

The
Essential Secrets
for
The Ageless Woman

28-Day Action Plan

WORKBOOK

*Secrets To Staying Young, Healthy and Beautiful After Forty with
Maharishi Ayurveda*

by

Nancy Lonsdorf, M.D. and Paula Johnsen, M.Ed.

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Handout #1:

**Essential Secrets
for
The Ageless Woman**

Your 28-Day Action Timeline

Essential Secrets for The Ageless Woman

Your 28-Day Action Plan

OUTLINE OF YOUR 28-DAY ACTION PLAN For The Ageless Woman

PHASE ONE (Days 1-14)

Today's Date: _____

Step One: Listen to Dr. Nancy on "Introduction to Essential Tips for the Ageless Woman."
(approx. 9 minutes)

Step Two: Write your Single Most Important Health or Anti-aging Wish in the space below:

Step Three: Listen to "Ten Tops Secrets to Staying Young, Healthy and Beautiful After Forty." (70 minutes) _____(Check when completed__)

Step Four: Write down your favorite tip--the one you will adopt for the next two weeks--in the space below:

Step Five: Write down today's date: _____
Write the date two weeks from now, (when you will assess your results and progress to Phase Two: _____)

Step Seven: Listen to the 30 minute audio, "Getting To Know Your Body's Intelligence," sometime in the next two weeks 😊
Date Completed _____

DAY 14

*Feeling and Looking Better?
Please let Dr. Nancy know your results (see below.)*

Step One: Write down your wish, tip and results from practicing your chosen tip for the past two weeks.

Chosen Wish:

Adopted Tip:

Results:

Step Two: Please email your wish, tip and results from the box above to DrNancyResults@gmail.com Date Completed _____

Congratulations!
You have Completed Phase One of your 28-Day Action Plan!

NOW BEGIN PHASE TWO 😊
(Days 15-28)

Step One: Find out Your Ageless Beauty Type by taking the Ageless Beauty Quiz. Write your Ageless Beauty Type in the space below.

Step Two: Write your Single Most Important Health or Anti-aging Wish in the space below (It may be the same as before or a new one.)

Step Two: Listen to the teleseminar: Ten Top Tips to Staying Young, Healthy and Beautiful After Forty Part II; Your Ageless Beauty Type (approx. 75 minutes)

Step Three: Write down your favorite tip--the one you will adopt for the next two weeks--in the space below:

Step Four: Write down today's date: _____
Write the date two weeks from now, (when you will go on to the
steps of Day 28: _____)

DAY 28

Step Five: Write down your wish, tip and results from practicing your chosen
tip for the past two weeks.

Chosen Wish:

Adopted Tip:

Results:

Step Two: Please email your wish, tip and results from the box above to
DrNancyResults@gmail.com Date Completed _____

Congratulations!
You have completed your 28-Day Action Plan!

*Now, please remember to listen to your body's intelligence, honor it whenever
possible, and enjoy your life. May it be filled with glowing health,
youthfulness and bliss!*

Handout #2:

*Top Ten Secrets to
Staying Young, Healthy
and Beautiful*

**Follow-along
NOTES SHEET**

**A Teleseminar
with
Dr. Nancy Lonsdorf
Hosted by Paula Johnsen**

YOUNG AND BEAUTIFUL NOTES SHEET

WITH DR. NANCY LONSDORF AND PAULA JOHNSEN

1) About Skin: “What do we do about wrinkles and aging skin?”

Notes:

2) Sun Exposure: “Is there a healthy way to be in the sun - what about Vitamin D?”

Notes:

3) About Sleep: “Sleep is getting more and more disturbed as the years go by - I’m waking up every 1.5 - 2 hours. Is there a natural solution to this?”

Notes:

4) Menopause: “What should women do about hot flashes? My doctor has prescribed hormone replacement cream and I have concerns about side-effects. Are there natural remedies?”

Notes:

5) For Men: “What is Dr. Nancy’s single most important tip for men over 40, for their health and well-being?”

Notes:

Additional Notes:

Ten Top Secrets To Staying Young, Healthy & Beautiful

Nancy Lonsdorf, M.D. with Paula Johnsen, M.Ed

Five Ways to Take Years Off Your Face

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

Three Must Do's to Stay Young, Healthy & Beautiful

- 1.
- 2.
- 3.

Final Two Secrets

- 1.
- 2.

□

Key Word List

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

Gotu kola (*Centella asiatica*) - increases collagen and calms the mind and skin

Sensitive plant - supports nerve health and circulation in the skin

Ashwaghandha (Winter cherry) - stress reducing herb

Vitamin D -cholecalciferol (vitamin D3) is the preferred form

Rasayana -rejuvenative

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

Turmeric -orange-colored tuber (root) that makes curry yellow; antioxidant, anti-tumor, helps immunity, protects brain

Benzoyl peroxide -ingredient in some acne creams; creates free radicals

Shatavari (Indian asparagus) -rejuvenative for female reproductive system; reduces heat in body

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 or (800) 255-8332

Stringent quality control; authentic products
SOURCE for Youthful Skin Cream and Maharishi Amrit Kalash

In-Residence Ayurvedic Rejuvenation and Purification Programs:

The Raj Ayurveda Health Spa, Iowa: (800) 248-9050
www.theraj.com

Maharishi Vedic Health Center, Lancaster, MA: (877) 890-8600
www.lancasterhealth.com

Transcendental Meditation Program: (888) LEARN-TM

Quit Smoking Help Line: (800) 227-2345 or (800) QUIT-NOW

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.

Handout #3:

*Getting to Know
Your
Body's Intelligence:*

A Quick Start Guide to the
Fundamentals of Maharishi Ayurveda

with
Nancy Lonsdorf, M.D.



*“One whose entire physiology is
balanced and whose body, mind and
senses remain filled with bliss, is
called a healthy person.”*

---Sushruta Sutrasthana 15, 41.



The Elements *and* Doshas

ELEMENTS (Basic Constituents)	DOSHA (Governing Agent)
Space (Akasha) Air (Vayu)	VATA
Fire (Tejas) Water (Jala)	PITTA
Water (Jala) Earth (Prithivi)	KAPHA

<p>V A T A</p>	<p><u>Controls all:</u></p> <p>Transportation Movement Flow Circulation Communication</p>	<p>Light; <i>like air or a feather</i> Dry, rough; <i>like plain popcorn</i> Cold; <i>like a cold wind</i> Moving; <i>Always changing like the wind</i> Clear, non-sticky; <i>like polished granite</i> Coarse, brittle; <i>like dry hair</i> Quick, formless; <i>swift, and seen by its action only</i></p>
<p>P I T T A</p>	<p><u>Controls all:</u></p> <p>Metabolism Digestion Transformation Energy production Enzymatic action</p>	<p>Hot, warm; <i>heat in any for</i> Sharp; <i>Biting or penetrating in quality like vinegar</i> Pungent, scorching; <i>like spices and irritating chemicals</i> Sour; <i>like citrus</i> Smelly; <i>like the scent of body odor or decaying substances</i> Liquid; <i>like stomach acids</i> Slightly oily; <i>like slippery</i></p>
<p>K A P H A</p>	<p><u>Controls all:</u></p> <p>Bodily Substances Lubrication Fluids Strength and cohesion Bodily Structures: (cells, tissues, organs, muscles, bones, etc.)</p>	<p>Heavy; <i>like stone, with gravity</i> Cold; <i>like ice, snow</i> Slow; <i>slow like an elephant</i> Sticky, viscous; <i>like gum or Glue</i> Soft; <i>like a baby's skin</i> Oily; <i>like fried foods, butter</i> Sweet; <i>like sweet food or words</i> Stable; <i>steady, non-changing</i> Solid, dense; <i>like stone, dense like hard cheese</i></p>



“Health results from the natural,
balanced state of the doshas.

Therefore, the wise try to keep them in
their balanced state.”

---Charaka Samhita



My Intelligent, Self-Healing Body



My body is an intelligent, self-repairing, self-healing system. It's essential nature is bliss.



I heal and rejuvenate myself by enlivening and supporting my body's inner intelligence, which is the same infinite intelligence guiding everything in the universe.



I am healing and rejuvenating my body through a balanced diet, lifestyle and a settled mind established in my inner Self.

Handout #4:

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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Handout #5:

Top Ten Secrets to
Staying Young, Healthy and Beautiful,
Part II:

*Your Ageless Beauty
Type*

Follow-along
NOTES SHEET

A Teleseminar
with
Dr. Nancy Lonsdorf
Hosted by Paula Johnsen

AGELESS BEAUTY NOTE SHEETS

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

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

Notes:

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

Notes:

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

Notes:

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

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 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
- 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.