisturizer or translucent make up especially if you are prone to dry skin. Both products cover, color-correct and gloss over wrinkles. If you do need extra coverage, then here's a tip on how to use foundation without drying out your skin:

- Use a makeup brush to apply a tiny bit only to the areas, spots or patches that really need it.

Washing your whole body from head to foot with generic bar soaps is often second nature. It's what our grandmothers used to do right? But the problem is that generic bar soaps nowadays are manufactured using all kinds of harmful ingredients by companies out to make a profit, not to protect your skin. Bar soaps are usually worse than liquid soaps when it comes to drying out your skin because they generally contain much higher pH levels. What's a pH level? Good question! This is the first thing to look out for when choosing a soap that's truly gentle and moisturizing for your skin. The symbol pH stand for "potential of hydrogen" which is a way of measuring the acid or alkaline levels of soaps. In short this is how it works: Your skin's natural pH level is 5.5 and most brand name bar soaps have a pH of between 8 and 10, which is way too harsh and drying for most people's skin! So much so that these soaps crack the skin making it more prone to harmful pathogens and bacteria. (Note that as each number increases the acidity is multiplied by ten! So, if you are using a soap with a pH of 6.5 that is making your skin feel too tight, it's because it is drying out your skin tenfold!)



**Go organic or
natural
whenever
you can**

MISTAKE #5 EATING TOO MUCH SUGAR



How this ages your skin:

Experts now agree that eating processed sugar over a lifetime can lead to dull, wrinkled skin. Huh? Why would sugar speed up the aging process? Good question! A high-sugar diet reduces the quality of the collagen in your skin. How does this work? Your skin has three types of collagen (I, II, and III) and when it absorbs too much sugar, it weakens type III, which is also the strongest and most durable collagen. This is what makes your skin look less supple, drier and more prone to wrinkles.

Switch to natural unprocessed sweeteners :

If the thought of foregoing sugar altogether is giving you a nervous breakdown, relax... here are a few healthier alternatives so you don't have to forever abandon your sweet tooth:

- Maple syrup that is pure, unflavored and free of additives like high-fructose corn syrup
- Raw honey that is unheated and unfiltered is rich in minerals and vitamins
- Stevia is a natural sweetener and won't mess with your blood sugar
- Date sugar is high in fiber, calcium, potassium and magnesium
- Coconut sugar is just as sweet as sugar and contains small amount of iron and potassium



MISTAKE #6 NOT EATING ENOUGH REAL FOODS



How this ages your skin:

Processed and packaged foods are so convenient and always at the ready. But this short cut could be aging you way faster than you realise. Every time you eat a meal, the food choices you make either promote stress and aging in the body or help to reduce it. By balancing your blood sugar by including more whole foods in your diet, your digestive system and hormones can operate more efficiently. Making wise food choices is one of the gentlest interventions you can make and one that will have the biggest impact on your bodies aging.



Be sure to include the green stuff!

Vegetable juices and smoothies are a great way to give your body a more natural digestion- absorption - detoxification experience, this allows the body to rejuvenate, look and feel younger.

MISTAKE #7 NOT GETTING ENOUGH QUALITY SLEEP



How this ages your skin:

The lines and blemishes that appear on your skin after a poor night's sleep are exactly the type that might appear with age. It usually starts in the mirror when you begin to notice. Your skin doesn't have that same youthfulness it once had. The lines on your forehead begin to form permanent creases, and the color under your eyes is a little darker. This is the reality of aging. We grow up and we don't look quite the same. But all this is only on the outside. Beneath the surface your body is aging too, and sleep loss can speed up the process. Sleep deprivation ages the skin, thereby aging you.



Some simple sleep hacks

- Get some sun every morning, this helps to reset your circadium rhythm
- Avoid coffee after 2pm
- Power- down your electronic devices 2 hours prior to bed time
- Pracitce a sleep meditation or breath work each night
- Make your bedroom a sleep sanctaury

FOR WOMEN WHO WANT BETTER HEALTH, HABITS, AND CONTROL.



- I've helped women like you learn simple tricks to look fabulous over 50, so they can:
- Look and feel younger without over-spending on pricey products
- Experience more energy, and enjoyment of food, their bodies and their lives
- Feel and look great so they can feel a profound satisfaction that emanates into all corners of their lives.

Body Transformation Breakthrough Session

- Uncover what's been stopping you, slowing you down or keeping you from having the body you want
- Develop a powerful vision for your Body Transformation, and what it will mean you and for your life
- Discover which foods and lifestyle habits are bringing your body down...and what to do about it

GET CRYSTAL CLEAR ON A STEP-BY-STEP PLAN TO CREATE A TOTAL BODY TRANSFORMATION IN 90 DAYS OR LESS

Body Transformation Breakthrough Session

• If you're ready to uncover what why what you've been doing hasn't been working for you, why your energy is low or what's keeping you from feeling your best self, then NOW is the perfect time to schedule a private "Body Transformation Breakthrough Session" with me. I'll help you discover which diets you need to forget about, and which habits you need to change ... and what to embrace instead. Plus, I'll show you how to get crystal clear on a step-by-step plan to look and feel Amazing in your body in 90 days or less.

Click [here](#) to sheduel a call and get healthy now.



Here's to looking
and feeling
AMAZING again
now, without
dieting!