

# ***Your Ageless Beauty Type***

## ***Introduction and Quiz***

## *Your Ageless Beauty Type- Quiz*

We are all different, including how we age. Our genes along with our lifestyle choices day by day determine our personal pattern of aging. According to Ayurveda, how we age can be categorized in terms of three basic types simply described as air, fire or earth-dominated\*. These three “Ageless Beauty Types” reflect the three-fold underlying intelligence that guides all our bodily processes and strives to keep us healthy and youthful. Identifying which guiding intelligence is dominant in our personal aging process—i.e. our Ageless Beauty Type---helps us gain more control over the aging process.

Maharishi Ayurveda, the natural health system from the Vedic civilization of ancient India, provides targeted, time-tested techniques to balance each of the three governing aspects of the body and thereby counteract the specific underlying causes of aging for each Ageless Beauty Type. By following specific tips for your type, the fast pace of aging can be slowed and better health naturally follows.

**QUIZ Instructions:** Check each characteristic that applies to you. Then, total up the checks for each section. If your total in any category is 4 or more, follow the tips for that type(s) that will be given out by Dr. Nancy Lonsdorf in her upcoming teleseminar/simulwebcast.

\*Note: Ayurvedic concepts and terminology have been simplified for the purpose of this introductory quiz.

# QUIZ: What's Your Ageless Beauty Type?\*

**Instructions:** Check each description below that applies to you. Total the columns. Your type is determined by the column with the highest score.

## Airy Type (Vata)

- My skin is dry and I have a tendency for dry, scaly patches or cracked heels and hands.
- My skin problems and wrinkles occur most easily in the forehead region.
- My complexion or hair lacks a healthy glow; appears dull or lackluster.
- My face lacks fullness or roundness; is getting too thin as I get older.
- My digestive tract is prone to gas, bloating or constipation.
- By nature I am enthusiastic, but I can often feel worried, anxious or forgetful.
- My body is losing too much weight or becoming frail, weak or delicate.
- I can easily get joint pains, a headache or backache.
- I often have trouble getting to sleep and sleep fitfully through the night.
- TOTAL**

## Fiery Type (Pitta)

- My skin is sensitive and tends to rashes, rosacea, irritation, sunburn or breakouts.
- My skin problems most commonly occur on the nose or cheek areas.
- I am experiencing excessive hair loss, premature graying or early wrinkling.
- I easily maintain my normal weight and good digestion but may be prone to hyperacidity.
- My skin is accumulating a lot of freckles, moles or "age spots."
- I have good focus and ambition, but can easily feel irritated, angry or aggressive.
- My eyes are prone to redness, irritation or burning sensations.
- I frequently wake up from 12 AM- 3 AM and have trouble getting back to sleep.
- My digestive tract is prone to heartburn, ulcer, hyperacidity or inflammation.
- TOTAL**

## Earthy Type (Kapha)

- My skin is oily and firm, but easily develops large pores, deeper wrinkles or acne.
- My skin problems are more common around the mouth, chin and neck.
- My body often feels stiff and heavy, especially in the morning.
- My hair is staying quite thick and lustrous.
- My body easily retains fluid and my face may appear puffy or jowly.
- My stomach often feels heavy; food "just sits there."
- I tend to have respiratory problems like congestion, bronchitis, allergies, colds or asthma.
- I have a sturdy physique and a lifelong tendency for overweight or obesity.
- My mood is usually stable, but tends to melancholy, lethargy or lack of motivation.
- TOTAL**

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# Tips for Your Ageless Beauty Type\*

## Airy (Vata)

- Dry skin can contribute to early wrinkling and dull complexion  
TIP: Give yourself an oil massage each day before your bath or shower (See p. 66)
- A tendency for anxiety and worry may accelerate your aging  
TIP: Practice yoga, deep breathing and the Transcendental Meditation™ program to reduce your stress level. (See p. 176)
- Dryness in the body contributes to stiffness, memory issues, and poor elimination.  
TIP: Include healthy fats in your daily diet, and favor warm, cooked foods rather than cold or raw foods. (See p. 67 and p. 180)

## Fiery (Pitta)

- Anger, resentment and frustration can contribute to early aging of skin and body (see p. 198)  
TIP: Exercise every day, preferably in a natural setting. Don't take yourself too seriously.
- Your skin more easily becomes inflamed, irritated, sunburned or freckled. (see p. 221)  
TIP: Protect yourself carefully from the sun and drink plenty of pure, spring water daily.
- Inflammation and an acidic system can promote early aging and degeneration. (see p. 68)  
TIP: Eat 6-8 servings every day of fresh organic vegetables and sweet juicy fruits. Strictly avoid smoking, alcohol, vinegar, sour condiments and hot spicy, acidic, sugary or fermented foods.

## Earthy (Kapha)

- A tendency to gain weight may lead to obesity and early aging. (see p. 94)  
TIP: Find a friend or hire a personal trainer and begin to exercise every day, no matter what. Give up sugar entirely.
- Your face and eyes are prone to puffiness. (see pp. 94 and 222)  
TIP: Eat your heaviest meal at noontime, and a lighter, vegetarian evening meal, without cheese or yogurt, by 7 PM. Drink boiled hot water frequently during the day.
- A tendency to be depressed and hang on to the past may accelerate your aging. (see p. 205)  
TIP: Get involved with helping others, and don't spend much time alone. Learn to "let go" and move on.

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# AGELESS BEAUTY NOTE SHEETS

WITH DR. NANCY LONSDORF AND PAULA JOHNSEN  
*4 TOP FAQ'S*

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1) **About Weight:** “How do I lose weight naturally? I’m carrying an extra 10 pounds. Exercise doesn’t help.”

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Notes:

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2) **About Bone Density:** “How can I build stronger bones? Should I be taking calcium supplements? If so, how much?”

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Notes:

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**3) Blood Pressure:** “I’ve got high blood pressure - how do I lower it naturally?”

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**Notes:**

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**4) Ageless Beauty Type:** “On the Ageless Beauty Type Quiz, I scored about even on all of them. Which tips do I follow?”

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**Notes:**

## Additional Notes:

# TAKE HOME POINTS

Nancy Lonsdorf, M.D.

Three ways to increase bone density

- 1.
- 2.
- 3.

Five ways to lower blood pressure

- 1.
- 2.
- 3.
- 4.
- 5.

Secret factor in weight loss

\* \*

Five ways to rev up your metabolism

- 1.
- 2.
- 3.
- 4.
- 5.

## Key Word List

**Abhyanga** - specialized oil application and massage

**Agni** - digestive and metabolic fire

**Ama** - poorly digested food material that accumulates in the body

**Amrit Kalash** - a pair of products (Ambrosia tablet and Nectar paste/tablet) for rejuvenation, holistic antioxidant protection and immune support

**Doshas** - three governing principles in nature that guide the functioning of the mind and body

- **Vata** (Airy) the dosha governing all motion and flow in the body
- **Pitta** (Fiery) the dosha governing all digestion, metabolism, and transformation in the body
- **Kapha** (Earthy) the dosha governing all strength, substance, structure of the body

**Meda** - one of the seven bodily constituents, mainly fat and metabolism of fat, carbohydrates, and hormones

**Ojas** - finest aspect of the physical body and most refined product of digestion; gives a glow to the complexion, Nature's own beauty formula the body itself makes

**Panchakarma** - a systematic group of procedures including diet, herbs, oil massage, heat treatments and soothing oil treatments that stimulate the body's mechanisms for internal cleansing

## RESOURCE LIST

**Ayurvedic Herbs and Products:** [www.mapi.com](http://www.mapi.com) or (800) 255-8332

- Stringent quality control
- Authentic formulas including Amrit Kalash and Youthful Skin Cream

**In-Residence Maharishi Ayurveda Rejuvenation and Purification Programs:**

- The Raj Ayurveda Health Spa, Iowa: (800) 248-9050 [www.theraj.com](http://www.theraj.com)
- The Maharishi Vedic Health Center, Massachusetts: (877) 890-8600

**Transcendental Meditation Program:** (888) LEARN-TM

### Suggested Reading

*The Ageless Woman; Natural Health and Beauty After Forty with Maharishi Ayurveda* (MCD Century 2004), Nancy Lonsdorf, M.D.

*A Woman's Best Medicine: Health, Happiness and Long Life through Maharishi Ayurveda* (Putnam/Tarcher 2005), Nancy Lonsdorf, MD, Veronica Butler, MD, Melanie Brown, PhD.