



THE TOP 10 ANTI-AGING SECRETS OF 2015!

By Kellie Olver

As science becomes more advanced and its learnings more readily available, we who seek to look and feel our best are benefitting.



Today, we can be more informed about health and our bodies than ever before as we all have the power to seek knowledge born from science and nature to design our own beauty and health regimens without breaking the bank.

That is why I am excited about sharing my growing expertise, because I believe in and practice the way of designing my own health through what Mother Nature has provided combined with the best that Science has to offer.

Below are my top ten anti-aging must-have recommendations for 2015. Look for products containing these ingredients.



Collagen Peptides – ingredients which deliver proven skin health and beauty benefits from the inside.

We all know collagen is a good thing. Naturally occurring amino acids, called peptides, are called “building blocks” of collagen protein. Our skin contains an abundance of collagen when we are young, but as we age, the supply decreases. This decrease in collagen causes our skin to be wrinkled.

Even since ancient times, collagen in its purest form was investigated and identified to be beneficial in case of joint pain. The traditional Asian culture also recognizes Collagen as a cosmetic product, helping her skin to remain firm and youthful, while ensuring a global anti-aging activity

To achieve and feel 10 pounds younger and 10 years lighter, look for the hottest trend in anti-aging today containing collagen peptides: Nutricosmetics--ingestible products in the form of beverages, functional foods or beauty supplements, (containing collagen peptides) to help enhance the structure of skin, face, body, nails and hair of individuals, from the inside out. Go to www.gelaskin.com to find out more and read my article on Nutricosmetics



Gelatin – So, what is the big deal about Gelatin? Many of us turn our noses up when the Jell-O hits the table as desert. However, once you read the following, you may be asking for seconds. **Gelatin is an affordable time forgotten super food that has been around since man first started cooking.**

From the late 1600's Gelatin was a primary food source for the European continent as it is rich in protein, affordable to make and could feed a family as well as an army.

Just as vitamins hold the center stage in today's nutritional investigations, Gelatin was the hot bed of nutritional research and given the equivalent of today's status of SUPERFOOD!



What this means is gelatin is GOOD FOR YOU, filled with amino acids and collagen. Gelatin has total body benefits from mood control to anti-aging. It is a great source of amino acids (building blocks of protein) which supports beautiful wrinkle free skin, strong bones, weight loss and naturally containing anti-inflammatory properties—thus attacking the number one cause of inside outside aging. Plus filled with vitamins and minerals.

Link to gelatin article here

So, yes, ask for seconds of your gelatin desert, or better yet, brew a bone broth by using oxtails, chicken or beef bones then drink it like our forefathers did, **LINK TO BONE BROTH ARTICLE HERE** or I recommend you obtain a bona fide gelatin from trusted sources such as www.Gela-skin.com



Chlorella is often referred to as the perfect food and is one of my top anti -aging food tips. Not only does Chlorella help keep your skin youthful and wrinkle-free, but it also enables you to live longer through its ability to help detoxify your body of life's toxic build ups such as lead laden lipsticks, paints, pesticides as well as life threatening heavy metal poisoning.

Chlorella is a single-celled, water-grown algae that contains more chlorophyll— (think of chlorophyll as the blood in all green plants that turns sunlight into energy) per gram than any other plant.

It is extremely rich in vitamins, minerals, amino acids, essential fatty acids and many other nutrients that are beneficial to health.

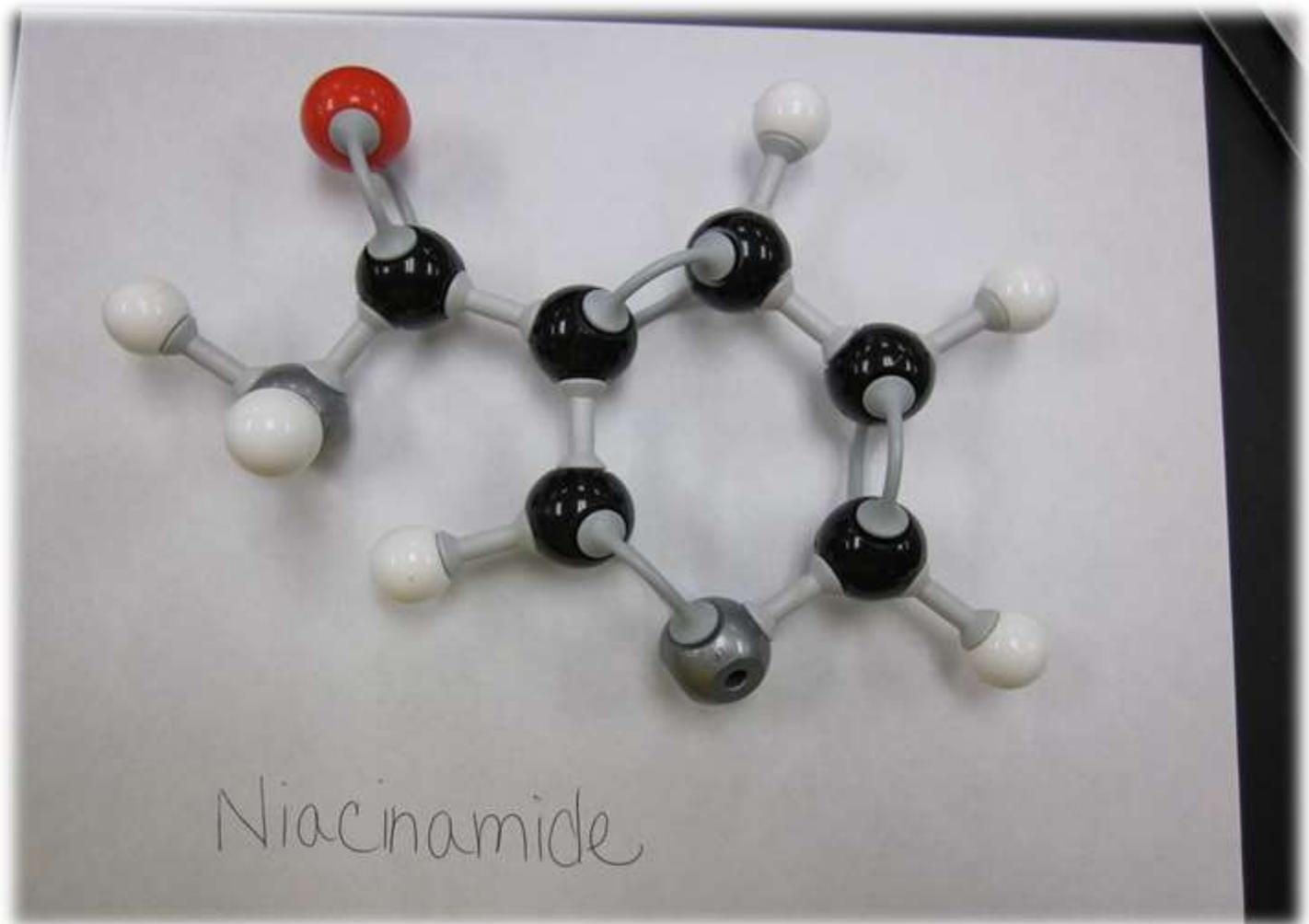
End result: fresh breath, bright eyes, increased concentration and energy, and a bevy of other health and wellness benefits that assist you in living the long, healthy life you want!



Hibiscus!

Known as the Botox Plant, the flowers of the Hibiscus have anti-oxidant properties and inhibit elastin degradation, helping maintain the skins elasticity.

Be on the look for Hibiscus Extract in formulations targeting skin tone, anti-aging, anti-cellulite and re-firming.



Niacinamide (B3)

For less than twenty bucks, you can say bye-bye brown spots and acne scars! Niacinamide (B3) has been shown to augment free fatty acid levels, preventing skin from losing precious water content and stimulating microcirculation. Find it online and check it out. You can pick it up at Amazon.com from various sellers.



Blueberry Extract – It’s all about the antioxidants.

An extract from these wonder berries can also do wonders for your skin. A serum made from blueberries fights free radicals from UV exposure and pollution, preventing wrinkles and age spots.

And eating blueberries is another home run as you receive the internal benefits of the naturally occurring phytonutrient (plant power) action as well as anti-aging, anti-oxidant protection.

Besides tasting good and making you feel good as blueberries increase the production of feel-good dopamine, research shows that blueberries are excellent

anti-inflammatory agents. They contain a vital group of Phytonutrients which decrease free radicals levels that are linked to aging (yes wrinkling!) and disease.

Blueberries also increase the amounts of compounds called heat-shock proteins that decrease as people age. When heat shock proteins decrease the result is inflammation and damage, particularly in the brain.

Here is another good reason to eat blueberries. Belly Fat Loss! Catechins found in blueberries activate fat-burning genes in abdominal fat cells to assist with weight loss, and belly fat loss in particular. According to research at Tufts University, regularly ingesting catechins increases abdominal fat loss by 77 percent and double total weight loss.

All in all, helping you to look 10 pounds younger and feel 10 pounds lighter! Inside and out!



Resveratrol – Another powerful antioxidant.

Derived from grape skin (and therefore found in a luscious glass of red wine!), Resveratrol has been noted as one of the most effective anti-aging ingredients. Containing potent antioxidant properties, it flushes toxins, resulting in a more youthful appearance. Resveratrol also boasts anti-inflammatory benefits, thereby combating one of the main causes of cellular aging.

Look for supplements containing resveratrol. An occasional glass of red wine can't hurt either!

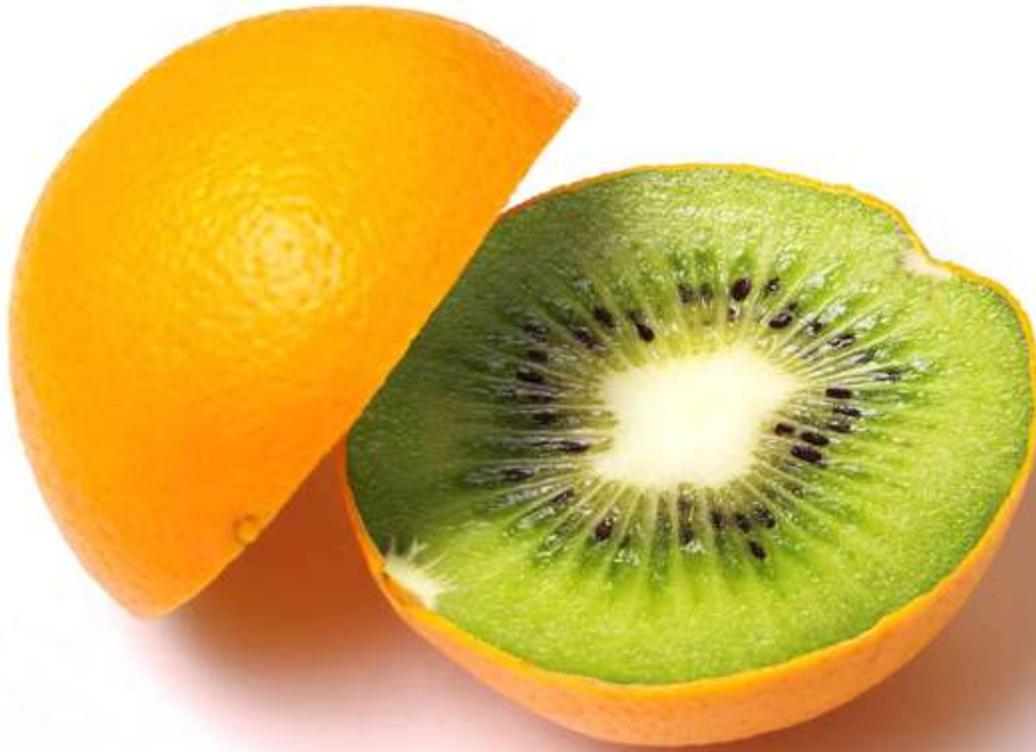


Honey – That’s right, honey. Honey is a natural humectant. I keep a jar in my shower and smear it all over my face and chest after washing. This helps to keep the moisture in. Why buy products that boast to contain honey—when you can get it free from the bee?

And let’s not forget a daily dose of honey on our sprouted grain bread. Besides tasting good, additional benefits of honey include everything from boosting your immune system to helping you get a good night sleep both a necessary part of keeping you feeling 10 pounds younger and looking 10 years lighter.



Hyaluronic Acid – I can't say enough about hyaluronic acid (HA). Been around for a long time and an all-time favorite of mine and will remain so. It retains more than 1000 times its weight in water within our skin cells, thus making HA a superb moisturizer. Natural forms of HAs help exfoliate, expedite cell turnover, and even help control skin eruptions. Look for products that contain hyaluronic acid!



Vitamin C – Still an all-time superstar and must have in your bag of tricks. OJ is not just for breakfast anymore!

Vitamin C is an essential nutrient required by the body for the development and maintenance of scar tissue, blood vessels, and cartilage. Vitamin C is also necessary for creating ATP, dopamine, peptide hormones, and tyrosine. As a powerful antioxidant, vitamin C helps lessen oxidative stress to the body and is thought to lower cancer risk.

High vitamin C foods include bell peppers (3 times more vitamin C than an Orange), dark leafy greens, kiwis, cauliflower (eating a small head of cauliflower gives you a 127.7 mg dose of vitamin C, plus 5 grams of fiber and 5 grams of protein), broccoli, berries, citrus fruits, tomatoes, peas, and papayas.

While our young skin is packed with vitamin C, we lose this water soluble anti-aging nutrient over time. Best to eat it or drink it to assist in dropping years from your skin. Failing that, pop a Vitamin C gel cap! Remember, Vitamin C aids in the production of our skin's friend, collagen!

One More **MUST HAVE FOR 2015** as it is a given and a forever product for today and everyday thereafter. [Sunscreen!](#)



SPF

I've said it before and I'm saying it again, sun goddesses. We have to protect our skin when it's exposed to the sun. Select a sunscreen with SPF of 15 or higher for adequate UVB and UVA protection.

Without using satisfactory SPF, the effectiveness of all other our anti-aging remedies are *nada!* *Sun damage is cumulative and an ounce of sunscreen today means more beautiful looking skin in the future.*

Choose a non-chemical sunscreen such as Sunology found at Amazon and www.sunology.com for the face, body and even for the kids! Remember to cover the lips as well!

I have given you a ton of **“FOOD FOR THOUGHT”** in this article. I am not a doctor nor is it my intention to diagnose, cure, treat or prevent any disease. My comments are based on my personal firsthand experience and years of research. Use your own intelligence, intuition and investigative skills for yourself and do what is in your best interest: mind, body and spirit.

And always check with your doctor.

Through exercise, proper nutrition, rest and a healthy mind set, may we all start looking 10 pounds younger and feeling 10 years lighter.

Stay tuned for more amazing skin anti-aging miracles God has given us to eat, drink and bathe with in my future articles!

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Kellie Olver is an internationally recognized television host and one of the top home shopping network presenters and sales people of all time...

She has over 25 years' experience, logging over 22,000 hours of LIVE TV and generated nearly a BILLION dollars in sales of product. Because of her dynamic personality and contagious enthusiasm she has been consistently ranked number one as a television host, professional speaker, and trainer, teaching people how to present themselves, idea or product for maximum results.

She has been a host of two national shopping channels, Home Shopping Network (HSN) USA and The Shopping Channel (TSC) Canada and worked with top celebrities such as Joan Rivers, George

Forman, Richard Simmons, Tony Little, Susan Lucci, Wayne Gretzky, Wolfgang Puck, Liza Gibbons, Connie Stevens, Suzanne Summers, Frankie Avalon, William Shatner, Ed McMahon, Dick Clark and Ivana Trump.

Kellie has consulted on several multinational/multimillion revenue producing infomercials. She has worked with numerous clients throughout the years as an agent, devising marketing strategies for product owners as well as positioning their products into shopping channels, infomercials and traditional retail outlets.

As a health and wellness expert, Kellie understood the importance of natural and organic ingredients for both the inside as well as the outside of the body. Because of this, Kellie created her own multinational selling skin care brand, Kellie Olver Skin Care, with emphasis on using REAL INGREDIENTS to get REAL RESULTS. First came Zyming, a patented, nature based, living Papaya enzyme formulation, made fresh and in small batches to ensure efficacy. After successfully launching Zyming, Kellie then created 7 additional nature based products to support the brand. Kellie also brought to market Smoothe, a BioActive Revitalizing Collagen Gel featuring collagen's naturally occurring Triple Helix. Smoothe was also made by hand and in small batches with a patented process harvesting the collagen which helped to ensure the delicate nature of the triple helix.

Kellie also lent her name to Genewize, an organic daily supplement with an ORAC value of nearly 8000 and one of the very first supplements customized to your DNA to support healthy living.

Kellie co-founded OnlineShopTV.com, an innovative combination of live TV Shopping Networks and online shopping sites. Kellie's extensive experience gave her the ability to build, create and execute a total Shopping Channel experience, offer a complete product analysis as well as strategic marketing advice for product owners to help them achieve their goals. Kellie orchestrated joint ventures between OSTV clients and outside resources. She hosted over 100 individual video presentations and helped craft the on air presentations.

Kellie is a real person who has experienced real life lessons and has come up on top. She focuses on a healthy lifestyle, the importance on faith and belief in a higher source coupled with inspired action steps in accomplishing one's ultimate desires.

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