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# 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](mailto:juliabusch@att.net) Please place NATURAL FACELIFT in the subject line .

## Book Information

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## **Customer Reviews**

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 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.

it was ok. but didn't work for me. I need visual. overall it was not bad. Just not for me.

oh gosh, does this include exercise???? might be a way to avoid surgery though, and is always good to accomplish something without involving a doctor

Simple but very effective exercises to lift your face and experience looking younger. I liked the system and the ease of putting the information into effect.

This is 15 minutes of my life that I will never get back. A totally useless, silly pamphlet. Was it meant to be a joke?

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