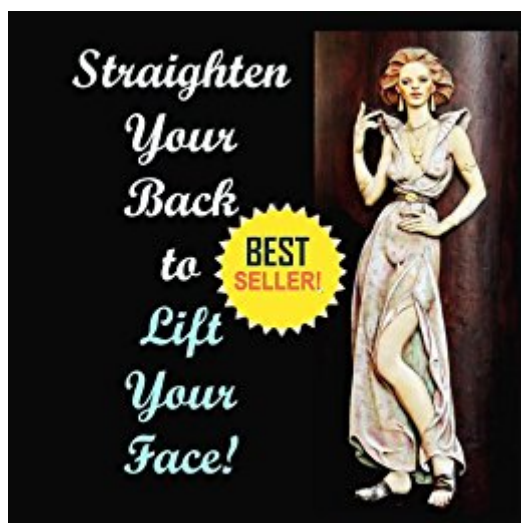


The book was found

Natural Facelift - Straighten Your Back To Lift Your Face!



Synopsis

ABOUT STRAIGHTEN YOUR BACK TO LIFT YOUR FACE. With age, spines tend to compress due to gravity, thinning bones, and weak back muscles. This makes your chin jut forward, your back sway, and your shoulders round. In turn, this affects your face to produce jowls and a sagging neck. So, if you're diligently practicing a facial tightening program, such as Facial Master Strokes, but find that you still have jowls and a flaccid neck, take a look at your posture. The good news is that you can straighten, strengthen, and lengthen your back, tighten your neck, reduce your jowls plus realign your internal organs, increase your energy and systemic circulation at any age. Three simple exercises can work wonders! For equipment, minimally, you will need 2 books, one for each hand. Easy and relaxing, these are my very favorite kind of exercises—the kind you don't have to stand up to do! So are you ready?

ABOUT THE AUTHOR Julia Busch researches beauty in its broadest sense. A lifelong interest in health and well-being, she has written on a wide variety of topics, from TMJ, temporomandibular (jaw) joint, problems to facial massage techniques, to the "aging in a youth society dilemma." Ms. Busch has a certificate in aromatherapy and publishes the Anti-Aging Press. Former co-host of "Youthfully Yours" on Talk America, she enjoys sharing the information she garners in the area of holistic care and "youth extension." Julia's first anti-aging offering, "Facelift Naturally, The At-Home or Anywhere, Painless, Natural Facelift for Men and Women That Really Works!" has been translated worldwide into many languages. It employs acupuncture to lift the face while energizing the body. Her "Treat Your Face Like a Salad!" was chosen by the Doubleday Health Book Club as a featured alternate selection. Writing for all ages, she uplifts the spirit in "Look Younger Naturally!" erasing "wrinkles on the inside" with "youth games," "self-love games," and stress releasing games for the hectic world we live in. Julia's diverse background includes the study of voice and opera at Juilliard School of Music; sculpture and art history at Columbia University and the University of Miami, Florida, where she also taught drawing and composition, teaching humanities at Miami Dade College as well. She authored "A Decade of Sculpture: The Media of the 1960s;" has written for the Art Journal and Ideas magazine; designed women's clothing and fine jewelry, while at the same time researching plastic as an art form, contributing to books on the same subject. Her children's art and sensitivity experience "How Many Ways..." books and "Stubby the Magic Rope" can also be found on .com. Julia believes in living, loving, laughing, maintaining a dream, a youthful spirit and a holistic life-style. Julia is always interested in your feedback and questions. She can be contacted at juliabusch@att.net Please place NATURAL FACELIFT in the subject line .

Book Information

File Size: 157 KB

Print Length: 20 pages

Simultaneous Device Usage: Unlimited

Publisher: Anti-Aging Press, Inc. (February 8, 2012)

Publication Date: February 8, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B0077D9720

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #373,714 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

in Books > Health, Fitness & Dieting > Aging > Exercise #251 in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Self-Help #275 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging

Customer Reviews

This is a fabulous find. Someone complained that it was too simple--but that is the beauty of it! When an author give you something so crazy, and expensive and time-consuming to do...it just never happens. Maybe you do it once. Busch's books are fabulous because they are DO-ABLE. Nothing works if you don't do it religiously. Simple, fast, fun --works for me. What more can you ask for? What this woman tells you to do gives results. She is no b.s. and I appreciate that. Plus I look 100% better and fresher. The only thing getting old is having to tell everybody who asks me why I look so great these days. Thanks, Ms. Busch. You nailed it.

The concept of this book is very interesting. How many people stop to consider that their posture affects their face? And while the book is a short read, the exercises given are those that even an older person can easily do to make a big difference in not only their face, but by straightening their back it can make a big difference in overall health. Julia has quite a few books that all address face lifting and skin care, all approach the subject from a different vantage point. I think her approaches are fascinating and valuable. Her book on slanting is a great adjunct to this little gem, but not

everyone is able to slant for health reasons. I really think that she was considering all ages when she wrote this. Sure kids slouch, but the big differences are seen with age. I think this book deserves five stars for the approach alone, and while the exercises are a quick read, their value is in the doing. I also love quick reminders in her tips for a fabulous face. I forget them all too often..

My mother and most of my aunts all looked old before their time, with rounded shoulders and sagging skin. I would prefer not to follow suit if I can help it, and so I plan to implement the simple exercises that are presented so well in this book. Who wants to be old before their time!

What a great idea? How many people really think about their posture being relevant to their facial muscles and skin tone. Yet it makes perfect sense. While the exercises strengthen both the back and the neck and these, in turn, affect the jowls and the facial muscles, alignment, and energy through the spinal chord.. The exercises are deceptively simple and easy to do, but the effects are fantastic. Loved the common sense reminders that I too often forget. They really do show on your face, especially as you get older.

This is a book that is well worth your time. I am a doctor and I learned some interesting new ideas. I thank the author for her superb effort.

My grandmother was always bugging us kids to "stand up straight" and my sister and myself who got so bugged at the time wish we could thank her now. What a nice, easy to read and simple approach that actually works. Hopefully this info can get used earlier in life as it makes a HUGE difference in later years!

This ebook is a quick easy read with new tips on how to get a natural facelift. I never thought of these techniques before but they make sense. You'll learn how to straighten your back, which will be better for your health and your face. When your body is relaxed so will your facial muscles. These exercises are simple enough to do every single day.

Loved this book! You are never too young to start caring for your appearance and the sooner the better. Author Julia Busch a straight forward book on how to improve or deter sagging skin. Techniques are simple to implement that anyone can do and can also afford. Download your copy today.

[Download to continue reading...](#)

Natural Facelift - Straighten Your Back to Lift Your Face! The Facelift Bible: Including The Facelift Diaries Where Are Baby's Easter Eggs?: A Lift-the-Flap Book (Karen Katz Lift-the-Flap Books) Where Is Baby's Dreidel?: A Lift-the-Flap Book (Karen Katz Lift-the-Flap Books) Dragon Dance: a Chinese New Year LTF: A Chinese New Year Lift-the-Flap Book (Lift-the-Flap, Puffin) Natural Facelift Super Neck Tighteners That Rejuvenate the Neck and Diminish a Double Chin! Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy Total Body Lift: Reshaping the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, (n/a series) Boundaries Face to Face: How to Have That Difficult Conversation You've Been Avoiding 365 Days of DIY Skin Care Hacks - Essential Oils, Natural Soaps, Homemade Face Masks, DIY Natural Beauty Recipes Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Picasso, I Want My Face Back The Face of the Future: Look Natural, Not Plastic: A Less-Invasive Approach to Enhance Your Beauty and Reverse Facial Aging When the Darkness Will Not Lift: Doing What We Can While We Wait for God--and Joy Where Is Baby's Pumpkin? (Karen Katz Lift-the-Flap Books) I Love You, Little Pumpkin! (Padded Cloth Covers with Lift-the-Flaps) Grandpa and Me (Karen Katz Lift-the-Flap Books) Hooray for St. Patrick's Day! (Lift-the-Flap, Puffin)

[Dmca](#)