



[member already? sign in »](#)

- [home](#)
- [learn more](#)
- [blog](#)
- [join](#)
- [contact](#)
- [about](#)
- [Press Room](#)

Jackie's Blog

Beauty From Inside, Out

Category: Health Date: 09/11/2008

When we think about anti-aging, usually injections, plastic surgery and fancy creams come to mind. But what if we could turn back the clock from the inside, out?

There are ways to do just that and here are just a few:

***Skin Defense Complex - Don't hide the signs of aging, DEFY THEM!**

Skin defense complex is a unique dietary supplement originally developed and used in Japan as internal nutritional support for skin health. The secret benefit: by trying to improve your skin's appearance you are improving your overall health and well being and protecting yourself from free radical damage and the aging process from head to toe, inside and out. It can repair free radical damage that has already occurred!! Skin Defense Complex reduces fine lines and wrinkles, improves skin's moisture level and elasticity, nourishes from the inside out, superior antioxidant protection for your entire body not just your face and skin, plus increased energy levels without a stimulant. [Click here to buy Skin Defense Complex](#)

***BeautyScoop - BeautyScoop is a safe and effective edible beauty product that boosts the body's own regenerative power to reduce the appearance of fine lines and wrinkles, add shine to hair and strengthen nails. BeautyScoop™ is a patent-pending and clinically tested formula rich in bioavailable peptides and lipids - the extranourishing building blocks necessary for healthy and beautiful skin, hair and nails. It's a powder, for quick absorption, that you mix in with your favorite drink to enhance beauty naturally from within! [Click here to buy Beauty Scoop](#)**

***CherryPharm Tart Cherry Juice- CherryPharm is a science-based company whose innovative juice extraction and pouring technique has been designed to protect the naturally potent but fragile cherry compounds. Tastes like Cherry Pie - as you'll see - and has 50 cherries in every bottle - not from concentrate! Benefits of cherries: Anthocyanins - Shown to reduce inflammation and inhibit tumor growth Flavanols & Flavonols - Improve blood flow, heart/brain health, lowers blood pressure and reduce cancer risk. [Click here to buy CherryPharm](#)**

***Protandim - Increasing the antioxidants superoxide dismutase (SOD) and catalase (CAT) has been shown to slow aging and extend life. One supplement called Protandim contains a unique combination of phytonutrients in a small supplement that clinical tests show increases the body's own production of SOD by 30 percent, increases the production of CAT by 50 percent and decreases the level of oxidative stress in people by 40 percent for "aging backwards at the cellular level." A single daily caplet (easy to swallow!) of Protandim creates a cascade of your body's natural catalytic antioxidants that destroy millions of free radicals per second, on a continuous basis - 24/7. [Click here to buy Protandim](#)**

*Xocai (pronounced Show-Sigh) Dark Belgian Chocolate - Not just a delicious treat -it's HEALTHY chocolate. Studies show that eating dark chocolate daily can lower blood pressure and has much the same heart-healthy effect as taking a low-dose aspirin every day - which would YOU rather have? :) Even diabetics can eat it! Another study revealed that melting chocolate on your tongue is better than kissing! (I kid you not, LOL) Another great reason to eat Xocai Chocolate. [Click here to buy Healthy Chocolate](#)

*Omega-Cure Fish Oil (Omega 3) - From Norway to your doorway! Absolutely NO fishy taste or smell in a great-tasting liquid - there's nothing else like it - I take it EVERY DAY! Recently, omega 3 made headlines worldwide as scientists found it to be more potent than statins like Lipitor or Zocor in reducing heart-related death. Similar studies have been done in the areas of arthritis, depression, ADD/ADHD, menopausal side effects, Alzheimer's, stroke prevention and stress. [Click here to buy Omega-Cure Fish Oil](#)

*Corvalen D-Ribose - Anti-aging secret! Corvalen, with the active ingredient ribose, restores your body's core energy and keeps it fully charged. Though your body produces ribose naturally, it does so slowly. Corvalen quickly restores and maintains your depleted energy reserves. As a result, taking Corvalen every day reduces muscle stiffness, soreness and fatigue. [Click here to buy Corvalen D-Ribose](#)

*Ito En Green Teas - Green tea is naturally rich in Vitamin C and high in the antioxidant, Catechin. One cup of green tea provides 10-40 mg of polyphenols and has antioxidant effects greater than a serving of broccoli, spinach, carrots or strawberries! The health and beauty benefits of green tea are truly multi-faceted and beautiful skin just happens to be one of the benefits. Ito En is the world's leading supplier of green tea beverages and offers a line of ready-to-drink teas (featured recently in Marie Claire). [Click here to buy Ito En Teas](#)

Permalink: [Beauty From Inside, Out](#)

Recent Posts

- [Gee, Gerontologists Were Wrong \(Duh\)](#) 05/16/2009
- [Blog-In Guest Post Cheryl Phillips](#) 04/30/2009
- [Blog-In - Guest Post Charles J. Orlando](#) 04/27/2009
- [Blog-In - Guest Post Gwen Jimmere](#) 04/27/2009
- [Blog-In - Guest Post Jackie MacDougall](#) 04/27/2009
- [Guest Article: Forgiveness by Sandy Andrew](#) 04/12/2009

[See all blog posts](#) >>

[Subscribe via RSS](#)

Get the Free Newsletter

Sign up now for Jackie's **FREE** weekly email update.

Name:

Email Address:

Aging Backwards Buzz

Beauty From Inside, Out - Aging Backwards

Wow, Jackie looks fabulous. Everyone wants to look like her.
— Tom, Cleveland, Ohio

[More Buzz](#) »

Free Resources

- [tips](#)
- [videos](#)
- [Photos](#)
- [recipe](#)
- [Links that Rock](#)

Tell a Friend

Let your friends know how much you like this website. [Tell a Friend Now](#) »

[home](#) | [learn more](#) | [join](#) | [contact](#) | [disclaimer](#) | [privacy policy](#) | [credits](#)
Site Concept and Content © Copyright 2006-2008 by Aging Backwards, LLC
Site Design and Development by [MityMo Design](#)