

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.

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 formulas including Amrit Kalash and Youthful Skin Cream

In-Residence Ayurvedic Rejuvenation and Purification Programs:

- . The Raj Ayurveda Health Spa, Iowa: (800) 248-9050
- . The Maharishi Vedic Health Center, Massachusetts: (877) 890-8600

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.