

Natural Living Tip:



## Wrinkles Simplified

Follow these steps to help improve the appearance of your skin.

- What you put in your mouth is equally important as the creams you put on your face to bring out your natural beauty.
- If you smoke or are routinely in the vicinity of second-hand smoke, it can increase the chance of you having a wrinkled, weathered look.
- Eating raw and organic foods can help you look much younger than your age. Your skin will look like it has life!
- If it's hard to eat only organic and raw food, make most of your diet fresh food as opposed to processed, packaged food.

Yours for health naturally,

**Dr B**

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